

## Tips for staying safe while playing in the spring and summer months

- Bring snacks and water.
- Always wear (and reapply!) a broad spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. Sun damage occurs even on cloudy days!
- Wear a wide-brimmed hat and sunglasses while outdoors.
- Sun rays are the strongest from 10-4pm, so remember to seek shade. Trees can provide relief from the sun!



## Take a walk in the woods

Pittsburgh Interactive Trail Map: [gis.pittsburghpa.gov/pghtrails](http://gis.pittsburghpa.gov/pghtrails)  
Allegheny County Parks Trails: [alleghenycounty.us/parks/activities/trails.aspx](http://alleghenycounty.us/parks/activities/trails.aspx)

Tips: Check out a map before you go, stay on designated paths, wear sturdy shoes

- Things to bring:  
water, snacks, insect/tick repellent, sunscreen



## Staying cool in the summer

For more information on pools, spray parks, and lakes, visit:

Citiparks Pools: [pittsburghpa.gov/citiparks/swimming-outdoor](http://pittsburghpa.gov/citiparks/swimming-outdoor)

Allegheny County Pools: [www.alleghenycounty.us/parks/activities/water-activities/pools.aspx](http://www.alleghenycounty.us/parks/activities/water-activities/pools.aspx)

PA State Park Beaches and Pools: [www.dcnr.pa.gov/Recreation/WhatToDo/Swimming/Pages/Where-to-](http://www.dcnr.pa.gov/Recreation/WhatToDo/Swimming/Pages/Where-to-)



## Food for your Family

Pittsburgh Citiparks offers meals for children at multiple locations throughout the summer. For more information, visit: [www.pittsburghpa.gov/citiparks/summer-food-service-program](http://www.pittsburghpa.gov/citiparks/summer-food-service-program)

**Did you know that you can use your SNAP/EBT benefits at farmers markets in the Pittsburgh region?**

Find locations here: <https://justharvest.org/fresh-access/>  
Look for the Fresh Access tent and learn how to use your EBT at the market! For every \$5 you spend with your EBT card, you will receive a free \$2 coupon to use on fruits and vegetables!

Farmers markets are open May – November.



## Information about local parks & programs

Pennsylvania Parks & Recreation: [www.goodforpa.com](http://www.goodforpa.com)

Citiparks: [www.citiparks.net](http://www.citiparks.net)

Allegheny County Parks: [www.alleghenycounty.us/parks](http://www.alleghenycounty.us/parks)

Pennsylvania State Parks: [www.dcnr.pa.gov/StateParks/](http://www.dcnr.pa.gov/StateParks/)

## Parks Rx Anywhere!

Can't make it to the park? Check out this activity page that can be done in any outdoor space (even your own backyard!):

[tinyurl.com/ParksRxPage](http://tinyurl.com/ParksRxPage)

## Parks Rx spring activity idea

Choose a park or greenspace in your neighborhood and visit once a week. What changes do you see? New birds? New plants?



## Summer reading ideas

Relax outdoors with a book about parks and nature! All titles on the list can be borrowed from the Carnegie Library of Pittsburgh system.

[tinyurl.com/NatureBookList](http://tinyurl.com/NatureBookList)

For more tips like these, visit [www.pittsburghparks.org/rx](http://www.pittsburghparks.org/rx)