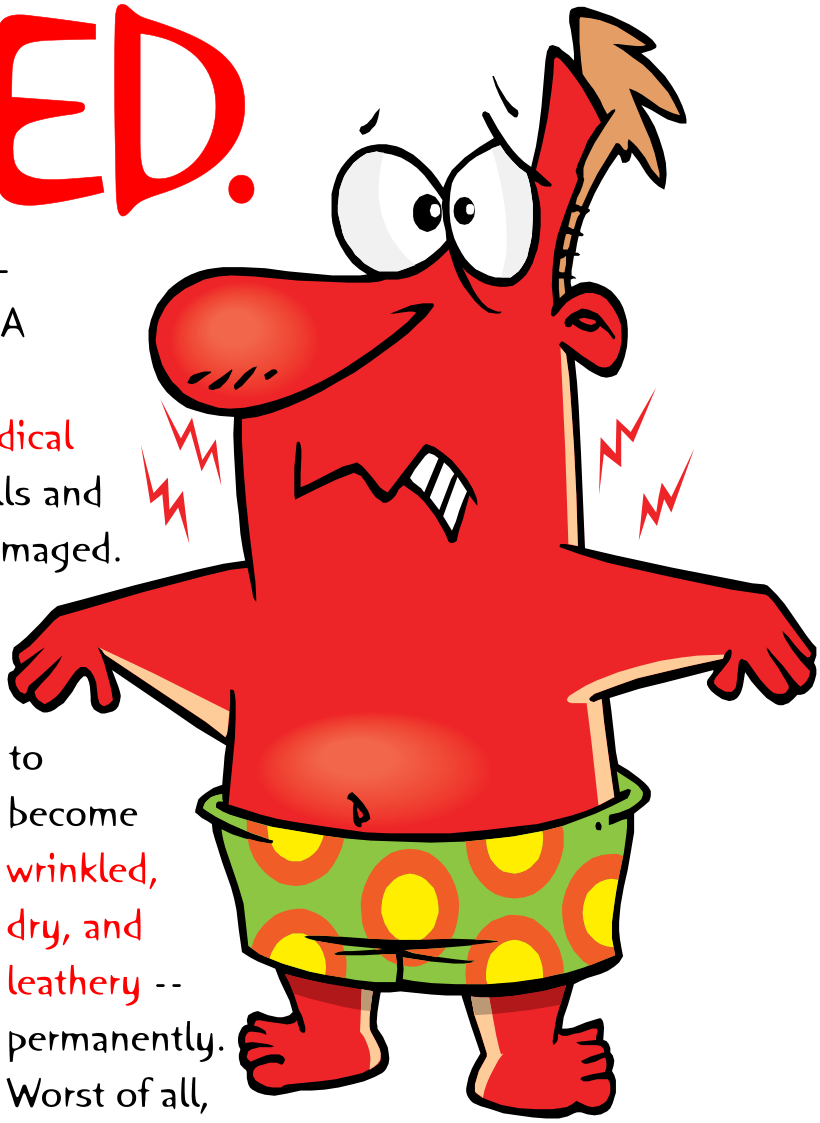
TOASTED.



Sunburn causes three kinds of damage – immediate, cumulative, and long-term. A bad burn causes immediate discomfort ranging from a painful nuisance to a medical emergency. A sunburn is a sign that cells and blood vessels in your skin have been damaged. Cumulative damage from repeated over-exposure to the sun causes your skin to become wrinkled, dry, and leathery -- permanently. Worst of all, in the long term, sun damage is the major cause of skin cancer. Indeed, just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Do yourself a favor now and for the future: don't get burned this summer!

the big number

30

If you're going to be in the sun for more than a few minutes, you should apply sunscreen that's at least SPF 30.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "TOASTED"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

GREEN TEA

Believe it or not, some foods can aid the healing process if you get too much sun. One such food is green tea, an antioxidant-rich powerhouse that can reduce inflammation and lower skin cancer risk by helping to prevent the development and growth of skin cancers. Tastes great, too!

PLAY HARDER

If the sun can hurt you, does that mean you should just sit inside and play video games? NO! Play tennis, shoot hoops, run on a trail, ride a bike, swim in a pool or in the ocean – but wear sunscreen that can stand up to sweat and/or water!

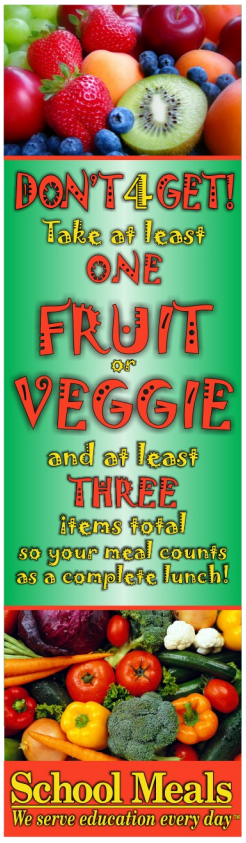
LEARN EASIER

Educate your family about sun safety. Sunburn (and suntan, too) is caused by ultraviolet radiation from the sun, which inflicts direct DNA damage on your skin cells. That "healthy glow"? It's actually a sign of radiation damage to your skin!

LIVE HEALTHIER

So should we avoid the sun completely then? Of course not. Sunlight is an important source of vitamin D and, besides, it gives us warmth and joy and optimism. But be smart about sun exposure. Wear sunscreen, and limit your exposure without sun screen in the middle of the day to a few minutes. Enjoy the sun early and late in the day, when the rays aren't as strong. And wear sunglasses to minimize exposure to your eyes.

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!



This newsletter is provided as a wellness resource by our school system's School Meals Program