



2023 Summer Fun Guide



SUMMER IS HERE!



The 2023 Summer Fun Guide is our sixth edition and was organized by the GPBCH Health & Well-being Interest Group. We create this Guide each year to provide our member organizations & their employees with healthy recipes, summer activities, and summer safety tips. We encourage you to share this Guidebook openly with your colleagues, family, and friends. GPBCH would like to wish all of you a happy, safe summer!



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FLAVORS OF SUMMER

Looking for a way to stay cool down on a hot summer day? Look no further! Thanks to Andrea Bagnell of PAISBOA Health Benefit Trust, we have several healthy smoothie recipes for you to choose from. Instructions are simple, throw everything in a blender, blend & enjoy!

CHERRY BERRY WATERMELON SMOOTHIE

- 1/4 cup cherries frozen
- 2 cups watermelon chopped
- 1/4 cup strawberries frozen
- 1/2 lime peeled



MANGO GREEN SMOOTHIE

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Coconut milk

HONEYDEW GINGER SMOOTHIE

- 1 1/2 cubed honeydew melon
- 1/2 cup banana slices
- 1/2 cup vanilla nonfat yogurt
- 1/2 cup ice cubes
- 1/4 tsp. grated fresh ginger



BERRY PEACHY SMOOTHIE

- 1 cup fresh or frozen peaches
- 1/2 cup fresh or frozen strawberries
- 1/2 cup unsweetened coconut milk
- 1/2 cup vanilla Greek yogurt
- One or two tsp. of pure maple syrup

The healthy summer sides and main dishes below are great options for your next get-together or just an evening at the house!

BALSAMIC-GLAZED FISH

- 4 mild white fish fillets (about 4 ounces each)
- Pepper to taste
- 3/4 cup balsamic vinegar
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. fresh lemon juice



DIRECTIONS

- Preheat the oven to 450°F.
- Put the fish on a 13 x 9 x 2-inch baking dish. Sprinkle pepper over the fish. Bake for 10-12 minutes, or until the fish flakes easily when tested with a fork.
- Meanwhile, in a small microwaveable bowl, whisk together vinegar, oil, & lemon juice. Microwave, covered, on 50% power (medium) for 2 minutes, stirring once halfway through.
- Drizzle the glaze over the fish.

Recipe Submitted by Jeff Salvatore, American Heart Association

BLACK BEAN-QUINOA BOWL

- 3/4 cup canned black beans, rinsed
- 2/3 cup cooked quinoa
- 1/4 cup hummus
- 1 Tbsp. lime juice
- 1/4 medium avocado, diced
- 3 Tbsp. pico de gallo
- 2 Tbsp. chopped fresh cilantro



DIRECTIONS

- Combine beans and quinoa in a bowl. Stir hummus & lime juice together in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans & quinoa. Top with avocado, pico de gallo & cilantro.

CREAMY SPINACH PASTA

- 12 ounces uncooked tube-shaped chickpea pasta (about 3 1/2 cups) (such as Banza)
- 1 clove garlic, thinly sliced (about 1 tsp.)
- 2 Tbsp. thinly sliced shallots
- 3 1/4 ounces mascarpone cheese
- 4 ounces fresh baby spinach
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1 tsp. lemon zest (from 1 lemon)
- 1 pinch Crushed red pepper



DIRECTIONS

- Cook pasta according to package directions, omitting salt. Drain, reserving 1 cup cooking water.
- Transfer pasta to a large bowl; add garlic, shallot, mascarpone, spinach, salt, pepper, & 1/2 cup of the reserved cooking liquid.
- Stir until cheese has melted & mixture is combined, about 1 1/2 minutes. Add additional cooking liquid as needed to loosen sauce.
- Divide pasta among 4 bowls. Sprinkle with lemon zest &, if desired, crushed red pepper. Serve immediately.

FLAVORS OF SUMMER

FRITTATA W/ASPARAGUS, LEEK & RICOTTA

- 8 large eggs
- 1/4 cup crème fraîche
- 1/2 tsp. salt
- 1/4 tsp. ground pepper
- 2 Tbsp. extra-virgin olive oil
- 3 cups thinly sliced leeks (about 2 medium), rinsed well and patted dry
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 1/4 cup part-skim ricotta
- 2 Tbsp. pesto
- 1/4 cup fresh basil



DIRECTIONS

- Position rack in upper third of oven; preheat broiler.
- Whisk eggs, crème fraîche, salt & pepper in a medium bowl; set near the stove. Heat oil in a large cast-iron skillet over medium-high heat. Add leeks & asparagus & cook, stirring frequently, until soft, 5 to 6 minutes.
- Pour the egg mixture over the vegetables & cook, lifting the edges so uncooked egg can flow underneath, until nearly set, about 2 minutes. Dollop ricotta & pesto on top and place the pan under the broiler until the eggs are slightly browned, 1 1/2 to 2 minutes. Let stand for 3 minutes.
- Run a spatula around the edge of the frittata, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Top with basil.

GOLDEN ZUCCHINI PANCAKES

- 3 cups shredded zucchini
- 2 large eggs
- 2 garlic cloves, minced
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. dried oregano
- 1/2 cup all-purpose flour
- 1/2 cup finely chopped sweet onion
- 1 Tbsp. butter
- Marinara sauce, warmed, optional



DIRECTIONS

- Place zucchini in a colander to drain; squeeze well to remove excess liquid. Pat dry.
- In a large bowl, whisk eggs, garlic, salt, pepper & oregano until blended. Stir in flour just until moistened. Fold in zucchini & onion.
- Lightly grease a griddle with butter; heat over medium heat. Drop zucchini mixture by 1/4 cupfuls onto griddle; flatten to 1/2-in. thickness (3-in. diameter). Cook until golden brown, 4-5 minutes on each side. If desired, serve with marinara sauce.

Sometimes, the only thing that can cool you down on a hot summer day is a frozen treat. Below are a few healthier dessert options for you to choose from. Enjoy!

CHOCOLATE-DIPPED FROZEN BANANA BITES

- 3 large bananas
- 1/4 cup natural peanut butter (chunky/smooth or substitute with almond butter)
- 3/4 cup chocolate chips



DIRECTIONS

- Cut each peeled banana in half lengthwise. Spread each half w/peanut butter. Place banana halves together to make banana "sandwiches." Cut 8 rounds from each banana "sandwich." Place banana bites on a parchment paper or wax paper-lined baking sheet or tray & freeze for at least 2 hours.
- Place chocolate chips in a microwave-safe bowl & microwave on High, in 15-second increments, until melted. Dip half of each frozen banana bite in chocolate. Let stand until the chocolate is set. If not serving immediately, return to the freezer.

STRAWBERRY-CHOCOLATE GREEK YOGURT BARK

- 3 cups whole-milk plain Greek yogurt
- 1/4 cup pure maple syrup or honey
- 1 tsp. vanilla extract
- 1 1/2 cups sliced strawberries
- 1/4 cup mini chocolate chips



DIRECTIONS

- Line a large rimmed baking sheet with parchment paper.
- Stir yogurt, maple syrup (or honey) & vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top & sprinkle with chocolate chips.
- Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

WATERMELON SHERBET

- 6 1/4 cups cubed seedless watermelon
- 1 (14 ounce) can sweetened condensed milk
- 1/3 cup lime juice
- 1/4 teaspoon salt



DIRECTIONS

- Place watermelon on a large rimmed baking sheet. Freeze until frozen, about 4 hours or overnight.
- Puree the frozen watermelon, condensed milk, lime juice and salt in a food processor, in batches if necessary, until smooth, 2 to 3 minutes. Transfer the mixture to a large sealable container. Cover and freeze until firm, about 4 hours.

SUMMER ACTIVITIES



GO FOR A HIKE!

Courtney Prizer of Health Advocate reminds us that going for a hike can help you stay active while offering a fun opportunity to explore nature, whether in a [local park or an exciting new destination](#). While hiking is a fantastic activity that can be done almost year-round, it is important to keep yourself and your fellow hikers safe so everyone can enjoy their adventures. Learn about important tips to keep in mind when planning your next outing by [clicking here](#).



SHOP LOCAL & IN SEASON

Supporting farmers and buying locally-sourced produce means that food has travelled a shorter distance to get to you, which not only supports the health of the environment, but ensures you are getting the most nutritious and delicious produce! If a Community Supported Agriculture (CSA) is not for you, try to do some research on the produce that is in season and be sure to add to your next grocery list. Take a look at the following resources to learn more: [Find Your Local CSA](#) and [Seasonal Produce Guide](#).



HOST A BARBECUE

It's the perfect time of year to start tasting those smoky summer flavors again and hosting a BBQ is a great way to spend a summer evening with family and friends! To help you with your next BBQ spread, take a look at [EatingWell.com's 36 Healthy Grilling Recipes for Summer](#) for some great options. Also, whether you are a novice griller or grilling-expert, it is very important for everyone to practice grilling safety every time you fire up that grill. Check out the [National Fire Protection Association](#) for fire prevention resources.



TRY A NEW HOBBY

For many people, the summer season provides more free time than the rest of the year as many take PTO and enjoy vacations. This time off offers a great opportunity for that new hobby you've been meaning to try but just haven't found the time! Hobbies can help both your [physical and mental health](#) and is a great way to take a break from everyday life. Looking for some ideas? How about: [learn an instrument](#), [take up drawing/art](#), [try gardening](#), pick up a book, and/or [start playing a sport](#).



PLAN FAMILY NIGHTS

With the kids on summer break it's a great time for family nights! There is no easier way to build a happy family than spending quality time together. But being intentional about this is not always simple and making time for it can be tough. One great way to make sure that you connect and have fun as a family on a regular basis is planning a weekly family night ([click here for ideas](#)). This easy habit will bring a lot of joy to your home and will help you create many happy moments to enjoy with your family!



VISIT THE ZOO

If the weather is nice, why not plan on a family trip to the zoo? Kids love seeing animals up close (adults too) & it's an inexpensive way to get outside; it's an easy way to get your exercise in for the day too! If it's a rainy day, a trip to the aquarium is another great option if you're looking for something to do. Find a zoo or aquarium near you by visiting the [Association of Zoos & Aquariums website](#).

HEALTH & SAFETY TIPS



WATER SAFETY

What do surfing, fishing, water skiing, and swimming have in common? They are all lots of fun...and they all take place in, on, or around the water! Water activities are a great way to stay cool and have a good time with your friends or your family. [Take along these tips](#) to get wet, make waves, and have a blast! Thanks to Amy Colucci, SEPTA, for these life-saving water safety tips!



SUMMER EXERCISE

Thanks to Jeff Salvatore, American Heart Association (AHA), for providing resources on how to stay active in warm weather. As we exercise outside, we should remember to hydrate, remember that timing is key (avoid early afternoon), dress in lightweight clothing, and listen to your body by taking breaks in the shade. [Click here](#) to read the full list of tips and other important information provided by the AHA.



SUN SAFETY

According to the American Cancer Society (ACS), skin cancer is the most common of all cancer types and the rates of skin cancer have been on the rise the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer. When in the sunlight, wear sunglasses, wear a hat, seek shade, and [apply sunscreen](#). Thanks to Kate Kosarek of the ACS for this [great infographic](#) on how to prevent skin cancer!



ULTRAVIOLET LIGHT

Have you ever wondered "how the sun sees you"? This video, provided by Mark Mulray of HealthWell Solutions, sheds "light" on what you might look like in ultraviolet (UV) light. A UV camera can show not-yet-visible changes to your skin, what glasses do to UV, and what sunscreen on your skin looks like. It's an eye-opening video and a great reminder of how important it is to protect your skin and eyes from the sun. [Click here](#) to watch the full video.

The Greater Philadelphia Business Coalition on Health (GPBCH) seeks to increase the value of health benefit spending for the region's employers. We do this by improving workforce and community health, increasing healthcare quality and safety, and reducing healthcare costs. The Coalition represents employer interests in working with health plans, healthcare providers, benefits consultants, suppliers and other system stakeholders to address population health priorities and to ensure that when healthcare is needed it is accessible, affordable, equitable, high-quality, and safe.



Penn's Landing, Philadelphia, PA



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