

Summer 2026

UNIVERSITY OF
MARYLAND
EXTENSION



Health, Nutrition & Wellness

"Solutions In Your Community"

IN THIS ISSUE:

Article	Pg
What is in Season	2-3
Diary Month	4-5
Community Events	8-9
FCS News	10-
Financial Wellness	12-13
Healthy Recipes	16-18
Health Theme	20-
Classes 31, 36	26,



RECIPES

Each issue includes
healthy recipes!
Inside this issue:

Avocado Salad
Crab Cakes
Lemon Salmon
Peach Parfait
Arugula Salad
Turkey Burger
Herb Potato Salad
And many more!

Family and Consumer Sciences Newsletter Empowering Maryland Families for Health, Wellness, and Financial Success Summer 2026 Edition From the Editor

Summer is a season of fresh opportunities to focus on health, family, and community connections. The Family and Consumer Sciences (FCS) team with the University of Maryland Extension provides research-based education to help Maryland families make informed choices about nutrition, food safety, wellness, and financial stability.

This Summer Healthy Living edition highlights practical resources for enjoying seasonal foods, cooking healthy meals on a budget, growing and preserving fresh produce, and building sustainable wellness habits. Inside you will find summer nutrition tips, simple recipes, gardening connections, food preservation education, canning resources, and information on healthy cooking—including quick ideas like Lemon Arugula Salad, Summer Minestrone Soup, and Sautéed Garlic Spinach.

Through partnerships with schools, community organizations, and local agencies, FCS educators continue providing programs that strengthen families and communities across Northern Maryland.

About University of Maryland Extension

University of Maryland Extension partners with county governments, the University of Maryland College of Agriculture and Natural Resources, and USDA to provide research-based education that supports healthier, stronger communities.

Meet Your Local FCS Team Harford, Carroll, Frederick & Northern Cluster in this edition

Jennifer Dixon Cravens, MS
Faculty Extension Educator –
Family & Consumer Sciences &
Nutrition

Harford County

Carrie Sorenson

Family & Consumer Sciences
Educator

Carroll County / Northern Cluster

Together with community partners, our team provides education in nutrition, food safety, financial wellness, and healthy living.

Programs & Community Impact

FCS programs help families:

- Prepare healthy, affordable meals
- Practice food safety and preservation
- Connect gardening with nutrition
- Build financial skills
- Support health and wellness

• Create healthier homes and communities

Community Highlights:

- 25+ healthy cooking and nutrition workshops reaching 150+ families
- Nutrition & Gardening education connecting “seed-to-table” learning
- Food safety, canning, and fermentation education
- Healthy cooking on a budget and summer financial wellness programs
- Community outreach across Harford, Carroll, and Frederick Counties

Featured in This Issue

Nutrition & Food Safety

Summer recipes, fresh produce ideas, safe food preparation, and preservation tips.

Gardening & Wellness

Growing food, harvesting health, and connecting the garden to the table.

Financial Wellness

Summer budgeting, saving strategies, retirement updates, and financial education resources.

Health & Healthy Living .Wellness tips, health observances, and practical strategies for everyday healthy habits.

Environmental Wellness

Simple ways to reduce waste and support healthier homes.



Benefits of Eating Seasonally

FARMERS MARKETS



What's In Season ?

Eat Seasonal Foods

Seasonal Food - Eating seasonal foods supports better nutrition, fresher flavor, and more affordable choices while connecting your family to the natural rhythm of local harvests. Enjoy Maryland's Seasonal Harvest- Summer is a great time to enjoy Maryland's fresh, locally grown fruits and vegetables. Seasonal favorites include tomatoes, sweet corn, cucumbers, zucchini, peaches, blueberries, watermelon, and green beans. These foods are harvested at peak freshness, offering excellent flavor and nutrition. Eating seasonal produce is an easy way to add vitamins, minerals, fiber, and antioxidants to your diet. These nutrients help support heart health, strengthen the immune system, and promote overall wellness.

Summer in Maryland brings a vibrant variety of fresh, nutrient-rich produce that supports healthy eating and local agriculture. Two popular seasonal fruits include strawberries and blueberries, both rich in antioxidants, vitamin C, and natural sweetness that make them perfect for snacks, smoothies, and breakfast toppings. For vegetables, tomatoes and cucumbers are summer favorites.

Tomatoes provide lycopene for heart health and immune support, while cucumbers offer hydration and cooling benefits during hot weather. Enjoy them fresh in salads, wraps, or infused water for a refreshing seasonal boost. Eating seasonal produce not only enhances flavor and nutrition but also supports local farmers and encourages healthier family meals throughout the summer.

SEASONAL SUMMER FOODS

Fresh, Delicious & Nutritious

FRUITS



- Watermelon
- Berries
- Peaches
- Cantaloupe

VEGETABLES

- Tomatoes
- Cucumbers
- Zucchini
- Corn
- Peppers
- Leafy Greens



BENEFITS



High water content =
hydration support



Rich in antioxidants =
reduce inflammation



Fiber = supports
digestion & heart health

Summer Food Safety

Prevention of Foodborne Illness

Summer is peak season for outdoor cooking, picnics, and family gatherings. Warmer temperatures increase risk of foodborne illness and causes bacteria to multiply rapidly, significantly increasing the risk of food poisoning.

To stay safe, always "Keep Hot Foods Hot and Cold Foods Cold," and never leave perishable items sitting at room temperature for more than two hours (or one hour if it is above 90°F)

Summary: Focus on temperature control, hygiene, and preventing cross-contamination. Make sure you properly store your potatoes salad and other cold items.

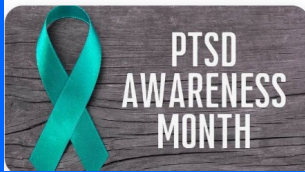
Summer
Food Safety



Key Takeaways:

- Keep cold foods $\leq 40^{\circ}\text{F}$ and hot foods $\geq 140^{\circ}\text{F}$
- Refrigerate within 2 hours (1 hour if above 90°F)
 - Wash hands before handling food
 - Use separate cutting boards
 - Clean grills properly

Emotional Wellness



June Health Themes

PTSD Awareness Month

National PTSD Awareness Month: Raises awareness around post-traumatic stress disorder (PTSD) to ensure those who have survived traumatic events—including veterans and military families—know that effective treatments are available. Help Raise PTSD Awareness Post traumatic stress disorder (PTSD) can affect anyone. About 1 out of every 20 adults in the U.S. (or 5% of Americans) has PTSD in any given year.

Even though PTSD treatments work, most people who have PTSD don't get the help they need. June is PTSD Awareness Month. Help us spread the word that PTSD Treatment works. Everyone with PTSD—whether they are veterans or civilians who experienced sexual violence, a serious accident, a disaster event, or other traumatic event—needs to know that effective treatments can reduce symptoms and lead to a better quality of life. Diet also plays a role to better cope with post traumatic stress disorders. Foods like berries, apples, mangos, and others are great to help reduce symptoms. Essential Resources and Support Whether you are a veteran, a civilian, or looking to support a loved one, a variety of actionable resources are available. I

Immediate Support: Call, text, or chat 988. Service members, veterans, and their families can press 1 or text 838255 to reach the Military and Veterans Crisis Line.

Simple Ways to Cope!



June Health Themes cont.

National Dairy Month

June is officially celebrated as National Dairy Month to honor dairy farmers and promote the nutritional benefits of milk, cheese, and yogurt. Originally launched in 1937 as "**National Milk Month**" to manage seasonal milk surpluses, the month has evolved into an annual tradition highlighting agriculture and health.

This month encourages inclusive nutrition choices that support lifelong wellness through both dairy and non-dairy calcium-rich foods. Dairy Awareness Month highlights the role of milk, yogurt, and cheese as nutrient-rich foods that provide calcium, vitamin D, protein, potassium, and phosphorus—key nutrients that support strong bones, muscle function, and overall health across the lifespan.

Lactose Intolerant People: For those who are lactose intolerant or prefer non-dairy options, calcium-rich alternatives are widely available. These include fortified plant-based beverages (soy, almond, oat, and pea milk), leafy greens (kale, collards, bok choy), tofu made with calcium sulfate, chia seeds, sesame seeds, almonds, beans, and fortified nut milk and juices. These options help support bone health and ensure adequate nutrient intake for diverse dietary needs. Celebrate National Dairy month by making Homemade Vanilla Ice Cream.



Homemade Vanilla Ice Cream

Simple Vanilla Ice Cream Recipe

⇒ for Summer ⇐

Creamy, lightly sweet, and made with better-for-you ingredients.



INGREDIENTS

- 1 cup (240 ml) grass fed whole milk
- 1 cup (240 ml) plain Greek yogurt
- 2–3 tbsp maple syrup or honey (adjust to taste)
- 1 tsp pure vanilla extract
- 1/8 tsp sea salt



HOW TO MAKE

1. In a mixing bowl, whisk together whole milk, Greek yogurt, maple syrup (or honey), vanilla extract, and sea salt until smooth.
2. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions (usually 20–25 minutes).
3. For a firmer texture, transfer to a container and freeze for 1–2 hours before serving.



TIP: For extra creaminess, use full-fat Greek yogurt. Add fresh berries or nuts for a fun twist!



NUTRITION INFORMATION

Per 1/2 cup (approx. 75g)

Calories	110
Protein	4g
Carbohydrates	14g
– Sugars	9g
Fat	3g
– Saturated Fat	0.5g
Fiber	0g
Sodium	30mg

*Nutrition values are approximate. May vary based on specific ingredients used.



Made with simple, wholesome ingredients



Good source of protein



Naturally sweetened with less sugar



Perfect for a refreshing summer treat!

Did you know – Vanilla is the second most expensive spice globally, trailing only saffron

Healthy Summer Recipes

Did you know
that ?Zucchini is
high in fiber and
great for digestive
health, and great
for heart health

June Healthy Recipes

Grilled Lemon Herb Salmon

Ingredients

Salmon

- 4 salmon fillets (4 oz. each)
- 1 tbsp olive oil
- 1 lemon, juiced
- 1 tsp garlic powder
- 1 tsp dried dill
- ½ tsp black pepper

Directions

1. Preheat grill to medium-high heat.
 2. Brush salmon with olive oil and lemon juice.
 3. Sprinkle with garlic powder, dill, and pepper.
- Grill salmon 4–5 minutes per side.



Nutrition Information

Calories: 325, Protein: 28g, Carbohydrates: 12g, Fiber: 2g, Sodium: 140mg

Zucchini & Corn Skillet

Ingredients

- 2 medium zucchini, sliced
- 2 ears fresh corn, kernels removed
- 1 red bell pepper, diced
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ¼ tsp black pepper

Fresh basil for garnish

Directions

1. Heat olive oil in a skillet.
 2. Sauté garlic for 1 minute.
 3. Add zucchini, corn, and peppers.
 4. Cook 6–8 minutes until vegetables are tender-crisp.
- Garnish with fresh basil.



Nutrition Information (Per Serving)

Calories: 85, Protein: 2g Carbohydrates: 12g, Fiber: 3g, Fat: 4g
Sodium: 20mg.

Both Recipes Allrecipes.com

June Healthy Recipes

Peach Parfait

Ingredients

- 2 peaches, diced
- 1 cup strawberries, sliced
- 1 cup blueberries
- 2 cups plain Greek yogurt
- ¼ cup granola
- 1 tbsp honey (optional)

Directions

1. Layer yogurt in serving glasses.
2. Add peaches and berries.
3. Repeat layers.
4. Top with granola and honey.

Serve immediately.

Nutrition Information (Per Serving)

Calories: 195, Protein: 14g, Carbohydrates: 24g, Fiber: 3g, Fat: 4g
Sodium: 55mg,



Nutrition Fact::

Did you Know?

Peaches, rich in vitamin A , C, and help build collagen and protect your cells from sun damage.

Avocado & Tomato Salad

Ingredients:

Salad

- 6 cups kale, stems removed and chopped
- 2 large tomatoes, diced
- 1 avocado, diced
- ½ cucumber, sliced
- ¼ red onion, thinly sliced
- 2 tbsp sunflower seeds or pumpkin seeds

Lemon Dressing

- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tsp honey
- 1 clove garlic, minced

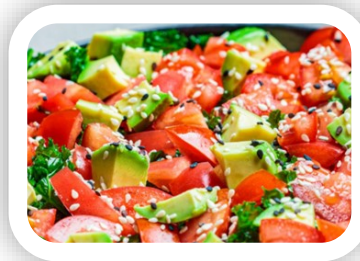
Black pepper to taste

Directions:

1. Place kale in a large bowl.
2. Add 1 teaspoon olive oil and gently massage kale for 2–3 minutes until softened.
3. Add tomatoes, avocado, cucumber, onion, and seeds.
4. Whisk together dressing ingredients.

Toss salad with dressing and serve.

Nutrition Information : Calories: 210, Protein: 4g, Carbohydrates: 13g, Fiber: 6g, Fat: 17g, Sodium: 45mg, Source: Allrecipes.com



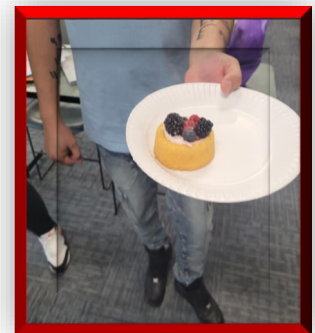
Community Engagement

Nutrition & Food Safety Classes

HEALTHY Food Demonstration

During Nutrition Education in the Community, participants engaged in an interactive food demonstration celebrating Dairy Month and exploring both dairy and non-dairy food choices. Participants learned about different options for meeting daily dairy recommendations and practical ways to incorporate these foods into everyday meals and snacks.

As part of the hands-on activity, participants prepared mini desserts using fresh berries, peach yogurt, and strawberry cream cheese. The session encouraged healthy eating habits while providing creative and enjoyable ways to meet daily nutritional needs. Food demos are always fun. Also a food safety class—Capture the Flavor Healthy Cooking with Herbs and Spices was taught and program participants were shown how to incorporate culinary herbs and spices in to their daily meals to reduce sugar, and salt and fat consumption to reduce impact of chronic diseases. See images below.

E
L

Program Participants
enjoy hearth Health
Food Demonstrations
and nutrition educa-
tion presentation.
(Pictured above, and
to the Right)

COMMUNITY EVENT– See you There!

JOIN US! FCS—HEALTHY LIVING PROGRAM WILL HAVE FOOD DEMONSTRATION DURING EVENING HOURS.

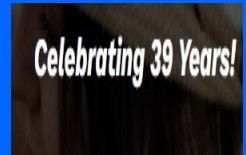
The 2026 Harford County Farm Fair is back July 18th through July 25th — and it's bigger and better than ever!

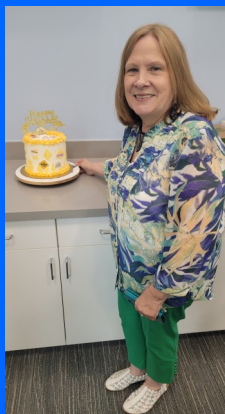
Enjoy live music and track entertainment every night, savor delicious local food and drinks, and browse unique finds from local vendors.

Bring the whole family to meet the animals, take in the sights, and celebrate Harford County's agricultural roots in a week full of fun, food, and festivities!

Gates are open Saturdays and Sundays from 10 AM to 10 PM, and Monday through Friday from 4 PM to 10 PM.

SUPPORT THE 4-H: Our 4-H kids have worked hard this year to show their livestock and entries. Support the kids and come out and view a show, or ask them about their animals while in the barns .





A large, round cake decorated with yellow flowers and a "Retired" sign. The cake is white with a gold border. A sign in the center says "Retired" in a blue and white circular design. There are also small gold and blue decorations on the cake.

This beautiful cake
designed and
baked by FCS Edu-
cator Deon Littles

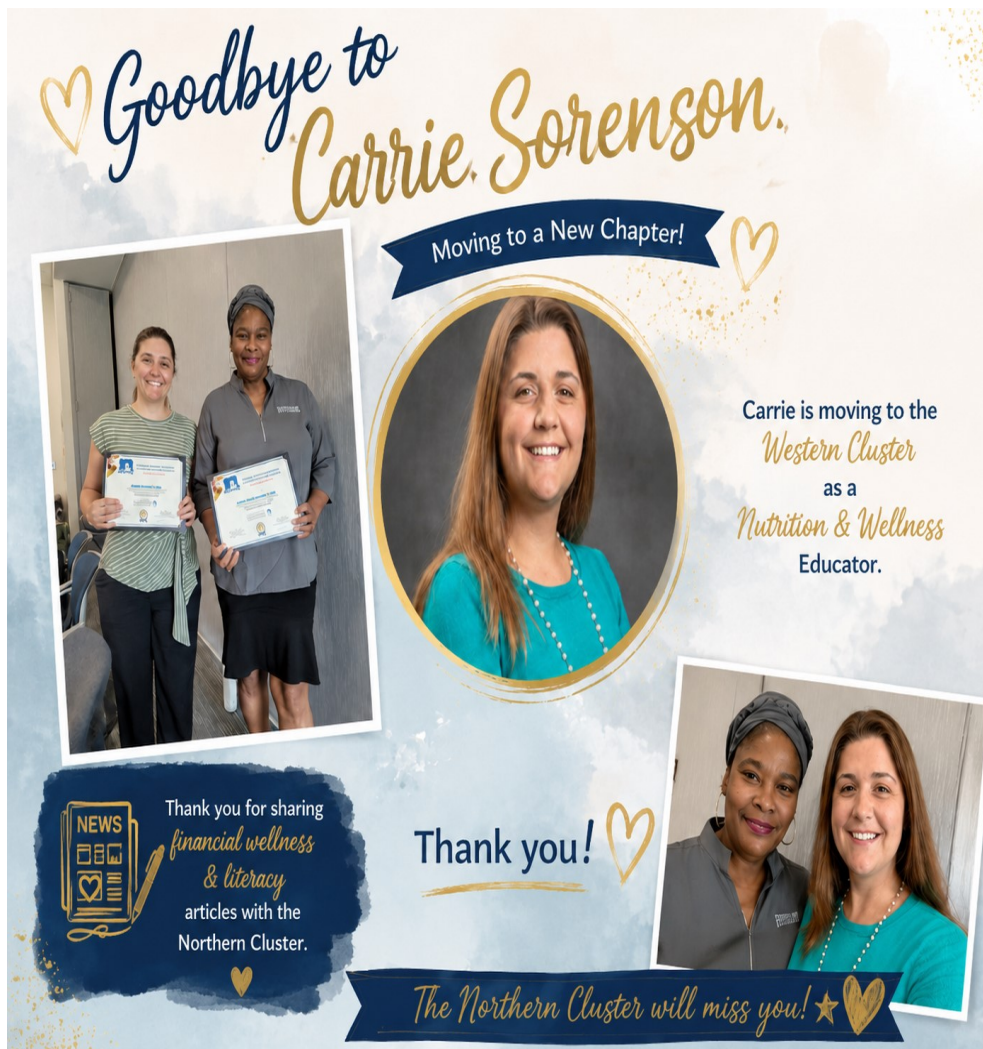
A collage celebrating Lisa McCoy's 13 years of service. The collage includes a retirement cake, a group photo of the college staff, a photo of Lisa receiving a plaque, and a photo of Lisa with a colleague. Text overlays read: "FCS Educators Celebrating 13 Years of Service", "Retirement Party for Lisa McCoy", "Thank you Lisa", "You will be missed", and "Enjoy your next chapter!".

Northern Cluster Updates

Saying Goodbye to Carrie

Carrie is moving to the Western Cluster as an Agent. Thank you for 4 years of dedication and service to the FCS Healthy Living Newsletter, where you shared valuable insights through financial wellness and literacy articles. Your contributions, commitment, to Harford county residents during the Digital Literacy Grant provided great information to our program participant. The Northern Cluster will miss you.

Pictured below: FCS Educator Carrie & Jennifer showcasing their Newsletter win. Thanks Carrie -JDC



Financial Wellness Corner with Carrie



**Carrie
Sorenson,**

Carrie's final
article !!!!

Thanks!



Financial Literacy & Wellness

How to Save During Summer

This Summer, Get Creative and Save Money For many of us, summer is the best time of year for getting out and having fun! There are farmers markets, beach days, trips to the park, and more. Since the days are long, we get even more time to enjoy some fun in the sun. But all of that fun can get expensive. This summer, consider tapping into your creative side to find some free or low-cost ways to get out and enjoy some family fun. 1. Check out your local library! This may seem obvious if you are already familiar with or a user of library services. But, I am always surprised to find out how many of my friends aren't aware that the library offers more than just books! Depending on your local library, you might have access to services like Hoopla or Libby (or some other service). Through these resources, you can often access EBooks, audiobooks, movies, music, and more! My local library even recently expanded their Wi-Fi service so that you don't even have to be inside the library building to use their Wi-Fi.

Your local library might even offer additional services like help finding a job, physical games which can be checked out, and more. These free resources can help save money in many ways! The library also has tons of fun classes, events, and other activities. If you're not sure what is available, search online for the name of the county where you live plus the words "public library".

Once you find the website for your local library system, you can look for their calendar of events to see what you might want to attend. If you prefer a printed resource, most libraries also offer a printed book of their upcoming programs as well. Just go to your local library branch and ask for a copy of their events calendar! 2. Try a Pantry Challenge! If you're anything like me, then some grocery store purchases end up in the back of the pantry or freezer if you're not sure how to use them.

One way to save some money can be to get creative and try to use those items. Maybe you want to go all in on the challenge and try to make dinner with only what you have on hand. friends into teams. Give each team one of the pantry items that they must use in a recipe.

Financial Wellness

Summer Saving cont.

Or you can use websites like <https://www.supercook.com/#/recipes>. It will ask you to check off items you have on hand and then suggest meals you could make with those items. Just remember to check the expiration dates on the things you pull out to make sure you aren't using things that have gone unnoticed for a bit too long... If you want to turn this into a family activity, get your own cooking competition going! Start by finding a few pantry items you have on hand that you'd like to use up. Then, split your family

You can do this right away or give people some more time and ask them to come back with their finished dishes on another day. Taste test and see who was able to create the best dish with their mystery ingredient! 3. Buy Used! Used items are frequently a fraction of the cost of buying something brand new.

In fact, buying used clothes and furniture has become trendy recently, as more people have been focusing on the environmental benefit of buying used. If you're in the market for new clothing, furniture, appliances, or even some technology items, do a quick search to see if you can find a used version online or in a local secondhand store. Buying secondhand may not always be an option (I'm guessing there aren't many used PS5s on the market), but buying used whenever possible can help save some serious money! You can also consider searching on social media for a "Buy Nothing" group.

These are online communities that are dedicated to helping people donate unused items rather than throwing them away. People who join these groups usually offer their unused items for free or at a very low cost. This can be a great way to find things you need without spending much money! As summer gets into full swing, I hope these tips can help you have fun and save money at the same time. A fun summer doesn't have to break the bank!

Carrie Sorenson: Carrie will be leaving the Northern Cluster to continue her work with the Western Cluster. So this will be Carrie's last article with FCS Healthy Living Newsletter. We are thankful to Carrie for providing 4 years of financial literacy and wellness to the FCS Newsletter.

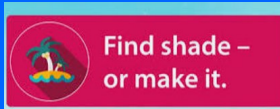
Carrie is available provide information about upcoming classes or answer questions. You can reach her at 410-386-2760 or cjrsoren@umd.edu.

University of Maryland Extension Financial Wellness Educator, Spring Quaterly



Reference: Internal Revenue Service. (2025). *Publication 17: Your federal income tax for individuals*. U.S. Department of the Treasury. <https://www.irs.gov>

Environmental Wellness



July Health Themes

UV Safety Month

UV Safety Month focuses on protecting the skin and eyes from harmful ultraviolet (UV) rays from the sun. It raises awareness about skin cancer prevention and the importance of sun-safe habits during peak summer months. Awareness Activities: "Slip, Slop, Slap" campaign (shirt, sunscreen, hat education) Free sunscreen distribution or demos on proper application Skin health checks or screening sign-up information Poster campaign: "UV rays don't take a summer break" Outdoor safety challenge: track sun-safe habits for a week .

un safety is important all year, but this month, we're strengthening our commitment to keep you safe from UV radiation. July is UV Safety Awareness Month, a time we encourage everyone to take steps to protect themselves from the dangers of ultraviolet (UV) radiation. Summertime is all about enjoying the sunny weather, but it's crucial to minimize your ultraviolet radiation exposure while you're at it.

Sources: National Safety Council. (2025.). National Safety Month. <https://www.nsc.org> National Cancer Institute. (2026.). Sun safety and UV exposure. <https://www.cancer.gov> <https://skinandcancerinstitute.com/july-is-uv-safety-month/> <https://www.marylandhealthconnection.gov/uv-safety-month/>.

u



July Health Themes

Juvenile Arthritis Awareness

Juvenile Arthritis Awareness Month is an annual campaign dedicated to spreading the message that kids get arthritis too. The initiative aims to educate the public, dispel the myth that arthritis is only for older adults, and advocate for early diagnosis and research funding for affected children.

Why Awareness Matters Autoimmune Nature: Juvenile Arthritis (JA) is not a result of wear-and-tear; it is primarily an autoimmune disorder where the body's immune system attacks its own joints and tissues Impact:

It affect How to Get Involved Advocates and families can participate in local campaigns, use social media to highlight childhood resilience, and support organizations that fund research and provide patient resources.

5 Dietary Tips for Children with Juvenile Arthritis

1. Include Omega-3 Rich Foods

Foods rich in omega-3 fatty acids may help reduce inflammation and support joint health. Child-friendly options include salmon, tuna, walnuts, chia seeds, and flaxseed.

2. Fill Half the Plate with Colorful Fruits and Vegetables

Bright fruits and vegetables provide antioxidants, vitamins, and minerals that support overall health and may help reduce inflammation. Try berries, cherries, spinach, broccoli, carrots, and bell peppers.

3. Choose Whole Grains More Often

Whole grains such as oatmeal, brown rice, quinoa, and whole wheat bread provide fiber and nutrients that support healthy digestion and overall wellness.

4. Support Bone Health with Calcium and Vitamin D

Strong bones are important for growing children. Include foods like milk, yogurt, cheese, fortified plant-based beverages, leafy greens, and vitamin D-rich foods.

5. Reduce Highly Processed Foods and Sugary Drinks

Limiting foods high in added sugars and saturated fats may support better overall health. Replace sugary beverages and processed snacks with healthier options such as fruit, yogurt, nuts, or water.

Source: <https://www.arthritis.org/about-arthritis/juvenile-arthritis-awareness-month> ,

Arthritis Foundation. (2026). *Healthy eating for juvenile arthritis*. Arthritis Foundation. Retrieved June 21, 2026, from <https://www.arthritis.org/health-wellness/healthy-living/nutrition/healthy-eating/healthy-eating-for-juvenile-arthritis>



Healthy
Summer
Recipes



Source: Adapted
from Allrecipes-
es.com—Top
right

Simple July Recipes

Summer Recipes



Simple Quesadillas

Ingredients: 1 Quesadilla

- 1 lb. lean ground beef or turkey
- 1 tsp garlic powder
- ½ tsp onion powder
- 1 cup reduced-fat cheddar cheese
- 8 whole wheat tortillas

Lettuce and tomatoes for topping

Directions:

1. Brown meat and season.
 2. Place meat and cheese inside tortillas.
 3. Cook on skillet until golden. You can use left over Steak also.
- Slice and serve.

Nutrition Information:

- Calories: 380 , Protein: 28g, Fiber: 4g, Total Fat 15g, Saturated Fat 6g, Dietary Fiber 4g, Sugar 3g, Sodium 346 mg, Cholesterol 70 mg.



Homemade Lemonade Pops

Ingredients:

- Lemon juice
- Water
- Honey or sugar

Directions: Mix ingredients well.,

Pour into molds., Freeze 4–6 hours.,

Nutrition (Per Pop):

Calories: 80, Carbohydrates: 20 g, Protein: 0 g, Total Fat: 0 g, Saturated Fat: 0 g, Dietary Fiber: 0 g, Sodium: 5 mg, Sugar: 16 g . Source : FCS Educator



Simple July Recipes

Mini Turkey Burger Sliders

Ingredients:

- Ground turkey
- Whole wheat slider buns
- Cheese slices
- Lettuce
- Tomato
- Ketchup or mustard
- Pickles, Mayo, etc.

Directions:

1. Form small turkey patties.
2. Cook on skillet or grill until done.
3. Assemble on buns with toppings.
4. Serve warm.

Nutrition (Per Slider):

Calories: 280, Carbohydrates: 22 g, Protein: 24 g, Total Fat: 10 g

Saturated Fat: 3 g, Dietary Fiber: 2 g, Sodium: 420 mg, Sugar: 3 g .



Fun Turkey

Fact : High in B vitamins , and generally boasts fewer calories and less saturated fat than a traditional hamburger , invented in 1930's in CA.

Classic Onion Rings

Ingredients:

- 2 large onions (yellow or sweet)
- 1 cup all-purpose flour
- 1 cup milk
- 1 egg
- 1 ½ cups breadcrumbs (or panko for extra crunch)
- 1 tsp salt
- ½ tsp black pepper
- Oil for frying vegetable



Instructions: Slice onions into thick rings and separate. In a bowl, mix flour, salt, and pepper. In another bowl, whisk milk + egg. Dip onion rings: , Flour → milk mixture → breadcrumbs. Heat oil to 350°F., Fry rings 2–3 minutes per side until golden. Drain on paper towels.

Nutrition Information: (per serving ~6–8 rings) : Calories: 320 g, Carbs: 38g, Fat: 16g, Protein: 6g, Fiber: 2g, Sodium: 350mg.

Reference:

Allrecipes.com
for both recipes.



HEALTH,

September Simple Recipes

Herb Potato Salad

Serving Size: 1 cup | Serves: 6

Ingredients:

- 2 lbs. baby potatoes (red or yellow), halved
- ½ cup plain Greek yogurt
- 2 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- ¼ cup red onion, finely chopped
- 2 celery stalks, diced
- 2 tbsp fresh dill
- 2 tbsp fresh parsley
- Salt & black pepper to taste



Directions: Boil potatoes in salted water until fork-tender (10–12 minutes)., Drain and let cool slightly., In a bowl, mix yogurt, olive oil, mustard, vinegar, and seasonings., Add potatoes, celery, onions, and herbs. Toss gently and chill for at least 1 hour before serving.

Nutrition Information (Per Serving – 1 cup):

Calories: 190 kcal, Carbohydrates: 28 g, Protein: 5 g, Total Fat: 7 g
Saturated Fat: 1.2 g, Dietary Fiber: 3 g, Sodium: 300 mg, Sugar: 2 g

Source:

Adapted from.
<https://www.halfbakedharvest.com/the-best-potato-salad/>

Lemon Arugula Salad

Ingredients:

- 5 cups Arugula
- 1 cup cherry tomatoes (halved)
- 1/4 red onion (sliced)
- 2–3 tbsp olive oil
- 1–2 tbsp lemon juice
- Salt & black pepper

Optional: Parmesan cheese or nuts



Directions: Add arugula, tomatoes, and onion to a bowl. Mix olive oil, lemon juice, salt, and pepper. Pour over salad and toss. Add optional toppings and serve.

Nutrition (approx. per serving): Calories: 120–160, Fat: 10–14g (healthy fats), Carbs: 5–8g, Protein: 3–5g, Fiber: 2–3g

Source: TheHarvestkitchen.com

Physical Wellness

Summer Meal Planning

Summer Budget Friendly Meal

Budget-friendly summer meal and grocery planning can help families maintain healthy eating habits while reducing food costs during the warmer months. Summer often brings changes in schedules, increased activities, vacations, and children being home from school, which can lead to more frequent eating out and higher grocery expenses. Taking time to plan meals in advance can help households stay organized and make smarter food choices while stretching their food budget.

One of the most effective ways to save money during summer months is to build meals around seasonal produce. Fruits and vegetables such as watermelon, berries, tomatoes, zucchini, cucumbers, corn, and leafy greens are often fresher, more nutritious, and less expensive when purchased in season. Shopping local farmers markets or choosing store sales and weekly specials can also reduce grocery costs while increasing access to healthy foods.

Planning meals before shopping helps reduce impulse purchases and unnecessary spending. Creating a grocery list based on planned meals and checking pantry items before shopping prevents buying duplicate items. Preparing simple meals at home, using leftovers creatively, and cooking larger batches that can be frozen for later use can also save both time and money.

Small changes in meal planning can lead to significant savings over the course of the summer. Smart grocery habits not only help reduce food waste and manage household expenses but also support healthier eating patterns for the entire family. Planning ahead creates an opportunity to enjoy nutritious meals, spend less money, and build healthy habits that can continue throughout the year. See Budget Friendly Tips below.



Family Wellness

Building Healthy Family Habits



Building Healthy Family Habits for Physical and Mental Well-Being

Summer wellness helps families stay balanced, healthy, and connected during a season when routines often become less structured. School schedules, extracurricular activities, and regular routines often change during summer months, which can create both opportunities and challenges for maintaining healthy habits. By focusing on simple wellness practices such as nutritious meals, regular physical activity, hydration, adequate sleep, and quality family time, families can support overall physical, emotional, and mental well-being.

Healthy summer habits are important because daily routines influence energy levels, mood, stress management, and long-term health outcomes. Consistent routines can help children and adults feel more secure and organized while promoting healthy behaviors that can continue into the school year. Establishing wellness practices during the summer can also reduce the risk of unhealthy eating patterns, excessive screen use, inactivity, and sleep disruption.

Physical and mental wellness are closely connected. Proper nutrition and hydration help the body function efficiently and support brain health. Regular movement and outdoor activity can improve cardiovascular health, strengthen muscles and bones, reduce stress, and boost mood through the release of natural feel-good hormones. Sleep also plays a critical role in physical recovery, learning, concentration, and emotional regulation. Spending intentional time together as a family contributes to emotional wellness by strengthening relationships and creating supportive environments. Family meals, outdoor activities, gardening, walks, games, or shared hobbies can improve communication and reduce stress while promoting healthy habits for all ages.



Sources:

American Academy of Pediatrics. (2024). *Media use guidelines for families*. <https://www.aap.org>



August Health Themes

National Wellness Month

Na-

ational Wellness Month encourages people to focus on self-care, healthy routines, stress management, and overall physical, emotional, and mental well-being.

Awareness Activities: "One health habit a week" challenge Self-care planning worksheet (sleep, food, movement, stress) Mindfulness or breathing sessions (5-10 minutes daily) Health habit vision boards or goal setting activity Community walk or movement break events National Wellness Month is observed every August to focus on self-care, managing stress, and creating healthy routines. It encourages individuals to prioritize mental, physical, and emotional well-being through daily habits like mindful breathing, hydration, and exercise.

Key Ways to Celebrate Take the Pledge: Join the movement by taking the Live Love Spa I Choose Wellness Pledge to prioritize small, daily self-care acts. Focus on Hydration: Set a daily water goal and cut back on sugary beverages.

Schedule a Digital Detox: Set screen-free boundaries, especially before bedtime. Prioritize Sleep: Use tools like the CDC Sleep Guidelines to improve your sleep hygiene.

Move Your Body: Incorporate 15-minute walk, yoga session, or stretching into your daily schedule.

Local Wellness Activities: in Churchville, MD If you are looking to treat yourself locally near Harford County: Spa & Wellness: Book a massage or facial to unwind. Check local deals on platforms like Groupon Bel Air/Aberdeen Nature & Movement: Enjoy a peaceful walk or outdoor workout at Susquehanna State park (approximately 20 minutes from Churchville) to combine physical activity with time in nature.



Source: National Wellness Institute. (2026.). Wellness Month resources. <https://www.nationalwellness>.

August Health Themes

Children Eye Health & Safety



August is Children Eye Health & Safety Month : This awareness focuses on protecting children's vision through early detection, eye exams, and preventing eye injuries from sports, screens, and environmental hazards. Awareness Activities: Free or low-cost vision screening referrals Screen time awareness challenge for families "Protect your eyes" safety demonstration (sport goggles, etc.)

Vision health coloring/activity sheets for kids Parent education on early warning signs of vision problems Children's Eye Health and Safety Month is a national campaign dedicated to raising awareness about early vision screenings, treating emerging conditions, and protecting children's vision from everyday hazards. It coincides with back-to-school season to ensure kids can see clearly in the classroom.

Children's Eye Health & Safety Month: 4 Tips to Protect Young Eyes:

Schedule Routine Eye Exams-Regular eye exams can help detect vision concerns early, including nearsightedness, farsightedness, and conditions such as lazy eye.

Practice Eye Safety Every Day- Protect children's eyes during sports and play with proper protective eyewear, and keep household hazards out of reach.

Protect Eyes from the Sun- Children's eyes are sensitive to UV rays. Choose sunglasses with 100% UV protection and encourage wearing wide-brimmed hats outdoors.

Reduce Digital Eye Strain- Too much screen time can tire young eyes. Encourage regular screen breaks and balance device time with outdoor activities.



Source: National Eye Institute. (2026). Children's eye health and safety. <https://www.nei.nih.gov> , <https://www.nei.nih.gov/eye-health-information/healthy-vision/nei-for-kids> .[https:// preventblindness.org/2024-childrens-vision-month/](https://preventblindness.org/2024-childrens-vision-month/).

Physical Wellness



Reference : (Academy of Nutrition and Dietetics, <https://www.eatright.org/national-nutrition-month, 2026>, United States Department of Agriculture, 2026)

August Health Themes

World Lung Cancer Day

World Lung Cancer Day is observed on August 1st to raise global awareness about lung cancer, its risk factors, prevention strategies, environmental exposures, and occupational risks while also promoting access to screening, treatment options, and support for individuals and families affected by lung cancer. The day encourages education, reducing stigma, and supporting ongoing research to improve survival rates and quality of life.

Key Focus Areas: Early detection through lung cancer screening (low-dose CT scans for high-risk individuals) **Major risk factors:** smoking, vaping, radon exposure, air pollution, occupational hazards **Importance of smoking cessation and prevention** Recognizing early symptoms (persistent cough, chest pain, shortness of breath, weight loss) **Access to treatment options and support services** **Reducing stigma around lung cancer diagnosis** **Awareness Activities:** "Know Your Risk" Education Campaign Risk factor checklist handouts for community members Interactive discussion on smoking, vaping, and environmental risks Myth vs. fact quiz on lung cancer causes Smoking Cessation & Prevention Outreach .

Information table on quitting resources and support programs Invite a health educator to discuss quitting strategies Provide quit-line cards and mobile app resources Lung Health Demonstration Activity Simple breathing capacity test (safe, non-medical demonstration) Visual display of healthy vs. damaged lung tissue model/images Education on how lungs function and how disease impacts them.

Screening Awareness Promotion Information on who qualifies for lung cancer screening Referral resources for low-dose CT screening programs "Early detection saves lives" awareness posters Environmental Lung Health Awareness Radon awareness information distribution Air quality education (how pollution affects lung health) Indoor air safety tips for homes and workplaces **Support & Remembrance Activity** "Honor Wall" for survivors and those lost to lung cancer Sharing survivor stories or testimonials (with consent) Resource list for counseling and support groups .

Source: American Lung Association. (2026). World Lung Cancer Day. <https://www.lung.org>.



Upcoming Class

Nutrition & Gardening

Growing your own food is one of the simplest ways to improve both **nutrition and overall wellness**. When you combine gardening with healthy eating, you're not just growing plants—you're growing access to fresh, nutrient-rich foods that can support your daily meals in a powerful way.

Fresh vegetables like **spring salad greens, tomatoes, cucumbers, parsley, mint, onions, squash, jalapeños, and spinach** are easy to grow in small garden spaces, raised beds, or even containers. These foods don't require complicated setups—just sunlight, good soil, water, and a little consistency.

Once harvested, they can be used immediately in everyday meals. Imagine adding crisp cucumbers and tomatoes to a fresh side salad, mixing spinach into smoothies or sautéed dishes, or using fresh parsley and mint to brighten flavor without extra salt. Even onions, squash, and jalapeños can easily move from garden to skillet, making meals more flavorful and nutrient-dense. Gardening also encourages better eating habits. When healthy food is visible, fresh, and accessible, it becomes easier to include it in daily routines—breakfast, lunch, and dinner. It's a practical way to support wellness, reduce processed foods, and reconnect with what we eat. **join us for our upcoming Nutrition & Gardening Class— August 27th ,**



Nutrition & Gardening Class
Coming August 27th, 11:30 am

FCS - Nutrition & Gardening Class

Coming August 27th!

AUGUST 27TH
11:30 AM

Learn how to grow fresh food and connect healthy eating to everyday life.

From SEED to TABLE

NUTRITION & GARDENING BASICS

This class teaches beginners how to grow fresh food while linking home-grown crops directly to personal health. Connecting the “**seed-to-table**” lifecycle by discussing the **vitamins, minerals, and antioxidants** in the food you harvest.

GROW
Learn how to grow easy, healthy foods at home.

CONNECT
Link your garden to better health and nutrition.

ENJOY
Use fresh produce in simple, delicious everyday meals.

What You'll Learn & Grow!

- ✓ Leafy Greens (Spring Salad, Spinach)
- ✓ Tomatoes
- ✓ Cucumbers
- ✓ Parsley & Mint
- ✓ Onions
- ✓ Squash
- ✓ Jalapeños
- ✓ ...and other easy vegetables!

Use your garden harvest in side salads and daily meals to support a healthier YOU!

UNIVERSITY OF MARYLAND EXTENSION
HARFORD COUNTY MARYLAND

Let's grow healthier lives together—one seed at a time!

Join us!
Take the first step toward growing your own food and nourishing your body.

Back to School Tips



Back to School Tips

National Back to School Preps

August marks the transition from summer break to structured back-to-school and work routines, making it an important time to reset health habits for both children and adults. This period often includes changes in sleep schedules, meal planning, physical activity, and increased stress due to new academic or work demands. A strong back-to-school health protocol supports improved focus, better mood, reduced illness risk, and overall success throughout the school year. Establishing consistent routines early helps families build a foundation for long-term wellness.

Tips: Sleep & Routine Reset Gradually shift bedtime and wake times 1-2 weeks before school starts Aim for 8-10 hours of sleep for children and teens Create a consistent bedtime routine (no screens 1 hour before bed) Nutrient & Meal Planning Prioritize quick, balanced breakfasts (protein + fiber) Prepare school lunches ahead of time to reduce stress in the morning Limit sugary snacks and increase fruits, vegetables, and whole grains Encourage hydration: water instead of sugary drinks Immunization & Health Readiness Ensure required school vaccines and physicals are up to date Schedule dental and vision checkups before school starts

Keep emergency contact and health records updated with schools Stress & Mental Wellness Talk with children about school expectations and feelings Practice calming techniques (deep breathing, journaling, prayer, mindfulness) Encourage open communication about anxiety or peer pressure Physical Activity & Routine Movement Aim for at least 30-60 minutes of daily physical activity Encourage walking, school sports, or family movement time Reduce extended screen time after school "A healthy school year starts before the first bell rings—small daily habits build strong minds, strong bodies, and



strong routines.



Healthy Reset Recipes

Back to School Recipes

BACK-TO-SCHOOL
FAMILY MEAL PLAN

Healthy Back-to-School Reset Recipes focus on simple, nourishing meals that help families transition into the school routine with balanced nutrition and healthy habits.

These recipes emphasize wholesome ingredients, fruits and vegetables, lean proteins, whole grains, and easy meal ideas that support energy, focus, and overall wellness. Quick, family-friendly options can help reduce mealtime stress while creating healthy routines for a successful school year.

August BACK-TO-SCHOOL HEALTHY RESET RECIPES

TURKEY AVOCADO WRAP

Ingredients:
turkey, whole wheat wrap, avocado, lettuce

Directions:
assemble and roll

Nutrition:
350 cal | 28g protein | 14g fat | 3g sat | 32g carbs | 520mg sodium | 6g fiber

OVERNIGHT OATS

Ingredients:
oats, milk, chia, berries

Directions:
refrigerate overnight

Nutrition:
300 cal | 12g protein | 8g fat | 2g sat | 45g carbs | 120mg sodium | 7g fiber

BAKED CHICKEN BITES

Ingredients:
chicken, breadcrumbs, spices

Directions:
bake 20 min

Nutrition:
280 cal | 35g protein | 8g fat | 2g sat | 12g carbs | 450mg sodium | 1g fiber

APPLE PEANUT BUTTER SNACK

Ingredients:
apple, peanut butter

Directions:
slice and spread

Nutrition:
210 cal | 6g protein | 10g fat | 2g sat | 28g carbs | 80mg sodium | 5g fiber

VEGGIE PASTA BOWL

Ingredients:
whole wheat pasta, zucchini, tomato, olive oil

Directions:
saute and mix

Nutrition:
340 cal | 12g protein | 10g fat | 2g sat | 52g carbs | 200mg sodium | 6g fiber

SMOOTHIE (BANANA BERRY)

Ingredients:
banana, berries, yogurt

Directions:
blend

Nutrition:
230 cal | 10g protein | 4g fat | 1g sat | 40g carbs | 80mg sodium | 4g fiber

August Healthy Recipes

Summer Pesto Pasta

Ingredients:

- 1 cup mushrooms, sliced
- 8 oz. whole grain penne pasta
- 1 cup cherry tomatoes, halved
- ½ cup red onion, sliced
- 1 cup bell peppers, chopped
- 1½ cups fresh spinach
- ½ cup basil pesto
- 1–2 tbsp olive oil (optional)
- Black pepper and fresh basil to taste
- ¼ cup parmesan cheese (optional)



Directions: Cook pasta according to package directions, then drain.

Sauté mushrooms, red onions, and bell peppers lightly in olive oil until tender. Add spinach and cook just until wilted. Toss vegetables with pasta, pesto, and cherry tomatoes. Season with black pepper and fresh basil. Serve warm or chilled.

Nutrition Information (Per Serving):

Calories: 405 kcal, Carbohydrates 54 g, Protein 13 g, Total Fat 17 g, Saturated Fat 3.2 g, 430 mg, Total Sugars 6 g, Added Sugars 0 g.

Sautéed Garlic Spinach

Ingredients

- 6 cups fresh spinach
 - 1 tbsp olive oil
 - 2 cloves garlic (minced)
 - Lemon (optional)
- Salt & black pepper to taste



Directions: Heat olive oil in a skillet. Add garlic and sauté for 30 seconds. Add spinach and cook until wilted (2–3 minutes). Season with salt and pepper and sprinkle fresh lemon. Serve warm. Source: FCS Educator

August Healthy Recipes

One Pot Mac & Cheese Hidden Veggies

Servings: 4

Ingredients

- 12 oz. whole wheat pasta
- 2 cups low-fat milk
- 1 cup shredded cheddar cheese
- 1 cup pureed cauliflower
- 1 cup of broccoli
- ½ cup pureed carrots
- 1 tsp garlic powder

Directions

1. Cook pasta.
2. Stir in milk, broccoli, and vegetable purees.
3. Add cheese and seasonings.

Mix until creamy.

Nutrition Information:

Calories: 280, Protein: 13g, Fiber: 6g



Open Face Tuna Melt

Ingredients:

- 2 cans (5 oz. each) tuna packed in water, drained
- ¼ cup plain Greek yogurt
- 1 tbsp Dijon mustard
- 1 celery stalk, finely diced
- 2 tbsp red onion, diced
- 4 slices whole-grain bread, toasted
- 4 slices tomato
- 4 slices reduced-fat Swiss or cheddar cheese

Black pepper to taste

Directions:

1. Preheat broiler.
2. In a bowl, combine tuna, Greek yogurt, mustard, celery, onion, and pepper.
3. Place toasted bread on a baking sheet.
4. Top each slice with tomato, tuna mixture, and cheese.
5. Broil 2–3 minutes until cheese melts and bubbles.

Serve immediately.

Nutrition Information (Per Serving): Calories: 295, Protein: 28g, Carbohydrates: 18g

Fiber: 4g, Fat: 11g, Sodium: 410mg, Source: <https://glendaembree.com/tuna-melt-open-face-sandwich>.



Food Safety & Nutrition



Dr. Shauna Henley ,
Baltimore County
Extension, Teaches
Canning Classes

Upcoming Nutrition & Food Safety Northern- Summer Canning Classes

Learn how to preserve your summer's bounty, to make shelf-stable foods using either a boiling-water bath canner, or pressure canner. This 2.5 hour hands-on workshop will allow a small class learn the basics on canning, then practice what they learned to preserve their own jar with Dr. Shauna Henley. She has taught over 200 workshops, improving food security with over 400 participants since 2015.

Location: Baltimore County Extension office: 6615 Reisterstown Rd, Baltimore , MD

DATES: Click on link below to register for canning classes.

Friday , July 31st, 1:00PM-4:30PM– Pressure canning fruit

Friday, August 14th, 1:00PM– 4:30PM—Pickles

FRIDAY, August 21ST, 1:00PM-4:30PM– Canning fruit

Friday, August 28th, 1:00PM-4:30PM—Tomato apple chutney

Registration Link : 2026-Canning schedule: <https://www.eventbrite.com/cc/food-preservation-4838834>

If you need a reasonable accommodation to participate in any event or activity, please contact the educator, **Dr. Henley**, on or before **July 31, 2026**, at shenley@umd.edu

Online Cottage Food Course

How to Register: Click Link-.<https://umeagfs.teachable.com/p/Maryland-food-ventures-cottage-onfarm>.



Fermentation Classes

Learn How to Make Kombucha

Discover the Art of Kombucha Brewing!

Have you ever wanted to make your own kombucha at home? Join us for **Kombucha Brewing 101**, an interactive hands-on class where you'll learn the basics of brewing this delicious fermented tea from start to finish.

What is Kombucha?

Kombucha is a lightly fizzy, fermented tea made with tea, sugar, and a live culture known as a SCOBY (Symbiotic Culture of Bacteria and Yeast). The fermentation process creates a refreshing beverage that contains beneficial organic acids and live cultures.

During this class, you'll learn the science behind fermentation, proper brewing techniques, essential food safety practices, and how to confidently brew your own kombucha at home. Best of all, you'll leave with your very own **Kombucha Brewing Kit** so you can begin brewing right away! **Come sip, learn, and ferment with us—we look forward to seeing you!**

To Register : Click Link below : [Agmr.umd.edu/events](https://agmr.umd.edu/events)

or jenniferdc@eventbrite.com to register— pre registration required.

Crafting Kombucha at Home
Best Practices for Extension Workshops



Did you know Kombucha, a fermented tea, relies on a living, rubbery blob called a **SCOBY** (Symbiotic Culture Of Bacteria and Yeast) to ferment.

Kombucha BREWING 101

Learn how to brew your own Kombucha (fermented tea) at home!

FCS - Food Safety & Nutrition Class - UME

Kombucha is a lightly fizzy, fermented tea made with tea, sugar, and a live culture called a SCOBY (Symbiotic Culture of Bacteria and Yeast). The fermentation process creates a refreshing beverage that contains beneficial organic acids and live cultures.

Kombucha may support gut health, healthy digestion, and overall wellness.

DATE:
Wednesday, September 23

TIME:
11:30am - 1:00PM

LOCATION:
University of Maryland Extension Office (Harford County)

WHAT IS INCLUDED:
Kombucha Kit

CLASS INVESTMENT:

\$40.00	With Kombucha Kit
\$35.00	With Kit (Master Gardeners)
\$25.00	Without Kit

All levels welcome! No experience needed.

UNIVERSITY OF MARYLAND EXTENSION | FAMILY & CONSUMER SCIENCES



September Healthy Recipes

Chickpea Salad– Protein Packed

Ingredients (Serves 4):

- 2 cans (15 oz. each) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- ½ red onion, finely chopped
- 1 cup fresh corn (or grilled corn)
- ½ cup bell peppers, diced
- ¼ cup fresh parsley or cilantro
- ¼ cup feta cheese (optional)

Dressing:

- 3 tbsp olive oil
- Juice of 1 lemon
- 1 tbsp apple cider vinegar
- 1 tsp garlic, minced
- ½ tsp oregano

Salt & pepper to taste



Steps/Directions:

1. Directions
1. Combine chickpeas, vegetables, herbs, and feta in a large bowl.
2. Whisk dressing ingredients together.
3. Pour over salad and toss.

Refrigerate 30 minutes before serving for best flavor.

Nutrition Information: Calories: 320, Protein: 13 g, Carbohydrates: 42 g, Fiber: 11 g Fat: 12 g,

Benefits: High fiber, plant protein, supports digestion and heart health.

Source: FCS Educator

Watermelon & Mint Salad

Ingredients:

- 4 cups watermelon cubes
- 1 cup blueberries
- ¼ cup fresh mint leaves, chopped

Juice of 1 lime

Directions :

1. Combine watermelon and blueberries.
2. Add mint and lime juice.

Toss gently and chill before serving.

Nutrition Information (Per Serving): Calories: 65, Protein: 1g, Carbohydrates: 16g, Fiber: 2g,



Fun Facts about Watermelon

92% water and packed with electrolytes like potassium .

Source: FCS Educator

September Healthy Recipes

Garlic Roasted Summer Vegetables

Ingredients:

- 2 zucchini, sliced
- 1 yellow squash
- 1 cup cherry tomatoes
- 1 bell pepper
- 1 tbsp olive oil
- 2 garlic cloves
- Italian seasoning



Directions:

1. Toss vegetables with oil and seasoning.
2. Roast at 425°F for 20 minutes.

Serve warm or chilled.

Nutrition:

Calories: 110, Fiber: 4 g, Calories, Carbohydrates 18g, Protein 3g, Total Fat 4.5 grams, Saturated fat 0.6 g, Dietary fiber 5g, and High in Vitamin C, , Vitamin C: High . Source: Allrecipes.com

Cucumber Mint Lemon Mocktail

Ingredients (Serves 2)

- 1 cucumber, thinly sliced
- 1 lemon (or lime), juiced
- 6–8 fresh mint leaves
- 2–3 cups cold water or sparkling water
- 1–2 tsp honey or agave (optional)
- Ice cubes

Lemon slices for garnish

Directions: Lightly muddle cucumber slices and mint leaves in a pitcher (or press gently with a spoon).

1. Add lemon juice and honey (if using).
2. Pour in cold water or sparkling water and stir well.
3. Add ice and garnish with lemon slices and extra mint.

Chill for 5–10 minutes before serving for stronger flavor.

Nutrition Information (Per Serving – 1 glass), Calories: 25 kcal, Carbohydrates: 6 g, Protein: 0 g, Total Fat: 0 g, Saturated Fat: 0 g, Dietary Fiber: 0.5 g, Sodium: 5 mg. Sugars: 5 g (natural + optional honey) Source: FCS Educator



Did you know ?
Cucumbers , and
This drink is hydrating, low-calorie, and rich in antioxidants. Cucumber helps with hydration and cooling, mint supports digestion,

Save The Dates! Online Webinar Classes

Date	Class Description	Time	Cost
July 9th	Nutrition Plus: Power Plant—Health Eating Plan	11:30 am	Free
July 30th	Nutrition, Health & Wellness Plus – Mind Diet for Brain Health	11:30 am	Free
Aug. 13th	MD- Food as Medicine for Health & Longevity (FAME)	11:30 am	\$5.00
Aug. 27th	Nutrition Plus: Nutrition & Gardening Basic	11:30 am	Free
Sept. 3	Food Safety: Fall Food Safety, Nutrition and Wellness Tips	11:30 am	Free
Sept. 17th	Food Safety & Nutrition—Capture the Flavor –Healthy Cooking with Herbs & Spices	11:30 am	Free
Sept. 23	Food Safety & Nutrition—Kombucha Brewing 101	11:30am	\$25.00 –40.00 See flyer



Register at

agnr.umd.edu/events

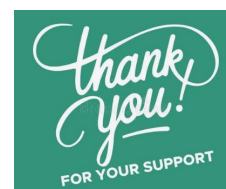
If you need a reasonable accommodation to participate in any event or activity, please contact your local University of Maryland Extension Office.

Contact the Faculty Extension FCS/Nutrition Educator for more information

Jennifer Dixon Cravens, MS email: jdixoncr@umd.edu

**University of Maryland Extension—Harford County Office
3525 Conowingo Rd. | Suite 600 | Street, MD 21154 | 410-638-3255**

**[Extension.umd.edu/Harford-county](https://extension.umd.edu/Harford-county)
agnr.umd.edu**



University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other