

fun for



fit families

Fruit Smoothies

Strawberry-Orange Smoothie

2 cups fresh or frozen strawberries
1 banana
1 cup orange juice
1 cup frozen low fat yogurt

Blend strawberries, banana, orange juice and frozen yogurt together until smooth.

Berry Smoothie

8 ounces low fat yogurt
1 cup skim milk
1 cup blueberries, raspberries or strawberries
1 cup ice cubes

Blend yogurt, milk and berries together until smooth.
Add ice cubes and blend together.



Visit your local Farmers' Market,
or Fruit and Vegetable Farms.

Local fruits are fresh,
taste wonderful
and are often the best price!

August



Make Every Bite
Count...More
Fruits & Veggies

Is Fruit Expensive?

Fruit may seem expensive,
but it really is a good deal
compared to other common snack foods.

A banana costs 20¢

A kiwi costs 35¢

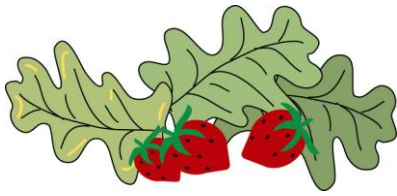
A serving of raisins costs 30¢

A candy bar costs 65¢

A small bag of chips costs 75¢

Save your money and health:

- ♥ Buy fruit in season! It will be a good price and it will taste great!
- ♥ Canned fruit can be a bargain.
A serving of fruit can cost 30¢ to 40¢.
Choose fruit canned in juice.
- ♥ Freeze fruit when it is in season.
Frozen fruit can be blended with juice or milk to make great slushes.
- ♥ Look for sale prices! Bargains can be found when buying fruits.



Make Every Sip Count...
More Healthy Beverages

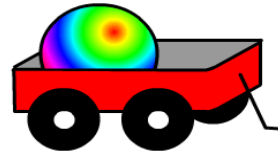
Limit Sugary Drinks!

- ♥ **Drink water between meals.**
A glass of cold water tastes great!
- ♥ **Keep a pitcher of cold water in your refrigerator.** Children like to have a drink of the “special water”.
- ♥ **Keep sugary drinks out of your house.**
If there are sugary drinks in your refrigerator, your child will want to drink them.
- ♥ **Limit fruit juice to 4 to 6 ounces each day or less.**
Too much juice can be a problem.
- ♥ **Limit sport drinks.** They have a lot of sugar and calories, just like soft drinks. Your active child needs water and real food!
- ♥ **Your child learns by watching you.**
Drink water and limit soft drinks to rare occasions.



Spinach Ham Salad

- 4 cups fresh spinach
 - 4 ounces sliced ham
 - 1 can mandarin oranges, drained
 - 1 cup strawberry slices
- 1** Rinse spinach and tear into bite size pieces.
 - 2** Cut ham into strips.
 - 3** Combine spinach, ham strips, mandarin oranges and strawberry slices in a large bowl.
 - 4** Top with low fat Ranch salad dressing.
 - 5** Toss lightly to coat and serve.



Summer Fun!

Move More...Watch Less

- ☀ **Turn on the sprinkler in your yard on a hot day.** Children love to run in water and get wet.
- ☀ **Build a sand box or sand pile in your yard.** Buy toys for playing in the sand.
- ☀ **Wash the car together.** Make buckets of soapy water to rub on the car. Let your child rinse the car with the water hose.
- ☀ **Build a fort in the yard.** Let children play with sheets and lawn furniture in the yard. Build pretend houses and play in them.
- ☀ **Play ‘kick ball’ in the yard.** Make a target area in the yard and practice kicking the ball into it.

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