

Staying Healthy During the Summer

Once school ends, it might be difficult for some children to continue to follow healthy eating habits. Therefore, it is important to encourage and provide nutritious foods/beverages to children during the summer months.

Choose Fresh Fruits and Vegetables

Summer is all about nice weather and **fresh produce**!



Discover new fruits and vegetables,



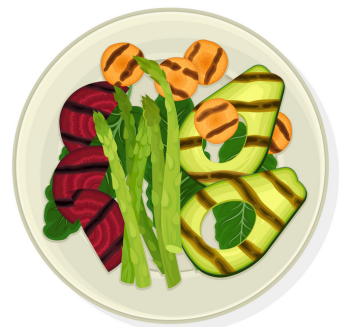
Visit a local farmer's market.



leave fruits and vegetables out on the counter so that they are readily available for snacks.

Use the Grill or Barbecue

Take advantage of the nice weather and **go outdoors**!



Use a grill or barbecue to create some delicious grilled fish, chicken, or vegetable dishes.



Experiment with different grilling methods to prepare your favorite meals.

Experiment with new foods

Become **curious and creative** this summer with new foods!

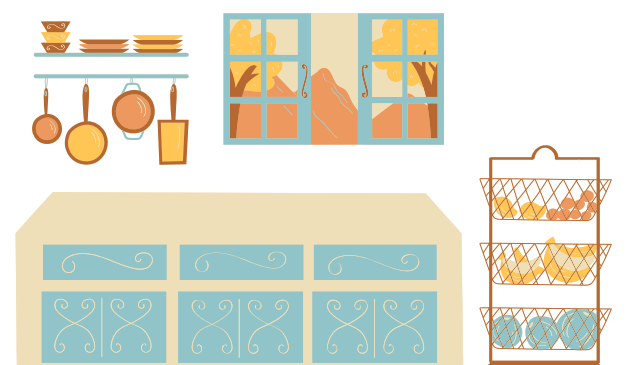


live a healthy lifestyle while trying foods such as frozen yogurt, smoothies, salads and wraps.



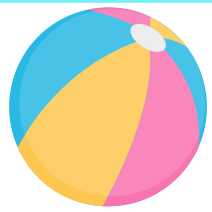
Allow Kids to Help with Meal Preparation

Get kids in on the fun surrounding **meal preparation**.



This will allow them to learn new skills in the kitchen, discover healthy foods and become more independent!





Stay Hydrated

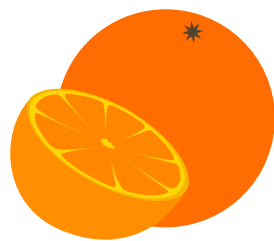
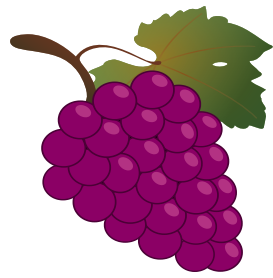
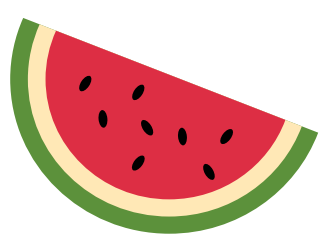
In the hot summer months, it is important to **keep hydrated**!



Remember to drink water before participating in any sports and playing outside.



Add slices of fruit to your glass of water to increase intake.

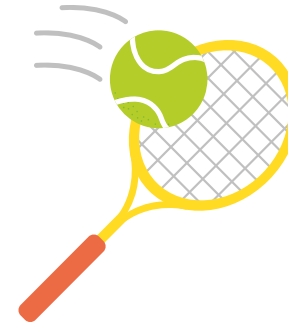


Use hydrating foods as snacks such as watermelon, grapes, oranges, strawberries and cantaloupe.



Enjoy the Outdoors

While it is important to follow a healthy diet, it is equally **important to be active**!



Spend time outside and take part in different activities such as running, soccer, tennis, swimming and more.



Allow kids to help with lawn work and gardening.



Participate in family outings by going for walks around the neighborhood or hikes.

Make Fun Summertime Snacks

Snacks don't have to be boring! Make your snacks **colorful, unique, and delicious**.

Click on each snack for the recipe!



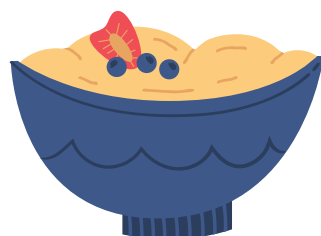
Fruit and cheese kabobs



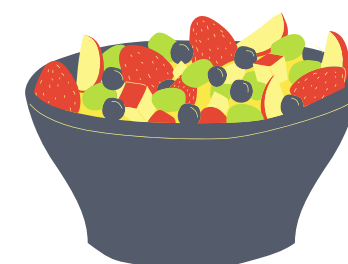
Watermelon popsicles



Carrot cake smoothie



Peanut butter yogurt dip



Fruit salad

Summer Recipes for the Family

Click on each name for the recipe!

Apple Pie Fruit Dip

Roasted Tomato and Feta Pasta

Banana Berry Blend

Crunch Rainbows

Cinnamon Two-Bite Muffins

