August is Summer Sun Safety Month & Lucky we live Hawaii! Although we are fortunate enough to see sun almost all year long, we still want to remain safe. According to Robin Easley, a nurse practitioner with the Cancer Survivorship Clinic at the Pali Momi Medical Center, "Skin Cancer accounts for at least half of all cancers diagnosed in the United States"

5 Tips To Shield Your Skin From the Sun

• Sunscreen
  ○ Always use sunscreen w/an SPF rating of 30 or higher

• Clothing
  ○ Cover up. The less amount of skin exposed reduces your chances of skin cancer

• Hats
  ○ Wider is better. Choose hats that cover your entire head, including your ears and back of neck

• Sunglasses
  ○ Look for labels or seals indicating that they block 99-100% of UVA & UVB rays

• Shade
  ○ Seek shelter. Umbrellas aren’t just for rain. They make a great sun blocker tool
How to Identify if your Yogurt is within the Sugar Limit

Step 1 Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

Step 2 Find the Sugars line. Look at the number of grams (g) next to the sugars.

Step 3 Using the Serving Size identified in Step One, find the Serving Size of the yogurt in the table below.

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>SERVING SIZE</th>
<th>SUGARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>OUNCES (OZ)</td>
<td>GRAMS (G)</td>
<td></td>
</tr>
<tr>
<td>2.25 oz</td>
<td>64 grams</td>
<td>9 grams</td>
</tr>
<tr>
<td>3.5 oz</td>
<td>99 grams</td>
<td>13 grams</td>
</tr>
<tr>
<td>4 oz</td>
<td>113 grams</td>
<td>15 grams</td>
</tr>
<tr>
<td>5.3 oz</td>
<td>150 grams</td>
<td>20 grams</td>
</tr>
<tr>
<td>6 oz</td>
<td>170 grams</td>
<td>23 grams</td>
</tr>
<tr>
<td>8 oz</td>
<td>227 grams</td>
<td>31 grams</td>
</tr>
</tbody>
</table>

Step 4 Once you have identified the Serving Size, look at the number to the right under the “Sugars” column.

If the yogurt has that amount of sugar, or less, your yogurt meets the sugar requirement.

Elmo’s Strawberry Pops

Snack Crediting for Ages 3-5

Ingredients

- 2 cups strawberries
- 1 cup Greek yogurt
- ½ teaspoon lemon juice
- ½ teaspoon vanilla

Make sure your yogurt is #CACFPCreditable! Click here to learn how to identify sugar limits.

Directions

1. Puree strawberries and lemon juice in blender.
2. Mix yogurt and vanilla together.
3. Layer the strawberry puree and the yogurt into four popsicle molds or ice cube trays.
4. Freeze until slightly set and then add the stick into mold or ice tray. Continue freezing until completely frozen.

Components: Meat/Meat Alternate, Fruit

This recipe created in partnership with Sesame Street in Communities.