



MAY

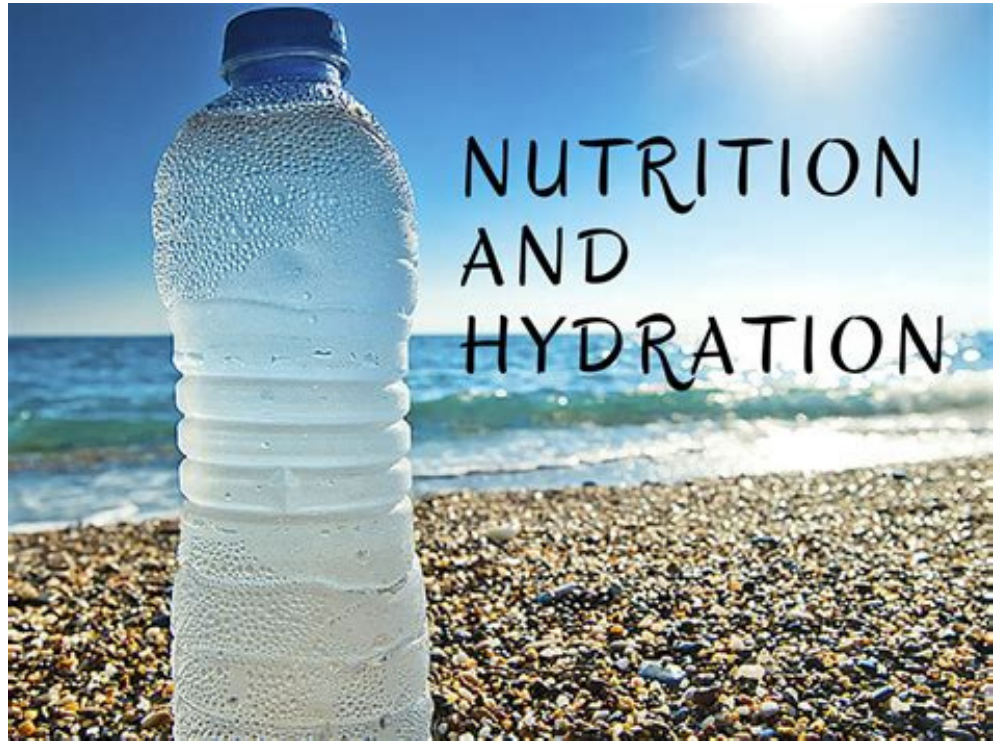
2021



DON'T DEHYDRATE IN THE SUN. HYDRATE HYDRATE! AND HAVE FUN!

by Nick Chandler

May is here and the temperatures continue to rise. The sun is setting later with each passing day. With longer days, kids are playing outside until the sun goes down, adventure seekers are exploring the great outdoors, gardeners are taking advantage of cool mornings, and water-enthusiasts are splashing around at their favorite waterhole. With increased sun exposure and physical activity comes an increased need to stay hydrated. Our human



bodies' are comprised of significant amounts of fluid which our bodies are constantly utilizing to perform a wide variety of tasks. This assists us in performing at our highest level. Hydration is best achieved through consistent fluid intake (preferably water) and by consuming an abundance of whole fruits and vegetables. Eating fresh produce offers an abundance of life-giving hydration while simultaneously providing a variety of health-promoting nutrients.



Northern Valley
Catholic Social Service
INSPIRING HOPE & TRANSFORMING LIVES



TENNEAL BRINGLE
CALFRESH REGIONAL
SUPERVISOR
530.392.2974

NICK CHANDLER
NUTRITION EDUCATOR
208.406.4608

KATIE SNIDER
NUTRITION EDUCATOR
530.520.8089



Instead of soda,
make this easy,
refreshing drink!

Check out our YouTube channel to watch
how to make this delicious treat!

www.youtube.com/nvcss

Raspberry Lime Fizz

Serves: 5 10 mins. Low Added Sugar.

Ingredients

1 cup cranberry-raspberry juice
4 cups seltzer water
1 lime

Directions

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Rinse lime and cut in half. Squeeze juice from each half into the pitcher, discarding seeds.
3. Mix well before serving.

Nutrition Info and More

Serving size: 1 cup
Total calories: 80 Total fat: 0 g
Saturated fat: 0 g
Carbohydrates: 19 g
Protein: 0 g
Fiber: 0 g
Sodium: 20 mg

Replace cranberry-raspberry juice with any
100% juice you prefer.