

# HAPPY FOURTH OF JULY!

*Bi-monthly Family Consumer Science (FCS) Newsletter by  
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## Fun in the Sun: UV Protection in Summer

Summer has arrived! With the change of seasons, we also see warmer days with more sunshine to bask in. It is important that we take care of ourselves and protect our skin from too much sun. If not properly protected, sun burns can be extremely painful and also have long term effects such as causing skin cancer or early aging of the skin.

When choosing what sunscreen to use for you and your family, there are a couple of things to consider. One of the first things to look for is that the sunscreen you are using is a broad-spectrum sunscreen. This means that it is protecting your skin from both ultraviolet A (UVA) rays and ultraviolet B (UVB) rays. These different types of sunlight affect your skin differently so it is important that your sunscreen is protecting you from both.

Additionally, you should look at the sun protection factor (SPF). The American Cancer Society recommends using a sunscreen with a SPF of 30 or higher. SPF is the level of protection provided by the sunscreen against UVB rays. The higher the SPF, the higher the protection, however, the higher the level of SPF, the smaller the difference becomes. For example, there is a bigger difference between 15 SPF and 30 SPF than there is between 30 SPF and 50 SPF. Lastly, be aware that "water resistant" sunscreen does not mean that it is waterproof. You will still need to reapply the sunscreen throughout the day and after using a towel.

Now, grab your favorite swimsuit, a towel and some sunscreen and enjoy the sun!

## Upcoming Events and Classes:

**Mondays and Fridays at 9 AM: Strong People Strength Training Class at the Council on Aging**  
Everyone is welcome to the Strong People class that is held twice weekly. Contact Sarah with any questions.

**July 21st - July 30th: Central Montana Fair**  
Please see the Central Montana Fair website or stop by our office for a Fair Book for more details.

**August 19th: Babysitter Class**  
Please let Sarah know if you would like to get on the waiting list for more details when registration opens.

# Let's Talk Food Safety - Picnics & Barbeques

## Food Safety Tips of the Month

One of my favorite things to do in the summer is eat outside. There is something so relaxing about having friends and family get together and spend time together eating, laughing and enjoying each other's company on a beautiful summer day. While the event itself may be relaxing, it is crucial that you do not get too relaxed when it comes to the food being served. Generally these events take place on warm days, which can cause the temperature of foods to rise to dangerous levels that bacteria thrive in. The temperature that bacteria grows the best in is between 41 and 135 degrees Fahrenheit. This is also known as the "Danger Zone". It is crucial that we keep foods out of this temperature range as much as possible to prevent bacteria from rapidly multiplying and causing a foodborne illness. Follow these tips to ensure your picnic or barbeque ends in laughter and not a trip to the hospital!

1. **Keep cold food cold.** Cold food should be held at 41 degrees or lower as long as possible. Use a cooler and ice packs to transport food up until it is served to keep it cold. You can also put the bowl or platter that is holding the food over ice to help with temperature control. Throw away any food that has sat outside without temperature control for more than 6 hours or if it gets above 70 degrees Fahrenheit.
2. **Grill safely.** Cooking on the grill requires the same safety measures as cooking inside. Be sure to use separate utensils for raw and cooked meat, keep hot food warm until served, and take the temperature of foods to ensure they are cooked thoroughly.
3. **Label food.** Even if you are just having a get together with a few friends, it is important to label food so that others are aware if they are allergic to an ingredient.

Keep an eye out for more food safety tips in the next newsletter!





# Recipe of the Month: Frozen Yogurt Bark

## Ingredients

- 16 ounces of frozen or natural yogurt
- 1 tablespoon of maple syrup or agave syrup
- 1 to 1 1/2 cups fresh berries such as strawberries, blueberries, and raspberries
- 1/4 cup crushed pistachios to garnish

**\* You can use other fruits or nuts, depending on what is fresh or on sale. Or choose the fruits your family likes best. Other good fruits to use are apples, blackberries or pineapple!**



## Directions

1. Wash your hands well with soap and hot water.
2. Line a shallow baking tray with parchment paper.
3. In a high-speed blender, add the yogurt and maple syrup and blend until smooth. Pour it into the prepared baking tray and spread it smooth with the back of a spoon.
4. Sprinkle the desired toppings - berries and nuts.
5. Freeze the yogurt mixture for 2-3 hours or overnight until set.
6. Cut into squares and serve cold or store in a container in the freezer.
7. Enjoy!



This recipe was found on the [Little Sunny Kitchen Website](#).

# Resources for Farmers and Ranchers Experiencing Stress

For decades, individuals and families involved in the agriculture industry have proven to be honorable stewards of Montana land, always taking care of their crops and animals. This dedication to keeping our state's land healthy is intentional and takes hard work by each individual. Just like farmers and ranchers care for their land and livestock, it is equally important that they take care of themselves. There are many challenges in the agriculture industry that are unique and can put a strain on producers and their families. Natural events like fires, drought and flooding, as well as economic circumstances including fuel, commodity prices and inflation can all contribute to stress. In addition to those stressors, the isolation many producers feel and the distance they would need to travel to receive mental health services makes accessing help to manage that stress very difficult.

There are new options for receiving mental health services in rural areas. In partnership with the Montana Department of Agriculture, Frontier Psychiatry is offering free counseling services to Montana farmers and ranchers. These services can be provided in-person or through tele-health using the internet or a phone call. When participating in these services, farmers and ranchers will be working with counselors throughout Montana who have experience working in the agriculture industry or grew up on a farm or ranch themselves. To schedule an initial appointment, please visit the Frontier Psychiatry Website or call 406-200-8741. There are also hotlines that have been established specifically for farmers and ranchers and their unique situations. The Farm Aid Hotline is a phone number for producers experiencing distress or who are in crisis. The number is 1-800-FARM-AID (327-6243), and the hotline is answered between 9 AM and 5 PM Eastern time.



## Contacts for Mental Health Services

### Frontier Psychiatry

Call 406-200-8741 or follow this link:

<https://www.frontier.care/beyondtheweather.html>

### Farm Aid Hotline

Call 1-800-FARM AID (327-6243)

**Both of these contacts are specifically for farmers and ranchers. This will allow consumers to connect to their providers based on experience in the Ag industry.**



# JULY

UV Safety Month

|    |  |    |    |    |                                   |    |
|----|--|----|----|----|-----------------------------------|----|
|    |  |    |    |    | 1                                 | 2  |
| 3  | 4<br>Happy 4th of July! No Strong People Class | 5  | 6  | 7  | 8<br>Strong People - 9 AM at COA  | 9  |
| 10 | 11<br>Strong People - 9 AM at COA              | 12 | 13 | 14 | 15<br>Strong People - 9 AM at COA | 16 |
| 17 | 18<br>Strong People - 9 AM at COA              | 19 | 20 | 21 | 22<br>Strong People - 9 AM at COA | 23 |
| 24 | 25   | 26 | 27 | 28 | 29                                | 25 |
| 31 |  |    |    |    |                                   |    |

**Fair Week**

**Fair Week**

# AUGUST

## Foot Health Month

|    |   |   |    |   |  |                                     |
|----|---|---|----|---|--|-------------------------------------|
|    | 1                                       | 2   | 3  | 4   | 5<br>Strong<br>People - 9<br>AM at COA                           | 6                                   |
| 7  | 8<br>Strong<br>People - 9<br>AM at COA  | 9   | 10 | 11<br>Annual<br>Medical<br>Checkup<br>Day | 12<br>Strong<br>People - 9<br>AM at COA                          | 13                                  |
| 14 | 15<br>Strong<br>People - 9<br>AM at COA | 16  | 17 | 18  | 19<br>Strong People<br>- 9 AM at COA<br><br>Babysitting<br>Class | 20<br>Montana's<br>Longest<br>Table |
| 21 | 22<br>Strong<br>People - 9<br>AM at COA | 23  | 24 | 25  | 26<br>Strong<br>People - 9<br>AM at COA                          | 27                                  |
| 28 | 29                                      | 30<br>National<br>Grief<br>Awareness<br>Day | 31 |   |  |                                     |