Sagicor

# The Best Sun Safety Tips for 2024

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Welcome to the Sagicor Wellness Series -July Edition

**Sun Safety. Hydration. Spice!**

It is summer and it is important to stay safe by protecting your skin, hydrating and eating well!

**Practice Sun Safety**

Sunscreen should be a part of your daily routine. Whilst going out in the sun can boost your mood and provide you with Vitamin D, it can also have negative effects on your skin. The skin is the largest organ and needs protection from the harmful UVA/UVB rays associated with skin cancer and premature skin aging.

Additionally, wearing sunglasses, long loose-fitting clothing, and hats are good sun safety practices to adopt.

Here are some sunscreen tips to follow:

1. Make sure your SPF is 30 or over and water-resistant

2. Apply 15 minutes before going outside

3. Reapply every 2 hours after swimming or sweating

4. Avoid the mid-day sun between 11 am and 3 pm where possible

**Hydrate! Hydrate! Hydrate!**

Don't forget to stay hydrated!

As we start to bear the summer heat, let us not forget to stay hydrated. Drinking water can help regulate our body temperature, transport oxygen throughout the body and aid in digestion.

Here are some tips to ensure you are drinking enough water

1.Drink a glass when you wake up in the morning and before you go to bed.

2.Drink water before each meal to help prepare your body for digestion

3. Always have a reusable water bottle with you

4. Incorporate foods with a high-water content in your diet such as cucumbers, watermelon, Lettuce, Tomatoes, Okra and Spinach

Pina Colada Pops



Ingredients

- 1 (13.5-ounce or 400 ml) can coconut milk
- 1 cup (170g) fresh, ripe pineapple chunks
- 1 teaspoon vanilla extract
- *1/2 cup (85g) dark chocolate, chopped
- 1 1/2 teaspoons coconut oil
- 1/4 cup (15g) unsweetened coconut flakes, lightly toasted

Directions

In a blender, combine the coconut milk, pineapple and vanilla and process until smooth. Pour into 6 popsicle molds and freeze until set, 8 hours.
In a small, microwave-safe bowl, combine the chocolate and coconut oil. Microwave on high in 30-second intervals, stirring between each interval, until the chocolate has melted, about 2 minutes total. Place the coconut flakes in a bowl.
Line a plate with parchment paper and set aside. Unmold one popsicle, spoon the chocolate mixture over the top 1/4 of the pop and immediately sprinkle the chocolate with 1 tablespoon of the coconut. Place the popsicle on the prepared plate and freeze. Repeat with the remaining popsicles, chocolate and coconut. Serve immediately or wrap in plastic and store in the freezer for up to 1 month.

*Chocolate is optional

Serves: 6 | Serving Size: 1 popsicle
Nutrition (per serving): Calories: 93; Total Fat: 4g; Saturated Fat: 3g; Monounsaturated Fat: 0g; Cholesterol: 0mg; Sodium: 6mg; Carbohydrate: 9g; Dietary Fiber: 1g; Sugar: 4g; Protein: 3g

Hot Honey Chicken Bites



Ingredients

For the Chicken Bites:

- 1 cup corn flakes, crushed into fine crumbs
- 1/2 cup all-purpose flour
- 1 tsp. smoked paprika
- 1 tsp. garlic powder
- 1 tsp.n salt
- 1/2 tsp. black pepper
- 2 eggs
- 1 lb. boneless, skinless chicken breasts or thighs, cut into bite-sized pieces

For the Hot Honey Sauce:

- 1/4 cup honey
- 1 tbsp. hot sauce (adjust to taste)
- 1 tsp. red pepper flakes
- 1 tbsp. butter, melted

Directions

1. In a shallow bowl, combine the crushed corn flakes, flour, smoked paprika, garlic powder, salt, and black pepper. Mix well to combine.
2. In another shallow bowl, beat the eggs.
3. Dip each chicken piece into the beaten eggs, ensuring it is fully coated.
4. Transfer the egg-coated chicken to the cornflake mixture and press gently to ensure the coating sticks. Make sure each piece is thoroughly coated.
5. Preheat your air fryer to 375°F (190°C) for about 5 minutes.
6. Arrange the coated chicken bites in a single layer in the air fryer basket. Avoid overcrowding; you may need to do this in batches depending on the size of your air fryer.
7. Air fry the chicken bites for 10-12 minutes, turning halfway through, until they are golden brown and cooked through. (The internal temperature should reach 165°F or 74°C).
8. While the chicken is cooking, combine the honey, hot sauce, and melted butter in a small bowl. Mix well to create a smooth sauce.
9. Once the chicken bites are cooked, transfer them to a large bowl.
10. Drizzle the hot honey sauce over the chicken bites and toss to coat evenly.
11. Serve the hot honey crispy chicken bites immediately, with extra sauce on the side if desired.

Nutritional per serving:

Calories: 424; Protein: 49.6g; Fat: 7.4g; Carbs: 38.4g