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## NATIONAL MEN'S HEALTH WEEK

*National Men's Health Week is observed each year leading up to Father's Day.*

This week is a reminder for men to take steps to be healthier, but they don't have to do it alone! Whether it's your husband, partner, dad, brother, son or friend you can help support the health and safety of the men in your life.

1. Set an Example with Healthy Habits.
2. Remind Men to Get Regular Checkups
3. Know the Signs and Symptoms of a Heart Attack
4. Encourage Men to Seek Help for Depression

More information is available at Centers for Disease Control and Prevention: <https://www.cdc.gov/features/healthymen/index.html>

## SUN SAFETY



Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States.

Follow these simple steps and enjoy your time in the sun!

- ◆ Do NOT Burn
- ◆ Avoid Sun Tanning and Tanning Beds
- ◆ Generously Apply Sunscreen
- ◆ Wear Protective Clothing
- ◆ Use Extra Caution Near Water, Snow and Sand
- ◆ Seek Shade
- ◆ Check UV Index
- ◆ Get Vitamin D Safely

<https://www.epa.gov/sunsafety/>

### UV Index

Exposure Category	UV Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very High	8 to 10
Extreme	11 +

## WASH PRODUCE THAT WILL BE PEELED OR EATEN FROM THE PEEL!

Even if you plan to peel produce before eating or eat/scoop/cut it out of the peel (such as cantaloupe halves, watermelon balls, pineapple chunks), it is still important to wash it first so dirt and bacteria aren't transferred from the knife on to the fruit or vegetable.

**\*\*Wash all produce thoroughly under running water before eating, cutting or cooking. This includes produce grown conventionally or organically at home, or purchased from a grocery store or farmer's market.**

**\*\*Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.**



**\*\*Scrub firm produce, such as melons and cucumbers, with a clean produce brush.**

**\*\*Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.**

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**For more information,**

[www.LLM.unl.edu](http://www.LLM.unl.edu) or  
[www.food.unl.edu](http://www.food.unl.edu)

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