

## National Picnic Month

### Food Safety Quick Tips

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 °F. If it does — discard it.
- Keep "ready" food hot. Hot food should be kept hot, at or above 140 °F. Just as with cold food — these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90 °F. If food is left out longer, throw it away to be safe.
- Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped.
- Outdoor Hand Cleaning: If you don't have access to running water, use a water jug, some soap, and paper towels. Or consider using moist disposable towelettes for cleaning your hands.

### FDA Food Safety Resources



# EXTREME HEAT



With summer in full swing, staying informed about extreme heat is essential. Extreme heat is a high heat and humidity period characterized by temperatures above 90 degrees for at least two to three days. During these conditions, your body works harder to maintain a normal temperature, which can be life-threatening. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards. Knowing the signs of heat-related illnesses and how to respond is crucial. If you feel unwell, seek medical advice from your healthcare provider and find shelter if possible. In case of a medical emergency, don't hesitate to call 9-1-1. For more detailed information on heat-related illnesses, you can refer to resources from the [CDC](https://www.cdc.gov) and [National Weather Service](https://www.weather.gov). Stay safe and beat the heat.



**The Fourth of July is just ahead! With firework injuries increasing from 25% in the U.S between 2006 and 2021 it is important to make sure that everyone follows these firework safety tips:**

- **Never allow children to play with or ignite fireworks.**
- **Make sure fireworks are legal in your area.**
- **Keep a bucket of water or a garden hose handy in case of a fire.**
- **Light fireworks one at a time.**
- **Wear safety goggles and earplugs or earmuffs.**
- **Never use fireworks while impaired by alcohol or drugs.**

**HAPPY**  
**Fourth**  
**OF**  
**July**

## UV SAFETY

**Some sunlight can be enjoyable and healthy, too much can be dangerous! Overexposure to ultraviolet radiation from the sun can result in a painful sunburn and can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression**

### **FOLLOW THESE ACTION STEPS TO PROTECT YOUR SKIN FROM THE SUN:**

- **Do NOT burn.**
- **Avoid Sun Tanning and Tanning Beds**
- **Generously Apply Sunscreen with at least an SPF of 30 every two hours**
- **Wear Protective Clothing**
- **Wear Sunglasses**
- **Seek shade when possible**
- **Check the UV Index**

# NATIONAL BEANS MONTH

When you think of beans what comes to mind? Is it delicious kidney, lima or pinto beans? Maybe even navy beans. Beans (legumes) are an excellent source of fiber and can be prepared a variety of ways. Fiber helps to regulate digestion, prevent constipation, and lower cholesterol levels. It can also help to reduce the risk of heart disease and other chronic conditions. It is usually found in whole fruits, vegetables, whole grains, and legumes.

There are many ways to incorporate beans for extra fiber into your diet but, remember to limit the amount of salt used. Have fun experimenting with herbs and spices to enhance the flavor!

**HERE IS A RECIPE FOR YOU TO GET STARTED**



## Perfect Pinto Beans

### Ingredients:

- 1 1/2 pounds pinto beans
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne
- 3 slices of bacon, cut into thirds
- 3 cloves garlic
- 2 bay leaves
- 1 medium onion, diced
- 1 red bell pepper, diced

### Directions:

Put the beans in a large bowl, cover with cold water and let soak overnight.

Drain and rinse the beans, then put them in a large pot. Cover the beans with water and add the chili powder, cumin, paprika, cayenne, bacon, garlic, bay leaves, onion, bell pepper and some salt and pepper. Bring to a boil, then reduce the heat to low and cook until the beans are tender, 2 to 3 1/2 hours.

[FOOD NETWORK](#)

Nutritional Analysis	Per Serving
Serving Size	1 of 12 servings
Calories	238
Total Fat	4 g
Saturated Fat	1 g
Carbohydrates	38 g
Dietary Fiber	9 g
Sugar	2 g
Protein	13 g
Cholesterol	5 mg
Sodium	197 mg

**BENEFITS OF FIBER**

- FOSTERS A DIVERSE, HAPPY GUT MICROBIOME**
- PROMOTES REGULAR BOWEL MOVEMENTS**
- KEEPS YOU FULLER FOR LONGER**
- LOWERS HIGH BLOOD PRESSURE**
- BALANCES CHOLESTEROL LEVELS**
- PREVENTS BLOOD SUGAR SPIKES**



## National Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. Throughout the month, the HHS Office of Minority Health (OMH) will focus on promoting tools and resources addressing the stigma about mental health among racial and ethnic minority populations, particularly during the COVID-19 pandemic. Sign up to stay connected [OMH Newsletter](#)

## TALK ABOUT IT

Call or **Text 988** or chat [988lifeline.org](https://988lifeline.org)  
 Call Texas **Youth Helpline: 1-800-989-6884**  
[Visit TurnToSupportsTX.org](https://TurnToSupportsTX.org)



## National Culture Consciousness Week

July 1-7, 2023



National Culture Consciousness Week gives the Filipino community an opportunity to express their culture. This holiday was established by President Ferdinand Marcos to encourage the people of the Philippines to embrace their culture and heritage. Part of this is appreciating their inherent strong traits such as resilience and respectfulness and a very strong community spirit. These are values in their culture that should be celebrated and spread.

Culture is an important part of any human's life. It is connected to our genetic makeup and helps define who we are. We love any holiday that allows us to embrace our diverse cultures and celebrate them with pride.

Another great thing about National Consciousness Culture Week is that it gives us all the opportunity to learn more about the people of the Philippines. Any fun and creative way to learn something new should be a cherished opportunity and that's what National Culture Consciousness Week is all about.

*Taste* of culture  
**Filipino restaurants in**  
**Bell County, TX.**



# PET HYDRATION AWARENESS MONTH



## Signs of Dehydration

- LOSS OF APPETITE
- DRY MOUTH
- DIARRHEA
- EXCESSIVE PANTING
- DECREASED SKIN ELASTICITY\*
- SUNKEN EYES
- LETHARGY



## 3 Tips to Keeping Your Pet Hydrated

1. Offer fresh water at all times. Have multiple bowls available in the areas where your pet hangs out the most. Some pets prefer a fountain that keeps water running and fresh.

2. Put broth or ice cubes in the water dish to entice more drinking.

3. Add water to their food at meals to increase daily water intake.

Summer comes with hotter temperatures and lots of water activities! Keeping your pet hydrated, preventing dehydration and water intoxication are important year-round. Hydration is a crucial component of overall health and well-being in companion animals – just as it is in humans!



## Symptoms of Water Intoxication

### MILD SYMPTOMS

- Loss of coordination
- Lethargy
- Nausea
- Bloating
- Vomiting
- Dilated pupils
- Glazed eyes
- Pale Gums
- Excessive salivation

### SEVERE SYMPTOMS

- Breathing difficulties
- Collapses
- Loss of consciousness
- Seizures
- Coma
- Death

# Social Wellness



HEALTHY RELATIONSHIPS ARE A VITAL COMPONENT OF HEALTH. THE HEALTH RISKS FROM BEING ALONE OR ISOLATED IN ONE'S LIFE ARE COMPARABLE TO THE RISKS ASSOCIATED WITH CIGARETTE SMOKING, BLOOD PRESSURE, AND OBESITY.

Prioritize nurturing yourself and your relationships.

It means giving and receiving social support – ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image.

Social support enhances quality of life and provides a buffer against adverse life events. Social support can take different forms:

Emotional (sometimes called non-tangible) support refers to the actions people take to make someone else feel cared for.

Instrumental support refers to the physical, such as money and housekeeping.

Informational support means providing information to help someone.



Actively looking for ways to connect with others can positively impact your overall wellbeing, too. These connections should be intentional and mutual.

Try finding things that you have in common with new people, starting a new activity with your family or even setting a weekly meet-up with your friends.



# Community Calendar

## Killeen Library Events:

Story Time Ages 0-5: Wednesdays at 10:3AM  
 Story Time Ages 5-10: Wednesdays at 2:00PM  
 Story Time Ages 0-8: Tuesdays at 5:30PM  
 Children's Lego Play Time: Wednesdays 3:30-5:30PM

## Temple Library Events:

Toddler Story Time: Wednesdays at 10:15AM  
 Preschool Story Time: Wednesdays at 11:15AM &  
 Saturdays at 10:30AM  
 School Age Story Time: Wednesdays at 4:15PM

## July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Independence Day Extravaganza Downtown Killeen 4-10PM
2 Summerfest 60 Morgan's Point 5-10PM	3	4 Belton Parade UMHB 9:00am Temple Fireworks Temple Memorial Field 10:00am	5	6	7 First Friday Downtown Temple Lyle, Lyle, Crocodile Movie Killeen Athletic Complex 7:30PM	8
9	10	11	12	13	14	15
16	17	18	19	20 Family Lego Night Temple Library 5-6:30PM	21 Puss in Boots Movie Killeen Athletic Complex 7:30PM	22
23	24 Teen Craft Corner Temple Library 5:00PM	25	26 Carter Blood Drive AdventHealth 9AM-4PM	27 Kid Craft Corner Temple Library 5:00PM	28	29 Healthy Kids Day Armed Services YMCA Killeen 9AM-1PM
30	31					

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## 4TH OF JULY EVENTS:

Bold Republic Brewing Company 3-11PM  
 Crossroads Park Fireworks 9:30PM  
 Festival on Nolan Creek 11AM-3PM  
 Belton Parade at UMHB 9AM  
 Schoepf's Backyard Party 6PM

## FARMER'S MARKETS:

**Harker Heights:** Saturdays 9am-2pm @ 305 Miller's Crossing Harker Heights, TX 76548  
**Killeen:** Saturdays 9am-1pm @ Parking lot of Splawn Ranch Travel Center on Hwy 195N  
**Temple:** Tuesday & Thursday 7am-12pm @ 121 Montpark Rd Temple, TX  
**Salado:** Saturdays 9am-1pm @ 108 Royal Street Salado, TX  
**Belton:** Saturdays 8am-1pm @ Water Street Belton, TX  
 Saturdays 7am-11am @ 411 Central Ave Belton, TX



## Bell County Public Health District

PROMOTE • PREVENT • PROTECT

### **BCPH Admin Office**

**4236 Lowes Dr. Temple, TX 76502**

**Monday- Thursday 7:00am – 5:30pm**

**Phone: 254-532-9800**

### **Killeen Clinic**

**309 North 2nd St Killeen, TX 76541**

**Monday- Thursday 7:00am – 4:30pm**

**Friday 7:00am – 11:00am**

**Phone: 254-532-9800**

### **Immunizations Office**

**1605 North Main Street Belton TX 76513**

**Monday- Thursday 7:00am – 4:30pm**

**Friday 7:00am – 11:00am**

**Phone: 254-532-9800**

### **Temple Clinic**

**820 North 31st Street Temple, TX 76504**

**Monday- Thursday 7:00am – 4:30pm**

**Friday 7:00am – 11:00am**

**Phone: 254-532-9800**

### **Temple WIC**

**201 N 8th St. Temple TX 76501**

**Monday- Thursday 7:00am – 5:30pm**

**Phone: 254-532-9800**

### **Killeen WIC**

**116 E Avenue D, Killeen, TX 76551**

**Monday- Thursday 7:00am – 5:30pm**

**Phone: 254-532-9800**

### **Fort Hood WIC**

**36000 Darnall Loop (2nd FL) Fort Hood,  
TX 76544**

**Monday- Thursday 7:00am – 4:30pm**

**Friday 8:00am – 12:00pm**

**Phone: 254-532-9800**

### **Copperas Cove WIC**

**213 W Avenue D, Copperas Cove, TX  
76522**

**Monday- Thursday 7:00am – 4:30pm**

**Phone: 254-532-9800**

### **Environmental Health Office**

**4236 Lowes Dr. Temple, TX 76502**

**Monday-Thursday 8:00am-5:00pm**

**Friday 8:00am – 11:30pm**

**Phone: 254-532-9800**