The Chester County Food Bank

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Commodity Supplemental Food Program (CSFP) Newsletter for

July

As the summer heats up, it is important to remain hydrated! Experts recommend 8 glasses of water (8 ounces each) per day, though there is no "one size fits all" number.

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Eating lots of fruits and vegetables can also help keep you hydrated. The summer is a great time to incorporate more of these foods in your diet!

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Some drinks and foods can actually dehydrate you. Caffeinated drinks like coffee and tea as well as sodas are best to avoid especially when spending time outside.

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When spending time outside in the sun, it is important to stay protected! Our bodies produce Vitamin D when we are out in the sun, which aids in absorption of Calcium. But be sure to apply sunscreen and wear a hat or sunglasses when spending time in the sun!

Fruits and Vegetables to Keep you Hydrated!
- **Cucumbers**
- **Carrots**
- **Watermelon**
- **Oranges**
- **Apples**
- **Tomatoes**

Enjoy a Colorful Diet!

A variety of colors in your diet can provide all sorts of health benefits. Summertime is a great time to add some color to your diet! With so many colorful fruits and vegetables in season, the possibilities are endless! Try incorporating these bright foods into your next meal!

Orange/red foods are sources of **Carotenoids like Beta-carotene.** Beta-carotene is converted into Vitamin A in the body, which helps support the function of white blood cells (which is important for a healthy immune system), promotes bone growth, and regulates cell growth and division. Carrots, cantaloupe, and sweet potatoes are great orange foods to try!

Greens contain a wide range of vitamins and nutrients, like potassium, fiber, and vitamins A, E, and C! Think about trying some new greens like kale or bok choy in addition to veggies like broccoli, lettuce, green beans, and spinach!

Purple, Blue, and Brown foods are high in **flavonoids,** which contribute to the maintenance of proper brain function and blood flow. Flavonoids can be found in fruits like berries, cherries and grapes.

Red fruits and vegetables can contain **flavonoids**, vitamin C, and **lycopene,** which contributes to a healthy heart! This summer, try apples, strawberries, tomatoes, and watermelon!

Eating fruits and vegetables in a variety of colors helps your body get the nutrients it needs!