Beating the Summer Heat!
When facing the hot and humid month of July, hydration can become a problem. Dehydration can happen quickly to people who are not receiving an adequate amount of fluids. Dehydration can cause headaches, muscle cramps, dark yellow pee dry mouth, and excessive thirst.

To prevent dehydration, people should drink 1ml of water per calorie or 35ml of water per kilograms of body weight. Drinking water is not the only way to reach hydration needs. Watermelon would be an excellent example of a food that can help with the prevention of dehydration.

An easy snack that helps with hydration and provides a healthy way to implement fruit for the day.

Fruit Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measure</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry, Sliced</td>
<td>1 cup</td>
<td>stir the fruit in a medium-size bowl. Cover and chill the bowl or serve the dish as quickly as possible.</td>
</tr>
<tr>
<td>Watermelon, Cubed</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Pineapple, Sliced</td>
<td>1 cup</td>
<td></td>
</tr>
</tbody>
</table>

Yield: 6 Portions

Portion size: 1/2 cup fruit

CACFP Crediting Information: 1 salad serving provides 1/2 cup fruit.

UPCOMING EVENTS & DEADLINES

Trainings

- **July 10th**
  - Course: CACFP Refresher
  - Time: 1-4 pm
  - Location: 5401 S. UNIVERSITY LITTLE ROCK, AR 72209

- **July 15th**
  - Course: NSLP Training
  - Time: 10-4 pm
  - Location: 5401 S. UNIVERSITY LITTLE ROCK, AR 72209

- **July 18th**
  - Course: CACFP New Participant
  - Time: 9 am-4 pm
  - Location: 5401 S. UNIVERSITY LITTLE ROCK, AR 72209

- **July 24th**
  - Course: CACFP At-Risk
  - Time: 9 am-4 p.m.
  - Location: 5401 S. UNIVERSITY LITTLE ROCK, AR 72209

Webinars:

- **NSLP- Strategies for School Wellness program**
  - July 25th, 2-3 PM
  - Register: [Click Here](#)

- **CACFP: Crediting Vegetable Noodles and Coconut in CNPs. Prerecorded Link:** [Click Here](#)
How to choose a good watermelon!

- You are looking for a firm, symmetrical watermelon that is free from bruises, cuts or dents.
- The watermelon should be heavy for its size. Watermelon is 92% water, most of the weight is water.
- The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

GETTING TO KNOW OUR STAFF: Robert Majors

What is your favorite type of food? Steak and Mashed Potatoes

How is your DHS Experience? Good work experience here at DHS. He enjoys knowing that his work helps the public.

What is your job position? Program Specialist- Claims & Billing