

SUMMER HAPPENINGS



at the UPMC Community Health and Wellness Center

Call 240-964-8424 or email wmdwellness@upmc.edu to register.

FREE YOGA CLASSES AT LOCAL LIBRARIES

Wednesdays at 11 a.m. at the South Cumberland Library and Fridays at 10:30 a.m. at the LaVale Library. Join this beginner-friendly class to experience how gentle stretching and mindful breathing can make you feel better fast!

SMART RECOVERY

Every Thursday from noon to 1 p.m. online. This is a self-empowering addiction recovery support group. SMART Recovery can help people recover from all types of addiction and addictive behaviors, including alcoholism, drug abuse, drug addiction, gambling addiction, and food addiction. This is not a spiritual-based program but a self-empowering, abstinence-based, self-help support group for both men and women.

BUILDING BETTER CAREGIVERS

Seven-week course for caregivers of loved ones with dementia, PTSD, brain-related injury, and more. Registration is ongoing. **Respite care funds are available to qualified participants. Please contact us for more details.**

BETTER TOGETHER SUPPORT GROUP

This online support group is for adults looking to change or maintain habits to live their healthiest lives. The group meets online on the fourth Wednesday of each month from 5:30-6:30 p.m. For more information or to register, please email Carey Moffatt at moffattcl@upmc.edu or call 240-964-8418.

CHAIR YOGA

Offered by UPMC Western Maryland every Monday at the Gilchrist Museum of the Arts at 104 Washington St., Cumberland, at 2:30 p.m. Please register to attend in person or online via ZOOM by contacting Christina Collins-Smith at collinssmithcd@upmc.edu.

HEALTH COACHING Have you tried to change your lifestyle only to find yourself falling back into the same routine? A certified health coach can help! Health coaching services are free.

Activities and events are always being added. For an up-to-date listing, contact the Wellness Center at 240-964-8424 or visit *Get Healthy Allegany* on Facebook!

HELLO  **SUMMER!**



Stacey Blank,
Manager, UPMC Health and Wellness

Finally, it's here! School's out, time for a vacation, a nice hike in the woods, or walking and biking on the Great Allegheny Passage...right here in our own backyard! We long for summertime because of all the wonderful things we can do outside while enjoying the beautiful scenery we are fortunate to call home. For me, buying plants and flowers and getting my hands in the dirt again are some of my favorite things to do and signals the beginning of the growing season and warm weather!

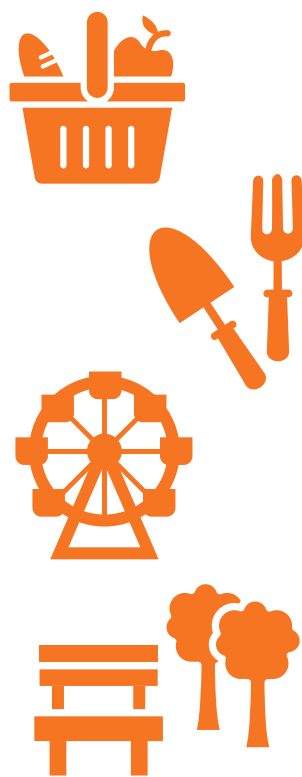
It is so important to stay active at all stages of life. The summer season gives us great opportunities to be active outdoors, whether you're gardening, mowing the lawn, attending picnics or festivals, or taking the kids to the park or a zoo.

Summer also brings a bounty of fresh vegetables and fruit — take advantage of our local farmers markets for locally-grown produce! If you're not a fan of a certain vegetable, try roasting it in your oven with a little seasoning. You might be surprised at how good it tastes! Remember to "eat from the rainbow" and think how colorful and healthy your plate will be.

You will notice we are changing the way we share our *Real Well* newsletter. The ability to send this wonderful resource to others in our UPMC network allows us to welcome new followers and make connections along the way!

Make health a habit, choose one thing you want to change, and enjoy your summer!

Stacey



For more information on diabetes prevention or self-management programs, visit UPMCWesternMaryland.com/FindOut or scan the QR code.





Summer Wellness

With Christina Collins-Smith,
MLA, LMT, RYT-500

As you settle into long-awaited days of outdoor fun and social activities, take time to feel your best by maintaining a healthy mind and body. Yoga, focusing on balance, strength, flexibility, and range of motion, offers an easy way to stay focused, energized, and enjoy summer fun!

Yoga can improve balance through poses like tree or airplane because they require focus and stability. They help strengthen the muscles required for maintaining balance in everyday activities and more challenging summer adventures like hiking or paddleboarding.

Yoga's focus on proper alignment and body awareness helps to increase joint mobility, allowing for more fluid and efficient movement. Poses like triangle and crescent lunge are excellent for improving the range of motion.

Simple yoga poses, practiced regularly, can help maximize your health and keep the energy flowing harmoniously. Here are some tips for balancing your energy during the summer months:

1. Connect with nature by walking, biking, gardening, or grounding yoga poses like mountain or child's.
2. Enhance creativity and passion by participating in activities that bring you joy, such as dancing, painting, or swimming.
3. Boost confidence by engaging in outdoor activities that challenge you, like rock climbing, pickleball, or learning something new.
4. Practice kindness and gratitude. Spend quality time with loved ones or volunteer for a local organization.
5. Improve communication and self-expression by journaling, singing, or joining a public speaking group.
6. Cultivate intuition and inner calm through meditation or yoga poses that promote balance and focus, like tree or eagle.
7. Deepen your spiritual connection by setting aside some quiet time for reflection.

What will you do this summer?

Whatever it is, consider smiling and caring for one of the most important people in your life — you. Be well, be happy, and enjoy your summer!

Join us for UPMC-sponsored Community Yoga on the following days and times:

CHAIR YOGA

Mondays at 2:30 p.m.

at the Gilchrist Museum of the Arts
104 Washington St., Cumberland

YOGA FLOW

Wednesdays at 11:00 a.m.

at the South Cumberland Library
100 Seymour St., Cumberland

YOGA FLOW

Fridays at 10:30 a.m.

at the LaVale Library
815 National Highway, LaVale



Monday and Wednesday sessions are available via Zoom.

Email for the link:
collinssmithcd@upmc.edu

SELF-CARE



with **HEALTH COACH
CAREY MOFFATT,
MS, NBC-HWC**

The Power of Habits

Habits are routine behaviors that we perform automatically, often without conscious thought. They can be positive or negative, and they can have a significant impact on our lives.

Positive habits are actions that have a positive impact on our health. Examples include physical activity, mindful eating, and practicing gratitude. Positive habits are often linked to improvements in our overall well-being.

Negative habits are actions that have a negative impact on our health. Examples include smoking, negative self-talk, and spending too much time on social media. Negative habits can lead to negative consequences for our mental and physical health.

There are many strategies for changing habits. One important aspect of creating or maintaining lasting change is social support. Surround yourself with supportive people by joining a support group. You can get encouragement, inspiration, and accountability by sharing goals and progress with others.

The Better Together Support Group is for adults looking to change or maintain habits to live their healthiest lives. The group meets online on the fourth Wednesday of each month from 5:30 to 6:30 p.m. For more information or to register, please email moffattcl@upmc.edu or call 240-964-8418.

Changing habits can lead to many positive outcomes in our lives. By making changes, we can take control of our lives and create the future of our dreams.

For more information on habit change, please check out the following books:



TINY HABITS by BJ Fogg



ATOMIC HABITS by James Clear



SAFETY WITH SUE

Susan Lee, Administrative Assistant

Maryland is no stranger to tornado activity. Since 1950, the National Weather Service* has verified 409 tornado events in the state, with 32 occurring in Western Maryland (Garrett, Allegany, and Washington counties). The National Oceanic and Atmospheric Administration (NOAA)** maintains a website that displays a chronology of Maryland tornado events from 1950 through August 2022. To access the data, please visit this link: [Storm Events Database - Search Results | National Centers for Environmental Information \(noaa.gov\)](https://www.weather.gov/safety/)

Anyone who lived here in 1998 can remember the high-octane tornado that barreled through Frostburg, classified at that time as an F-4 event. With the updated "Enhanced Fujita Scale," it was most likely an F5-strength event, packing winds over 200 mph. Stay weather aware by regularly checking your trusted weather forecasting source.

A **Tornado Watch** indicates environmental conditions that favor tornado formation and tornadoes are possible in or near the watch area. If a watch is issued for your area, be ready to act quickly should the watch be upgraded to a warning. Don't forget to include your pets in any shelter plans you will use if a warning is issued.

A **Tornado Warning** indicates a tornado has been sighted or indicated by weather radar. If a warning is issued, immediately move to an interior room on the lowest floor of a sturdy building, away from windows if possible. If you are in a mobile home, a vehicle, or outdoors, move to the closest substantial shelter. If you cannot get to a safe shelter, seek refuge in a low-lying area such as a ditch or ravine.

After the threat has ended, check in on family and friends if possible. Cell phone calls may not go through, but texting and connecting via social media might be available options. When it is safe, assess the damage; wear sturdy shoes, long-sleeved shirts, and long pants when walking through storm-damaged areas. Avoid downed power lines and report them to local authorities. And when you are able, help your neighbor. When disaster strikes, it affects all of us. Together, we can recover and rebuild.

References

For additional information on tornado safety and steps you can take to prepare for a tornado, the National Weather Service maintains a website that contains information resources with practical tips for tornado safety. [Tornado Safety \(weather.gov\)](https://www.weather.gov/safety/)

*The information in this article is provided courtesy of the National Weather Service at <https://www.weather.gov/safety/>

**National Oceanic and Atmospheric Administration, National Centers for Environmental Information Storm Events Database, Event Types: Tornado

Stay Safe and have a Happy Summer!



TRACK FOR WEIGHT LOSS SUCCESS

Michael Browning, MA, NBC-HWC

Summer is here, and it's time to start tracking your success! It is well-documented that the average American gains a significant amount of weight during the holidays, but is there a relationship with our weight beyond the holidays in any given season? Of course, the answer to that question is yes. Seasonal weight fluctuations have been studied significantly, and there should be no surprise that most weight loss occurs in spring and summer. It's recommended to start tracking exercise and nutrition now and learn your baseline for success. As a wellness coach, I want to know what works for my clients. As with any process, there is a formula to help you reach your goals. In this article, I will discuss the effectiveness of tracking, what tools you can use, and what is vital in tracking exercise and nutrition.



EXERCISE TRACKING TOOLS

If you have a smartphone, you have a very effective activity tracker. Most new phones have built-in exercise trackers to monitor your steps and how often you stand. More advanced phone apps can track actual stairsteps or changes in elevation. They can also measure your distance and route via GPS. Beyond the phone, you can buy activity-tracking watches. These can use advanced activity metrics like heart rate, body temperature, or EKG. You can also go with a simple pedometer that measures your daily steps. However, according to research, the more technologically advanced the measure, the more effect on weight loss.

FOOD TRACKING TOOLS

Tracking your food takes a bit more dedication and time than exercise tracking. Let's start with the most basic: take pen to paper and write out all the foods you eat daily. This can help with mindfulness and give you an idea of where to cut back or what foods to add. In addition to journaling, measure your food. The simplest way to measure is visually by using a nine-inch plate and a handout of the MyPlate. You can use tools like measuring cups and food scales to be more technical. Finally, there is an abundance of calorie-tracking food apps available to use, such as MyFitness Pal.



TRACKING TIPS

The first and most important tip for tracking is making the process as consistent as possible. Pick a tool and stick with it. If you decide to change your tracking tool, that's okay — just understand you have a new baseline to work with. Be honest with yourself! Don't strap your activity watch to your dog, and yes, you need to journal ice cream just like you would brussels sprouts.

If you start using a step tracker and see that you only average 2,000 steps daily, don't aim to do 10,000 steps in 2 weeks. Start by trying to increase by 10-20% first and see how your body feels. If you are good, keep increasing. The same principle applies to food tracking. Trying to be too restrictive or change too many things at once leads to giving up or confusing results.

Changing one thing at a time allows you to stay motivated, be successful, and better understand what is working by making your tracking process scientific. After all, weight loss is science; remember, energy in vs. energy out. This principle is so important to remember because not all things you change are going to generate a weight loss process. However, by keeping close track of your food and activities, you will eventually find your formula for success. When measuring weight, it is simple to pick one day weekly or bi-weekly and measure first thing when you wake up in your birthday suit.

Finally, tracking is not for everyone. Pay attention to your emotions when tracking. If you are overwhelmed or significantly affected by measuring your weight or activity, you should probably stop and seek help or guidance from a licensed counselor or therapist.

Tracking is boring except when you see results. That's why I suggest starting in summer because many people are naturally successful with weight loss during these months. If you need help, see a Wellness Coach at UPMC Western Maryland. We can help you discover your goals and motivations and how to track your progress effectively. It's what we do!

Resources:

[PLoS One](https://doi.org/10.1371/journal.pone.0232152). 2020; 15(4): e0232152. Published online 2020 Apr 30. doi: [10.1371/journal.pone.0232152](https://doi.org/10.1371/journal.pone.0232152)

American Journal of Preventative Medicine. Am J Prev Med. 2008 Aug;35(2):118-26. doi: [10.1016/j.amepre.2008.04.013](https://doi.org/10.1016/j.amepre.2008.04.013).

[Wearable fitness trackers may aid weight-loss efforts - Harvard Health](https://www.harvard.edu/health/fitness-trackers)

The Choice is Yours... CHANGING YOUR THINKING CAN CHANGE YOUR BRAIN

Pam Jan, NBC-HWC



Have you ever known a “Debbie Downer” or “Negative Nancy”? Their characteristics look something like these: they are their own worst critics, are perpetually unhappy and are most comfortable in their own bubble, prefer not to explore themselves with introspection, and always come up short when comparing themselves to others. I’m certain we can all be “downers” at times, but we can change our brains by changing our thoughts.

What if we could increase our health outcomes by changing our thinking? A [study](#) found positive psychological well-being consistently protects us against cardiovascular disease, independent of traditional risk factors and ill-being. According to the study, “Optimism is most robustly associated with a reduced risk of cardiovascular events.”

Even during turmoil, it’s possible to approach life’s challenges with a positive outlook. But how can we change our thinking? One way is to train your brain to have positive thoughts and self-talk. Some strategies include:

- + Changing negative thoughts into more positive ones, such as turning your “I have to” statements into “I get to” statements.
- + Use crafts to remember positive self-talk. Make a reminder and post it in your daily path.
- + Talk about the benefits of positive self-talk with your friends, family and, most importantly, yourself.
- + Create a go-to list of positive statements to refer to when negative thoughts come in.
- + Practice gratitude daily. On days it’s difficult to be grateful, ask a friend to help you!

**LAUGHTER
IS THE BEST
MEDICINE**



From *Country Living* online ...

I thought the dryer was shrinking my clothes.
Turns out it was the refrigerator all along ...

Singing in the shower is fun until you get soap
in your mouth ... then it’s a soap opera ...

TAKE A BREAK, KIDS!



Brittany Friend, MS

Summer is here, and the kids couldn’t be more excited! But, as summer comes, that means more time in the house — nagging their siblings, forgetting their chores, or just hanging out on the couch. If you find that you and your kids are butting heads, you all just might need to take a break! Everyone needs some time to relax and recharge. Here are some great mindfulness activities to help your littles.

1. **Close your eyes and listen.** Ask your kids to describe what they hear. Is it close? Is it far? Loud, soft? By closing their eyes and listening for any sound, they are helping to calm their system.
2. **Journal, draw, or just doodle away!** Writing or drawing things that make you happy, sad, or worried can help kids get things out that they might have difficulty saying or describing in words. If it makes them happy, hang it up as a reminder! If it makes them sad or worried, encourage them to get it out of their minds and onto paper. Then, maybe they can destroy it or throw it out!
3. **Eye spy!** Yep, an oldie but a goodie! Ask them to describe more than just the color without giving you the name. Can you guess it? Can you close your eyes and guess it without looking around the room?
4. **Pick a color.** Now scan the room and name as many objects as possible with that color. Pick another color! Want to make it a challenge? Pick the same color and see who can find more items.
5. **Nature walk.** Going outside and walking can be needed to recharge the brain and body. What do you see, smell, hear, and feel as you walk?
6. **Cloud watching.** One of the best kids past times. Lie on your back and feel the sensations of the ground pressing against it. Now, what pictures can you find in the clouds? Are there dinosaurs or your favorite character?
7. **Belly breaths.** Get into a comfortable position with your hands on your belly, and your eyes closed. Inhale through your nose and feel your stomach fill with air. Then exhale. Do this for a few minutes and just focus on relaxing and breathing.
8. **Feel that heart!** Exercise is a great way to relieve worry and be mindful of how your heart works to support your body. Do some jumping jacks, go up and down the steps, and run around the room or yard. Then stop and put your hand on your chest and notice the beating of your heart and blood pumping through your body.

There are many ways to help our kids be mindful of their feelings and bodies. When stress builds up, teaching them ways to help relieve it will be a skill they can carry and practice throughout their lives. Not to mention, sometimes telling them to run outside gives you five minutes to relax and do belly breaths, too.

SPOTLIGHT: ALLEGANY COUNTY HEALTH PLANNING COMMISSION

The Allegany County Department of Social Services

The Allegany County Department of Social Services promotes community well-being by providing support and assistance to individuals and families who are in need. This might involve helping individuals and families access resources such as food, utility assistance, and health care and providing support to help families overcome challenges, become more economically secure and remain safely in their homes.

The department's goal is to work toward a community where individuals and families feel safe, supported, and empowered to thrive, where all community members have access to the resources and support they need to lead safe, happy, and healthy lives.

The Child Welfare and Adult Services Division works with Allegany County residents and community partners to protect, stabilize, and strengthen families. We focus on strategies that promote the safety and well-being of the children, families, and adults we serve while promoting their independence and self-sufficiency. Programs and services include:

In-Home Services/Family Preservation works with families to provide stabilization services to minimize risk and reduce future out-of-home placements. In-Home Services also conducts Risk of Harm assessments and assessments of families with substance-exposed newborns.

Child Safety Seat Program educates families on the proper installation of child safety seats and provides car seats at no charge for low-income households.

Child Protective Services responds to and investigates allegations of child abuse and neglect. Child Protective Services staff also work jointly with law enforcement to complete forensic interviews pertaining to allegations of sexual or physical abuse.

Out of Home Services provides safe, stable, and temporary out-of-home placements for children who can no longer remain in their own homes. With the goal of permanency for children, placement options include reunification with biological family, placement with a relative, adoption and Another Planned Permanent Living Arrangement (APPLA).

Confidential Intermediary Program is a series of services offered to adult adoptees and/or to their birth families, provided by a trained, certified professional who serves as a liaison between these parties. The Confidential Intermediary explores the willingness of all parties to share any information or work towards reunion, provides counseling as needed, and ensures that confidentiality is always respected. Requests for this service range from medical information only to reunion and ongoing relationship building.

Respite Care Funding the department provides funding for caregivers to secure short-term temporary care to provide a period of rest and

renewal to family caregivers by temporarily relieving them of the demands and stresses of caregiving responsibilities. Respite Care is provided at planned intervals, in a time of crisis, or on an as-needed basis. We serve children and adults with developmental disabilities and adults with functional disabilities and their families.

Social Services to Adults (SSTA) services assist clients through case management to maintain their independence and remain in their community.

Adult Protective Services serves persons aged 18 or over who lack the physical or mental capacity to provide for their daily needs. The program's purpose is to prevent or remedy the abuse, neglect, self-neglect, or exploitation of adults who cannot protect their own interests and are at risk of immediate harm to their own person or to others. The program provides professional services to protect the health, safety, and welfare of endangered, vulnerable adults.

In-Home Aide Services (IHAS) are in-home supports provided to vulnerable adults in the community in the form of light housekeeping and/or personal care services. Services are currently limited to individuals receiving SSTA or APS services through the Department.

Project Home (PH) is a program that houses and provides case management services to adult clients who are physically and/or mentally disabled.

HIV/AIDS case management offers non-medical HIV case management, providing guidance and assistance in improving access to needed services.

The Family Investment Division provides income support to those in need. Assistance includes Food Supplements, Cash Assistance, Medical Assistance, Long Term Care Medical Assistance, and work opportunities. These programs help the residents of Allegany County maintain healthy households while they work toward independence. Family Investment also includes the Work Opportunities Program, which provides employment readiness and job placement services. Additional programs include:

The Office of Home Energy Programs (OHEP) helps families pay utility bills, minimize heating crises, and make energy costs more affordable.

The Temporary Disability Assistance Program (TDAP) is a program to provide a monthly cash benefit to disabled adults who have no minor

The Allegany County Department of Social Services provides support and assistance to individuals and families in need.



children in the home. Benefits may include eligibility for the Primary Adult Care Program that helps with some medications and mental health services.

The Child Care Scholarship Program (CCS) provides financial assistance with child care costs to eligible working families. Eligible customers receive a voucher that can be taken to the child care provider of their choice. Providers can be licensed or regulated providers or informal providers (non-licensed friends or relatives).

Our Resource Management Division helps with various unforeseen emergencies and coordinates outreach events and special activities. The assistance is dependent upon the availability of funds and can include referrals to agencies and community resources. Areas of assistance include:

- Food pantry referrals
- Assistance for court-ordered eviction notices.
- Assistance for shut-off notices on basic utility bills.
- Assistance with one-time household expenses.
- Assistance in obtaining prescription medications.
- Disaster assistance
- Homelessness
- Emergency Assistance for Burial
- Holiday meal distributions

The Child Support Division provides direct services to customers to include location of non-custodial parents, establishment of paternity and support obligations, collection and disbursement of child support, enforcement of child support and medical support obligations, and review and adjustment of support obligations.

For more information on the Department of Social Services programs and services, please contact 301-784-7000.



IN THE KITCHEN with RACHEL



Rachel Sproat, RDN, LDN

Apple and Mandarin Macaroni Salad



Elevate your outdoor entertaining menus with this colorful dish!

INGREDIENTS

- Apple, small diced
- ½ pound macaroni
- ½ package of cream cheese, softened
- ¼ cup Greek yogurt
- 1 tablespoon finely chopped shallot
- Zest of 1 lemon
- 1 tablespoon lemon juice
- 1 can (10.7 oz) mandarins, drained, juice reserved
- 3 tablespoons mandarin juice
- 2 tablespoons finely chopped parsley
- 1 teaspoon kosher salt
- 20 turns fresh cracked pepper
- 2 thinly sliced chicken breasts, grilled and diced

DIRECTIONS

- 1.) Mash together softened cream cheese, greek yogurt, chopped shallot, lemon zest, lemon juice, mandarin juice, chopped parsley, salt, and pepper. Set aside.
- 2.) Preheat grill or saute pan and season chicken breasts with a drizzle of olive oil, salt and pepper.
- 3.) Grill chicken breasts until cooked throughout. (If using a saute or grill pan, cook the breasts for 2 minutes each side and then finish in a 400-degree oven for 5 more minutes). Allow chicken to cool, and then dice into small chunks.
- 4.) Bring a medium/large pot of water to a boil. Add noodles and cook until tender. Drain and put hot noodles in a large mixing bowl.
- 5.) While the noodles are still hot, gently stir in cream cheese mixture until the noodles are well coated. Let cool slightly.
- 6.) Add diced chicken, apples, and mandarins and stir to combine. Can serve warm or chilled in the refrigerator to serve cold.

Mediterranean Cucumber Salad



An easy, delicious salad with a simple homemade dressing. Don't have fresh herbs? Use dried! The ratio of fresh herbs to dried is 3 to 1.

INGREDIENTS

Dressing:

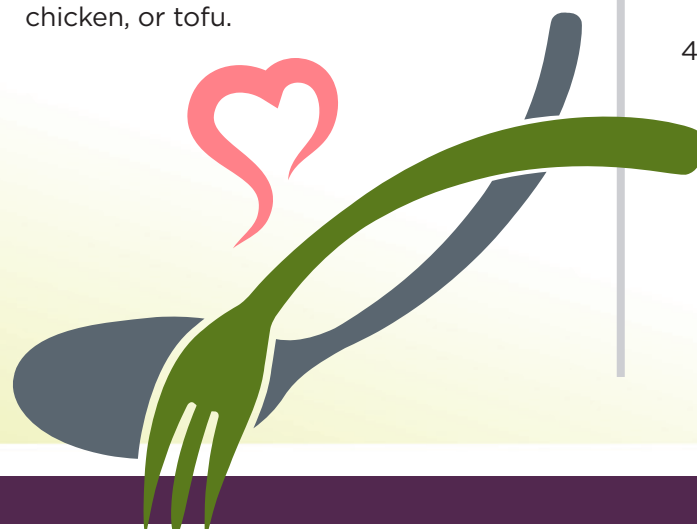
- ½ cup basil leaves, chopped
- ½ cup mint leaves, chopped
- ¼ cup extra virgin olive oil
- ¼ cup red wine vinegar
- 1 tablespoon Dijon
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- Optional: 1 teaspoon honey

Salad:

- 1 can (15-ounce) chickpeas, drained and rinsed
- 1 English cucumber, halved lengthwise and sliced into half moons
- 1 pint cherry tomatoes, halved
- ¼ cup pitted Kalamata olives, halved

DIRECTIONS

- 1.) In a bowl, add basil, mint, oil, vinegar, Dijon, salt, pepper, and optional honey and whisk together. Optional: Process in a food processor until reaching desired consistency (can be chunky or smooth).
- 2.) In a large bowl, add greens, chickpeas, cucumber, tomatoes, and olives. Add dressing and mix all ingredients together.
- 3.) To make the meal heartier, add cooked grains and/or lean protein such as tuna, chicken, or tofu.



Bean and Cheese Burritos



Make a big batch to store in the freezer for a healthy packable meal on the go or a quick campsite meal.

INGREDIENTS

- 1 ½ cups chopped grape tomatoes
- 4 scallions, chopped
- ¼ cup chopped pickled jalapeño peppers
- 2 tablespoons chopped fresh cilantro
- 2 (15-ounce) cans low-sodium pinto beans, rinsed
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 2 cups shredded sharp cheddar cheese
- 8 8-inch whole-wheat tortillas, at room temperature

DIRECTIONS

- 1.) Combine tomatoes, scallions, jalapeños and cilantro in a medium bowl.
- 2.) Mash beans with chili powder and cumin in a large bowl with a fork or potato masher until almost smooth. Add cheese and the tomato mixture and stir until combined. Spread about 1/2 cup of the filling mixture on the bottom third of each tortilla. Roll snugly, tucking in the ends as you go. Wrap each burrito in heavy-duty foil. Freeze for up to 3 months.
- 3.) To heat in the microwave: Unwrap a burrito and place on a microwave-safe plate. Cover with a paper towel and microwave on High until steaming hot throughout, 1 1/2 to 2 1/2 minutes.
- 4.) To heat over a campfire: Place foil-wrapped burrito on a cooking grate over a medium to medium-hot fire. Cook, turning once or twice, until steaming hot throughout, 5 to 10 minutes if partially thawed, up to 15 minutes if frozen.