



**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)**



**A cool, refreshing summertime  
dessert recipe for you...**

## LEMON DESSERT

1 stick butter

1 cup flour

Melt butter and stir flour into the butter to make thin dough. Press in bottom of 13 x 9 inch cake pan and bake at 350 degrees for about 10 minutes. Remove and let cool.

2 - 8 oz packages cream cheese

2 cups powdered sugar

2 cups cool whip

Cream together these ingredients and layer them over the crust in the cake pan. Put in refrigerator for about an hour.

2 packages reg size lemon instant pudding

Make as directed and layer over cream cheese filling. Put back in refrigerator for another hour.

Top with 2 more cups of cool whip and chopped pecans and refrigerate until ready to serve!

*Recipe submitted by:*

*Mary Helen McVey, AmerenUE*