

Eat Healthy
Be Active
Your kids are watching

Move More... Watch Less

Be Active, Be Healthy, Your Kids Are Watching

Active Play For Summer

- Running
- Chasing
- Tag
- Climb trees
- Catch
- Jump rope
- Hula hoop
- Draw on sidewalks
- Plant a garden or flowers
- Go on a walk

Activities On A Walk

- I spy
- Mini photo shoot
- Bug hunt
- jump over cracks

Jump Rope Games

- Ski
- Snake in the grass
- Make rope into a circle and use for hopscotch activities
- Jump to the rhythm of a song

Hula Hoop Games

- Hop Scotch
- Use them as "home base" or "safe space" for tag
- Target practice using balls



Make Every Sip Count:

Summer is here!

Water Tips

- Drink water even when you aren't thirsty!
- Water can cool you off easier in the warm months!
- Diffuse with the Fruit of the Month, blueberries!

Citrus Blueberry Infused Water



- Slice two oranges into slices.
- Add sliced oranges and 1 cup of blueberries into a gallon sized container of water.
- Add water to the container and stir gently.
- Refrigerate for 4 hours.



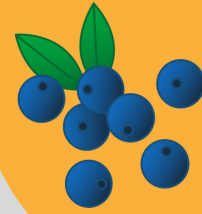
Homemade Blueberry Pancakes

1. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and next 5 ingredients (through nutmeg) in a large bowl, stirring well with a whisk.
2. Combine yogurt and next 4 ingredients (through eggs) in a small bowl; add to flour mixture, stirring until smooth.
3. Pour about 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet. Top each pancake with 2 tablespoons blueberries. Cook 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 minutes or until bottoms are lightly browned.

Ingredients

- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 3/4 cup vanilla fat-free yogurt
- 2 tablespoons butter, melted
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon vanilla extract
- 2 large eggs, lightly beaten
- 1 cup fresh blueberries

Blueberry



Fruit
Of The
Month



Tomato



Veggie
Of The
Month

Tomato Pasta Sauce

1. In a medium saucepan, heat vegetable oil over medium heat.
2. Add garlic and cook for 1 minute. (If using garlic powder, omit oil and skip this step).
3. Add tomatoes, lemon juice, salt, pepper and red pepper flakes, if desired.
4. Cook until heated through, stirring occasionally. For a thicker sauce, cook an extra 10 to 20 minutes to allow more of the liquid to evaporate.

Ingredients

- 2 teaspoons vegetable oil
- 2 cloves garlic minced or 1/2 teaspoon garlic powder
- 1 can (14.5 ounces) diced or crushed tomatoes
- 1/4 teaspoon each salt and pepper
- 1 Tablespoon lemon juice (optional)
- 1/4 teaspoon red pepper flakes (optional)