



From the Food Bank Kitchen

The Food Bank
of Western Massachusetts

Extreme Heat

When the temperature goes into the nineties, heat can feel oppressive. Extreme heat is defined as more than 2 days of high heat and humidity with temperatures above 90 degrees. Our bodies work extra hard during extreme heat to regulate temperature, which can result in fluid loss, heat exhaustion, or heat stroke. Be aware of the signs of heat related illness, and exercise caution.

Heat Related Illness Signs and Symptoms

Heat Cramps: Be aware if you have muscle pains or spasms in the stomach, arms or legs. If you do, try to find a cooler location. Replenish fluids with sports drinks that have electrolytes. Be aware if your cramps last more than an hour, if they do seek medical attention.

Heat Exhaustion: Be aware if you are sweating profusely, become pale, have muscle cramps, become lethargic, experience weakness, feel dizzy, or have a headache, nausea, vomiting, or fainting. Go to an air conditioned place if possible, or take a cool bath. Take sips of a sports drink, but do not drink too much at one time. Get medical attention if your symptoms last more than an hour.

Heat Stroke: A person might not recognize if they are having a heat stroke. Know the signs to take care of yourself or a friend. Heat stroke is an extremely high body temperature above 103 degrees. Skin is red and hot, but a person is not sweating. Check for a rapid pulse. A person will become dizzy, confused, and potentially unconscious.

Heat stroke is very serious and may lead to death. Call 911 immediately.

Staying Cool During Extreme Heat

Get in an air conditioned space: If you do not have an air conditioner at home, try to find a location during the day with A.C. Check the hours of local senior centers, libraries, community centers, or the local mall to seek refuge from the extreme heat.

Change your sheets: Flannel sheets are great for insulation in the bitterly cold winter months, but they do not provide cooling relief during the summer. Cotton can help keep you cooler on hot nights. For a bonus cooling sensation, slightly dampen your sheets and put them in the freezer before bed time.

Keep your body cool: Keep drinking cold water throughout the day. Have cold damp cloths available to apply to your face and neck. Have a bowl of cool water by your bed to dip your feet in if you get too hot during the night.

Creamy Lemon Dill Greek Pasta Salad

Serves:10

Source: budgetbytes.com

5 oz. container plain Greek yogurt

1 lb. penne

1/4 C. mayonnaise

1 cup grape, or cherry tomatoes, sliced

1 clove garlic, minced

1 cucumber, chopped

1 fresh lemon

1/4 red onion, diced

1/4 tsp. dried dill

2 oz. feta cheese

Salt and pepper to taste

Prepare the dressing first so the flavors have time to blend. Use a zester or small-holed cheese grater to remove the zest from the lemon. In a small bowl, stir together the Greek yogurt, mayonnaise, garlic, 1 Tbsp. of the lemon juice, 1/2 tsp of the lemon zest, salt, dill, and some freshly cracked pepper. Refrigerate the dressing until ready to use. Cook the pasta, in lightly salted water, according to the package directions. Drain the pasta and rinse briefly with cool water to bring the temperature down. Let the pasta drain until it's slightly dry and tacky on the surface. Once the pasta is cooled and drained, Place it in a large bowl and combine with the cucumber, tomatoes, red onion, artichoke hearts, feta, and creamy lemon dill dressing. Stir to coat. Serve immediately or refrigerate until ready to eat.

Nutritional Info per serving: 270 Calories, 42 gm Carbohydrates, 7gm Total fat, 2 gm saturated fat, 10 gm Protein, 3 gm Fiber, 95 mg Sodium, 3gm Sugars.



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Quinoa Salad

1/2 cups quinoa, rinsed
12 cups water
5 small cucumbers, cut into cubes
1 small red onion, diced
1 large tomato, cored, seeded and diced
1 bunch parsley, chopped

Serves:8
2 bunches mint leaves, chopped (optional)
1/2 C. extra-virgin olive oil
1/4 C. red wine vinegar
1 lemon, juiced
Salt and pepper to taste

Source: foodnetwork.com

Directions: Bring the water to a boil in a large saucepan. Add the quinoa, stir once, and return to a boil. Cook uncovered, over medium heat for 12 minutes. Strain and rinse well with cold water, shaking the sieve well to remove all moisture. When dry, transfer the quinoa to a large bowl. Add the cucumbers, onion, tomato, parsley, mint, olive oil, vinegar, lemon juice, salt, and pepper and toss well.

Nutritional Info per serving: 259 Calories, 32 gm Carbohydrates, 8gm Total fat, 0gm saturated fat, 7 gm Protein, 6gm Fiber, 230mg Sodium, 4gm Sugars.

Salmon and Kale Cesar Wraps

5 C. kale, washed and chopped
1/2 C. shredded parmesan cheese
1/2 C. light, low sodium Caesar salad dressing

Serves:4
2 (6oz.) cans salmon, drained
4 whole grain tortillas
Salt and pepper to taste

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Directions: Place the kale, Parmesan, and Caesar dressing in a large bowl and toss until the leaves are evenly coated with the dressing. Add the salmon, use a fork to break it into flakes, and toss to combine. Place 1 tortilla on a clean work surface. Spread a quarter of the filling horizontally, slightly below the center of the tortilla. Roll the wrap tightly by folding the sides over the filling, then rolling from the bottom up.

Nutritional Info per serving: 231 Calories, 20gm Carbohydrates, 11gm Total fat, 3gm saturated fat, 11gm Protein, 3gm Fiber, 515mg Sodium, 4gm Sugars.

Kohlrabi Cole Slaw with Citrus Dressing

6 C. Kohlrabi cut into matchsticks or grated, 4 bulbs
1/2 C. chopped cilantro
Half a jalapeno, seeded and minced
One orange, zested and juiced
One lime, zested and juiced

Serves: 4-6
1/4 C. olive oil
1/4 C. orange juice
1/4 C. honey
1 Tbsp. vinegar
salt and pepper to taste

Source: feastingathome.com

Directions: Trim and peel kohlrabi. (it may take two peelings to get through the thick skin). Cut off two ends. Cut in half from top to bottom. Thinly slice, rotate and slice again, making 1/4 inch matchsticks. Place in large bowl with chopped cilantro, scallions, finely chopped jalapeño, lime zest and orange zest. Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro.

Nutritional Info per serving: 212 Calories, 28gm Carbohydrates, 11gm Total fat, 2gm saturated fat, 3gm Protein, 7gm Fiber, 33mg Sodium, 20gm Sugars.

Unfamiliar with Kohlrabi? Look for them at the Mobile Food Banks!

Fruit and Greek Yogurt Popsicles

2 C. fruit of choice, (blueberries, strawberries, bananas)
2 Tbsp. honey (divided)
2 C. plain Greek yogurt

Serves: 8

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Directions: Place fruit and 1 Tbsp. honey in a food processor or blender, or mash the fruit by hand until only small chunks of fruit remain. Mix yogurt and 1 Tbsp. honey in a bowl until smooth. Spoon 2-3 Tsp. of the fruit puree into the bottom of each popsicle mold. Spoon about 2 Tbsp. yogurt on top of each fruit. Repeat with another layer of fruit puree, and yogurt. Place popsicle sticks into popsicles. Cover and freeze until solid, around 2-3 hours.

Nutritional Info per serving: 62 Calories, 10gm Carbohydrates, 0gm Total fat, 0gm saturated fat, 6gm Protein, 1gm Fiber, 20mg Sodium, 8gm Sugars.