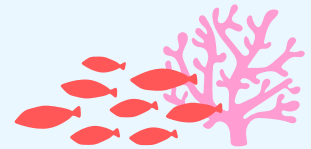




SUN SAFETY



- Isabella loves spending summer outdoors. However, too much sun can cause skin damage, and even skin cancer later in life. Protecting yourself from the sun is essential.
- The best sunscreens are:
 - lotions (not sprays)
 - between 30 and 50 SPF (Sun Protection Factor)
 - broad-spectrum (protects against UVA and UVB rays)
 - mineral based
 - reef-safe
- **Did you know?** Some chemicals in sunscreen can harm marine life when they wash off our bodies and into waterways. Look for sunscreens labelled "reef-safe."
- Cover up! Wear long sleeves, sunglasses, and hats. Try clothing with UPF (Ultraviolet Protection Factor).
- Find shade, use an umbrella, and take extra precautions between 10am and 4pm when the sun is the strongest.



WEEKLY GOALS

Learn why wearing sunscreen is important and teach someone about it.

Find the best sunscreens for your family and the environment.

Join me next week for my second challenge!

ACTIVITY

You can use the sun to cook! Sun Tea is a fun, yummy drink that you can make using the sun's heat. Put 3 tea bags in a glass quart jar filled with cold water. Leave the jar outside in the sun for about 4 hours. Let the tea cool down and pour over ice! You can experiment with different flavors and even add some fruit to the cooled tea.

