



**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 refreshing summertime  
recipe for you...**

# SUMMER CHICKEN SALAD

4 boneless, skinned chicken breasts  
3/4 cup celery  
1 1/2 cups red, seedless grapes  
11 oz. can mandarin oranges  
1 cup pecan halves  
1/4 cup+ mayonnaise

Poach chicken breast until tender and let cool. Cut into chunky bite size pieces. Rinse grapes thoroughly and slice into halves. Dice celery. Drain mandarin oranges. Chop pecan halves into large pieces.

Mix all ingredients and add mayonnaise. (Start with 1/4 cup and add as needed to generously coat all ingredients. Light mayo can be used and it will not compromise the taste.) Add oranges last and toss very lightly (they tend to break apart easily).

Serve on small croissants with a wedge of cheddar cheese and apple or pineapple slices — or serve a generous scoop on a crisp lettuce leaf and accompany with a cheese wedge, fruit and crackers.

*Recipe submitted by:  
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