

School's Out for the Summer!

If your children eat school meals for free or at a reduced price during the school year, there is also a free meal program available once school gets out for the summer. The Summer Food Service Program (SFSP) provides free, nutritious snacks and meals to children 18 and younger and is operating at a location near you.

To find out more contact a School Nutrition Professional at your child's school.

Frosted Watermelon

A Fun Way to Get Kids to Eat More Fruit!

INGREDIENTS

Seedless watermelon cut into 1/2- to 3/4-inch thick slices
Lowfat yogurt
Granola or similar cereal

INSTRUCTIONS

Using your favorite cookie cutters cut shapes out of 1/2- to 3/4-inch thick slices of seedless watermelon. Or, if you prefer, use classic cut watermelon wedges. Frost with vanilla or other flavor yogurt. Sprinkle with granola.

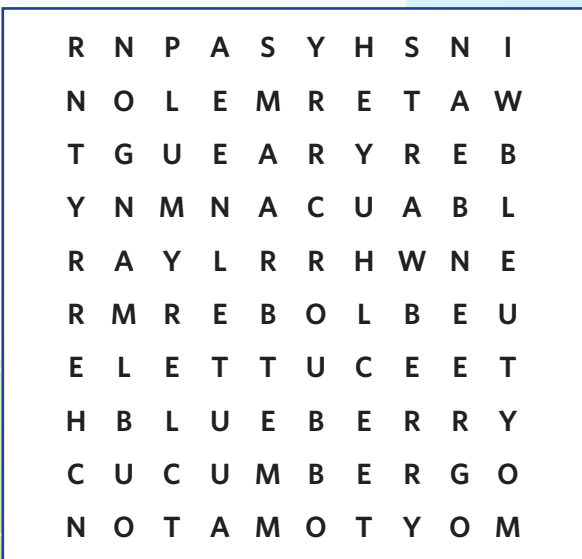
Recipe from www.watermelon.org



Summer Fruits & Veggies

Find the fresh summer fruit and veggies. Words can be written forwards, backwards or diagonally.

Blueberry	Mango
Cherry	Peach
Corn	Plum
Cucumber	Strawberry
Green Bean	Tomato
Lettuce	Watermelon



Quick Tips for Healthy Living

- * Focus on fruits for a boost of vitamin C, and don't forget to eat a variety of different colored veggies.
- * Whole grains like whole-wheat bread, brown rice and oatmeal are full of fiber and other essential nutrients.
- * For strong bones and healthy teeth, eat calcium rich foods like lowfat milk, yogurt and cheese.
- * Protein is key for building muscles, but choose lean cuts and try to eat more beans and peas, such as pinto beans or chickpeas.

Made possible by:



