

Growing Healthy Families

With summer fast approaching, it is important to continue the messages of healthy eating and staying active that your child has been exposed to throughout the school year. The summer edition of our Healthy Homes Newsletter is a great resource for ways to stay healthy as the weather heats up. Remember to get 60 minutes of movement, 9 hours or more of sleep, eat 5 or more servings of fruits and vegetables, and aim for less than 2 hours of screen time everyday.

In the Kitchen

Nutrition Nuggets

Seasonal summer berries come in many shapes and sizes, but they are all healthy sources of fiber, **potassium** and **vitamin C**. Try one of these tasty berries this summer!

- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Elderberries
- Grapes
- Raspberries
- Strawberries



Recipe Corner

Strawberry Lemonade Popsicles

Makes about 6 servings.

- 2 cups of chopped strawberries
- ¼ cup low fat Greek yogurt
- 1 ½ tsp. of fresh squeezed lemon juice
- 1 ½ tsp. of vanilla extract



Combine all ingredients in a blender or food processor, and blend until smooth. Pour in a popsicle mold and place wooden sticks through the center. Freeze until solid and enjoy!

Recipe and photo from annies-eats.com

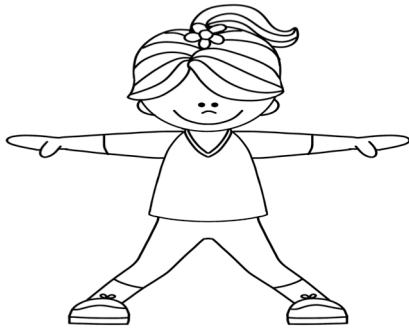
Did you know... A watermelon is 92% water. The average American eats 15 pounds of watermelon a year!

<http://www.9news.com/story/news/weird/2014/06/20/9-fun-facts-about-summer/11101201/>



Activity Corner

Try the summer stretch...



Every morning, repeat a series of stretches to strengthen the body. Reach up high to the sky; slowly float arms down to the ground. Placing hands flat, walk feet out behind you into a plank position. Hold for 5 breaths. Walk feet back to hands and reach arms back up to the sky. That is one repetition. Repeat 5 times.

Check us out...

Find more great ideas
at:

www.grfit4kids.org



Healthy Homework: Summer Review

- Use sidewalk chalk to create a hopscotch board that has numbers, letters, or words in the boxes.
- Ask your child to go to a certain letter or number, or ask them to solve a math problem.
- Have them hop to the square! Or they can toss an object (rock, bean bag, water balloon) onto the square!

Did you know... The average child logs about 4-6 hours of screen time per day. Summer is a great time to go outside and get your recommended 60 minutes of physical activity!

www.kidshealth.org

