



**MEET** the **HEAT**

# Head On

## **HEAT CAN BE DANGEROUS!**

- Have a hot weather plan
- Be a “Heat Buddy”
- Know about heat stress
- Use your air conditioner

To learn more about how to Meet the Heat-Head On or to find out about financial assistance for energy bills, call:

**United Way at 2-1-1 or 1-800-427-4626**

Or contact your local Community Action Agency:

**[www.communityaction.org](http://www.communityaction.org)**



**An easy, tasty & refreshing recipe for the hot summer months...**

# GRAHAM CRACKER DELIGHT

**Ingredients:** grahams crackers & cool whip

Thaw cool whip and spread on square of graham crackers and then top the cool whip with another graham cracker square. It looks like an ice cream sandwich. Make several of these. Then freeze on a cookie sheet or pan in the freezer. When they are frozen you can store them in the freezer in freezer bags or a Tupperware dish. Take one out for a cool treat & enjoy!

**Note:** You can get chocolate, vanilla & fat free cool whip.

*Recipe submitted by:  
Joyce Daves, AmerenUE*

