



HEALTH & WELLNESS

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AUGUST

Family Fun Month Bucket List

MAKE Something MONDAY

Try tie-dying t-shirts to wear for a family outing

TASTE Something TUESDAY

Make a dish from a different culture, for example, Indian

WONDER Somewhere WEDNESDAY

Go for a hike! Try going to places like Petit Jean or Pinnacle and explore!

Do Something

THOUGHTFUL THURSDAY

Offer to pull weeds at a neighbors house.

FAMILY FUN FRIDAY!

Go on a picnic!

Fresh Tomato Basil Hummus

Yield: 2 cups

Ingredients:

- 1 1/2 cups chickpeas
- 1 garlic clove
- 1/3 cup of Tahini (Look in ethnic isle of grocery store)
- 10 Fresh basil leaves
- 1/4 teaspoon salt
- 10 cherry tomatoes



Instructions:

1. Place chickpeas, garlic, tahini, basil, salt, and tomatoes in a food processor and pulse until smooth. If it is too thick, add water 1/2 teaspoon at a time.
2. Transfer to a bowl and enjoy with fresh veggies or crackers!
3. Store hummus in refrigerator for up to 4 days, covered.

Note: This would be a great dip to take on a family picnic!



Family picnics are great a way to enjoy each others' company, eat affordably, and enjoy the summer.

- ◆ **Trash Bag:** Did you know that 22% of items littered is paper and 19% is plastic. Don't contribute to these numbers and throw trash away in a close by garbage can or bring a garbage bag with you!
- ◆ **Sunscreen:** Sun exposure occurs even when it's a cloudy day! Wear sunscreen when outside and reapply when appropriate.
- ◆ **Dip with fresh vegetables:** Look for hummus, salsa, or tzatziki sauce on sale at your grocery store and try your favorite veggie with it.

Tips for National Eye Exam Month!



Good Diet/Good Vision

Foods with omega-3 fatty acids, zinc, vitamin C, lutein, and vitamin E benefit your eye health. These nutrients can be found in egg yolks, red bell peppers, oranges, almonds, and spinach.

Stop Smoking for Healthier Eyes

Smoking increases risk for vision decline (macular degeneration), optic nerve damage, and cataracts.

Protect Eyes with Sunglasses

UV light can damage your eyes. Good quality sunglasses can help to protect eyes from the sun's ultraviolet rays.



NATIONAL PEACH MONTH

Did you know that, although Georgia is known as the Peach State, it only comes in third place for domestic production.

California is the leading producer of peaches in the US, growing more peaches than the other 32 peach growing states combined.

This juicy stone fruit contains vitamins A, C, E, and K, iron potassium zinc, and copper.

Vitamin C, vitamin most present in peaches, combats gingivitis in humans. This fruit can be eaten grilled, fresh, or frozen!



Have you heard of Double Up Food Bucks?



1. Go to the farmers market information tent
2. Swipe your EBT card for tokens to buy SNAP eligible food
3. Match up to \$20/day for fruits and vegetables
4. Shop at the market!

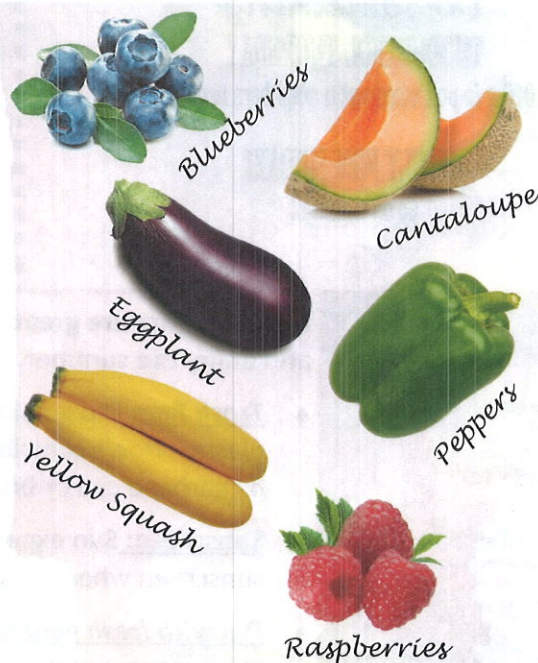
Locations:

Little Rock Farmers Market
400 President Clinton Ave., Little Rock, AR

Bernice Garden Farmers Market
1401 Main St., Little Rock, AR

St. Joseph Center Farm Stand
6800 Camp Robinson Rd., North Little Rock, AR

What's in Season?



Blueberries

Cantaloupe

Eggplant

Peppers

Yellow Squash

Raspberries