



Summer 2017

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Scurry County Family and Consumer Sciences is part of the Texas A&M AgriLife Extension Service, Texas A&M System. AgriLife Extension offers practical information for families; raising children, housing and environment, eating well, managing money and staying healthy.

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A Taste of Scurry County Extension

Scurry County Family & Consumer Science
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Summertime Tidbits

A month of summer has already passed and we are getting ready to celebrate the nation's Independence Day. I hope you are planning for a special day with family and friends. Don't forget to include some

Look Before You Back to Prevent Childhood Injuries

Summertime is a busy time of year and most drivers are distracted when they get behind the wheel. Drivers don't usually consider backing out of the driveway or in parking lots a hazard but it is. Each year, more than 9,000 children are treated in emergency rooms for injuries that occurred when they were left unattended in or around motor vehicles. Safe Kids Worldwide has several suggestions for keeping your backing zone in the clear to prevent injury to a child.

fun and festive craft projects and creative recipes as you plan for picnics and fireworks. Summertime is also a time for driver safety. Keep it safe this summer by taking extra precautions when backing out of driveways at home and at events.

* Before putting your car in reverse, take a minute to walk around the vehicle to look for children that may be behind or underneath the vehicle.

* Look for toys, pets and bikes that may distract a child.

* Limit play time in the driveway. Have kids pick up toys, bikes, chalk or any type of equipment around the driveway that can entice kids to play around vehicles.

* Designate areas for safe play that is away from parked vehicles.

Children may be playing behind your vehicle. Also don't leave children or pets unattended in a car. Temperatures rise quickly above the outside temperature and this can lead to heat exhaustion and even death. Hoping you have a safe and fun summer with family!!

* Make your driveway a toy free zone.

* Have an adult to supervise and find a safe spot for children when vehicles are about to move.

* Don't allow children to play unattended in parking lots when cars are present.

* Keep your kids close to you and do not allow them to run through parking lots.

* Accompany little kids when they get in and out of the vehicle and hold their hand when walking through the parking lot.



Independence Day Activities for Children



Patriotic Poppers

Materials Needed:
 Toilet paper tubes
 Decorative papers or markers
 12" balloons
 Tape
 Paper
 Scissors

Steps:
 Cut some of the paper into confetti sized squares. Set aside. Decorate tubes. You can tape patriotic themed paper to each tube. Cut a balloon in half and tie the end. Wrap the larger end of the balloon over one end of the tube and secure with tape. To use the popper, put confetti in the open end. Point the tube out and pull back the balloon end and let go. No big bangs or smoke but very cool.



Patriotic Necklace Craft

Materials Needed:
 String or thin yarn
 Scissors
 Scotch tape
 Blue pony beads
 Red and white striped straws

Steps:
 Cut straws into one inch pieces and set them out with blue beads. Cut a piece of string long enough to fit over your child's head when tied leaving a little extra to tie the ends. Tie a pony bead to one end of the string. This will keep the beads from slipping off when stringing. Wrap a piece of tape on the other end. Begin threading the beads and straw pieces onto the string. Create any pattern you like. Tie the ends together to create the necklace. Cut the ends off. You're done!

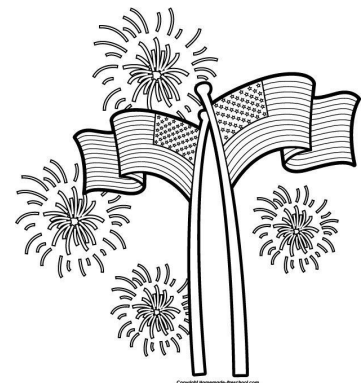


Sparkler Shield

Keep little fingers and hands protected from hot sparks. To make a sparkler shield poke a hole in the middle of a solo cup.

Place the sparkler in the cup and have your child hold onto the stick. Light the sparkler and the fun begins. No burns!!

To dispose of the sparkler drop into a bucket of water.





Independence Day Food

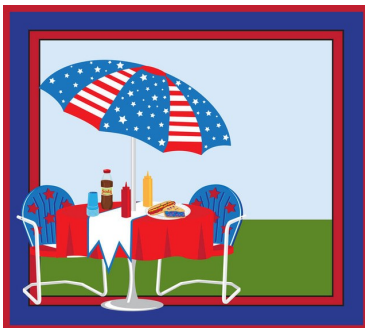


Patriotic Punch

Ingredients:

- Cranberry Juice
- Blue Gatorade Frost
- 7-Up or Sprite
- Ice Cubes

Fill the glass with ice. Add cranberry juice, then Blue Gatorade Frost . When pouring Gatorade make sure you're pouring it straight onto some of the ice to gently add the layer so it doesn't mix with the cranberry juice. Next pour the 7-Up or Sprite onto ice cubes.

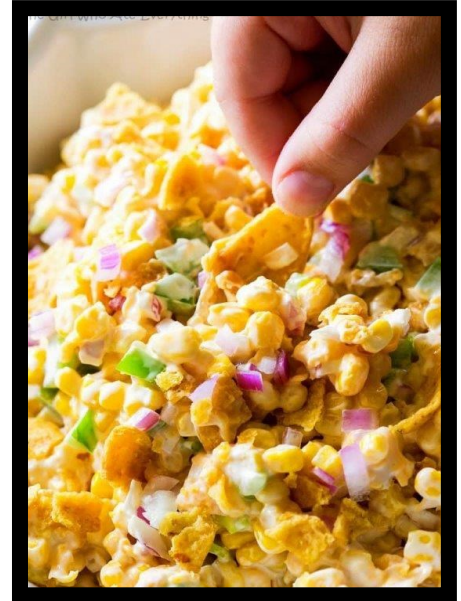


4th of July Firecracker Bananas

Ingredients:

- Colored chocolate candy melts
- Bananas
- Lemon juice
- 4th of July sprinkles
- Cherries with stems
- Whipping cream
- Paraffin wax

Lay a piece of wax paper on a cookie sheet. Cut bananas into 1-1/2" to 2" sections. Dip bananas into lemon juice,. Don't let the bananas sit in the juice, it will make them soft. Melt chocolate candy melts and paraffin wax in a bowl. Dip the bananas into chocolate, shake off excess chocolate. Shake the sprinkles over the melted chocolate. Set on wax paper to cool. Add a dollop of stabilized whipping cream. Place chocolate dipped cherry on top. Serve and enjoy!!



Frito Corn Salad

Ingredients:

- 12 oz. corn, frozen
- 2 c. cheddar cheese, grated
- 1 green pepper, diced
- 1/2 c. red onion, diced
- 1 c. mayonnaise
- 1 T. Taco Seasoning
- 10 3/4 oz. bag Fritos, crushed

In a large bowl, combine thawed corn, cheese, diced bell pepper and onions. Stir well. Add mayonnaise and taco seasoning and stir until blended. Season with pepper. Just before serving, stir in crushed Fritos so they stay nice and crunchy. You can also try chili cheese or BBQ flavored Fritos.

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Firework Safety

Fireworks and the 4th of July go hand in hand. Don't let your festivities be spoiled by burns or injuries caused by fireworks. Take a few precautions to keep everyone safe this holiday. Sparklers are considered the most harmless of fireworks however they account for 1/3 of the injuries to children under five. To keep your family safe:

- * Closely supervise children around fireworks at all times.
- * Little arms are too short to hold sparklers which can heat up to 1200 degrees. Let young children use glow sticks instead. They can be just as fun but they don't get burned at a temperature hot enough to melt glass. Another option is to use a sparkler shield.
- * Always have a bucket of water and/or fire extinguisher nearby. Know how to operate the fire extinguisher properly.

Source: Safe Kids Worldwide