

KEEP IN TOUCH AND STAY ON TRACK

Heart Health August 2020



IMPORTANT INFORMATION

SCHEDULING (843) 876-0444

HEART HEALTH TEAM (843) 792-4717

BE SURE TO LEAVE A MESSAGE

HEARTHEALTH@MUSC.EDU

WWW.MUSCKIDS.ORG/HEART/HEALTH

National Farmers Market Week

August 2-8

Farmers markets are great places to find fresh, local produce that is delicious and nutritious. Local produce is at its peak in flavor and nutrition. This means you are getting lots of antioxidants and other nutrients with a lot of flavor. Get the kids involved by having them pick out a new fruit or vegetable to try. By purchasing from farmers markets, you are also supporting local farmers and your community. Don't forget to wear your mask and practice social distancing. Find farmers markets in your area at: <https://www.ams.usda.gov/local-food-directories/farmersmarkets>.

For more information, go to <https://www.nutrition.gov/topics/shopping-cooking-and-food-safety/farmers-markets>

To learn more about the benefits of farmers markets, go to <https://farmersmarketcoalition.org/education/the-benefits-of-farmers-markets/>

Recipe of the Month

Strawberries, Peaches and Basil with Orange Vinaigrette



Photo: Mary Britton Senseney/Wonderful Machine; Styling: Leigh Ann Ross

Ingredients

1 cup fresh orange juice
1 1/2 tablespoons sugar
1 1/2 tablespoons champagne vinegar or white wine vinegar
1 tablespoon extra-virgin olive oil
Dash of salt
1 1/2 cups fresh blueberries
1 pound fresh strawberries, halved
1 large ripe peach or nectarine, cut into 16 wedges
1/4 cup small fresh basil leaves

Total Time: 18 minutes

Yield: 4 servings

1 serving is 1 1/4 cups

Directions

1. Combine first 3 ingredients in a small saucepan; bring to a boil. Cook until reduced to 1/2 cup (about 15 minutes). Add oil and salt to pan, stirring with a whisk. Let stand 2 minutes.
2. Combine berries and peach in a large bowl. Add juice mixture, stirring gently. Sprinkle with basil.

This recipe can be found at:
<https://www.myrecipes.com/recipe/strawberries-peaches-basil-orange>

Nutrition Facts: Calories 163, Fat 4.2g, Saturated fat 0.5g, Monounsaturated fat 2.6g, Polyunsaturated fat 0.7g, Protein 2.1g, Carbohydrate 32.5g, Fiber 4.4g, Iron 1mg, Sodium 39mg, Calcium 36mg



COVID-19 HEART HEALTH UPDATE

The Coronavirus (COVID-19) pandemic has impacted all of us in many unpredictable ways. Because of the recommendations for gatherings and social distancing by public health officials, Thursday group sessions and Fit Kids sessions are cancelled until further notice. Clinic visits are now converted to virtual visits (you will have the choice of video or phone). We are also conducting virtual educational sessions at 4:00pm on Mondays and Thursdays via Webex:

<https://musc.webex.com/meet/catjan>

Please sign up for our private Facebook Group page, where we will be posting helpful resources and making important announcements:

<https://www.facebook.com/groups/134995866512355/>

Please read your Heart Health text messages for updates.

For information on Coronavirus, please refer to the CDC website.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

If you feel like you may have symptoms or need to see a provider, please utilize the FREE MUSC virtual care:

<https://campaigns.muschealth.org/virtual-care/index.html>

Stay safe and healthy and we will see you all soon!

Heart Health Virtual Challenge September 2020

The Heart Health 5k has been converted to a virtual challenge this year! This will begin in September. Announcements and details for the virtual challenge will be made via text, the Heart Health Facebook page and the Heart Health Facebook group. All Heart Health participants can sign up for free!

Below is the link for the private Heart Health Facebook group:

<https://www.facebook.com/groups/134995866512355/>

*The Facebook group is only for Heart Health families. Your child's name and date of birth must be provided for your request to join the group to be accepted.

If your child is enrolled in Heart Health and you would like to receive Heart Health text messages, please contact us at hearthealth@musc.edu or leave a message at 843-792-4717.