



The Camden Community Farmers' Market is back!

The 2010 Camden Community Farmers' Market season opened in June 2010. Come get the best Jersey Fresh blueberries, cucumbers and squash of the year at Market's convenient locations. Enjoy tips and demonstrations for healthier eating and exercise, health education and screenings this season.

There is a new addition to the market this year at the downtown site: Amish Country Bakery. Their products include cookies, pies, bread and cinnamon rolls.

You may shop Wednesday thru Friday. EBT, WIC and Senior Vouchers are accepted at all markets.

Produce, Prepared Foods & Crafts

Camden Farmers Market
Broadway & MLK Blvd
Fridays 10am-4pm
June 18-October 29, 2010

Produce

Our Lady of Lourdes
1600 Haddon Avenue
Wednesdays 2pm-5pm
June 30-October 27, 2010

Virtua Health
Atlantic & Mt. Ephraim Ave
Thursdays 11am-3pm
June 17-October 28, 2010

Prepare Foods Safely at Picnics and Barbeques

Summer goes hand-in-hand with picnics and barbecues. While these events are fun, they also open the door for food borne illnesses.

- ❖ Never serve cooked food on a platter that contained raw meat, poultry or fish.
- ❖ Make sure hot foods remain hot and keep cold foods cold by serving food on ice.
- ❖ Pack foods in a cooler with plenty of ice or a cold pack. Once you get settled outside, find a tree or shady spot and set the cooler under it.
- ❖ Never leave food out at room temperature for more than two hours and never for more than one hour in temperatures above 90 degrees.

- ❖ To kill bacteria, cook food thoroughly the first time. Don't cook food partially, then come back, and finish cooking later.

courtesy of Virtual Health Community health news

Tips to Staying Cool this Summer

Set your air conditioner thermostat as high as is comfortable in the summer.

- ❖ Turn off everything not in use, lights, TVs, computers.
- ❖ Eliminate air leaks between air conditioners and windows.
- ❖ Delay heat-producing tasks such as washing, drying laundry or dishes until later in the day, and wait until load is full.
- ❖ Close doors leading to un-cooled parts of your home and close central air vents in rooms not used.
- ❖ During the cooling season, keep the window coverings closed during the day to prevent solar gain.
- ❖ **\$ Long-Term Savings Tip:** For air conditioners, look for a high Seasonal Energy Efficiency Ratio (SEER). The current minimum is 13 SEER for central air conditioners.

For more energy savings tips visit the website at www.pseg.com or call 1-800-854-4444.

A Primer on Summer Safety Heat Illness

Warm weather means activities and fun under the sun. Whether you love putting on shorts and feeling the warm outdoors, or find it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day.

Normally, the body has ways of keeping itself cool, by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, you may suffer a heat-related illness. Anyone can be susceptible although the very young and very old are at greater risk. Heat-related illnesses can become serious or even deadly if unattended.

Preventing Heat-Related Illness

- Dress for the heat.
- Drink water.
- Eat small meals and eat more often.

- Avoid using salt tablets unless directed to do so by a physician.
- Slow down.
- Stay indoors when possible.
- Take regular breaks

Sunburn

Limit your exposure to the sun, wear protective clothing, and use sunscreen. Sunscreen should be applied 30 minutes before going outdoors and reapplied at least every two hours. Use water-resistant sunscreen with a sun protection factor (SPF) of 15 or higher and for UVA protection. Sunscreen is formulated to protect the skin against the sun's ultraviolet light (UV), not to help the skin tan.

According to the American Academy of Dermatology (AAD), along with regularly using sunscreen, it's smart to wear wide-brimmed hats and seek shade under a beach umbrella or a tree. Sunscreens alone may not always protect you. And don't forget sunglasses, which protect the sensitive skin around the eyes and may reduce the long-term risk of developing cataracts. People who wear UV-absorbing contact lenses still should wear UV-absorbing sunglasses since contact lenses don't completely cover the eye.

Hours of Operation

8:30 AM – 4:30 PM

Extended Hours

CCBSS is open on Thursdays from 7:30 AM to 7:30 PM.

The Resource Center at 2600 Mt. Ephraim Ave is open on Wednesdays from 8:00 AM to 8:00 PM.

The CCBSS monthly Board Meeting will be held on Wednesday, July 21, at 12:00 PM. The public is invited to attend.

CCBSS will be **closed** on Monday, July 5th, 2010 in observance of Independence Day.

The Camden County Board of Social Services is an Equal Opportunity Employer.