



NUTRITION bites

Brought to you by the UMass Extension Nutrition Education Program

ISSUE 14

Nutrition Bites is a newsletter that highlights helpful information on staying safe, an easy and healthy recipe to try with your family, physical activity ideas, and food resources in your area. We know you are taking extra steps to keep you and your family safe during this pandemic. Our goal is to work together to provide information to help our community maintain the safety of us all.

STAYING SAFE



Vitamin D is important for building healthy bones, teeth, and muscles.

We need vitamin D and our body uses the sunlight to create it. However, it takes less than 15 minutes for the Ultraviolet (UV) rays from the sun to damage our skin. Follow these tips to protect yourself and reduce the risk of skin cancer.

- Wear sunscreen with a SPF of 15 or higher, even on cloudy days. Reapply the sunscreen every two hours, after swimming, drying off, or sweating.
- Check the expiration date on your sunscreen container. Old sunscreen will not provide the necessary protection.
- Wear protective clothing on exposed skin, even when in the shade.
- Wear sunglasses to protect your eyes from the bright sun and a hat to shade your neck and ears.
- Limit the amount of time you spend in the sun. Especially during summer months between the hours of 10am and 4pm when it is the most intense.

RECIPES AND NUTRITION TIPS



Celebrate the colors of summer with this seasonal pasta salad.

The combination of whole-grain pasta and abundance of vegetables in this [Asian Linguini Salad](#) creates a meal packed with nutrients. This pasta salad can be served hot or cold, as a main or side dish, and is sure to be a crowd pleaser. This recipe works well with any variety of fresh vegetables you have on hand, so be creative. Chopped peanuts can be added for a tasty crunch. Many of the vegetables in this recipe are grown locally during summer months. Support community agriculture and buy them at your local farmers' market.

Looking for another pasta salad recipe? Watch this video from MyPlate Kitchen: Pasta Salad. <https://www.youtube.com/watch?v=e4CITklcN6o>

PHYSICAL ACTIVITY TIPS



Classic games to play outside with your family.

Hopscotch with a twist.

Now that evenings are brighter and warmer, go outside with your family and play hopscotch. Use sidewalk chalk to create a hopscotch obstacle course. First, draw the traditional 10-space hopscotch board and then assign a physical activity to each box. Examples might include, Jumping Jacks, Mario Jumps, or even Squats.

Red Light, Green Light.

One player is chosen to be the "traffic light." They stand a good distance away from the starting line (at least 20 to 30 feet) and turns away from the other players.

The "traffic light" shouts out 'green light.' The players begin to run toward this person until they hear them shout 'red light' and spin around to face them.

The players must freeze on the spot. If the "traffic light" catches any one move, they send them back to the starting line. The frozen players must remain frozen until they hear 'green light' and they run again! This is repeated until one player reaches the "Traffic Light".

The first player to reach the "traffic light" wins the round and becomes the next "traffic light."

FOOD ACCESS RESOURCES IN MASSACHUSETTS



Pandemic EBT (P-EBT) provides food support for families and children.

Massachusetts residents who receive SNAP benefits can use their EBT card to buy food online from Amazon and Walmart. Visit this link for more information about buying from approved online retailers using SNAP benefits.

<https://www.mass.gov/lists/snap-online-purchasing-program-outreach-flyers>

The Department of Transitional Assistance (DTA) answers frequently asked questions related to COVID-19 on food assistance (SNAP) and economic assistance (TAFDC, EAEDC) in this link.

<https://www.mass.gov/info-details/dta-covid-19-frequently-asked-questions>

Information on food assistance programs in Massachusetts can be found at this link.

<http://www.projectbread.org/news-and-events/detail-pages/getting-snap.html>