

Fun, Fresh Family

Food Focus

- This summer, you can teach healthy habits by **focusing on choosing GO foods with your child.**
- **Involve your child in grocery shopping decisions.** Let your child read food labels. Discuss choices. Shop the outer edge of the store for the freshest foods.
- **At restaurants, be a role model, choosing GO foods.** If SLOW foods are eaten, demonstrate healthy portion sizes.



Family Fitness



Then take a fun walk!

- **Choose at least one day of the week for “family fun”.** Experiment with a different outdoor game for a few hours every week until you find one that everybody loves. (Kickball, foursquare, tennis/badminton, volleyball, basketball, etc.)
- If you live in the city and have trouble getting your family to walk, **try urban bingo!** Make bingo cards with your children of things they think are interesting in the city-- add in a few of your own. Include urban wildlife such as squirrels, bugs, and birds.

Fun, Fast and Fresh

This refreshing summer treat can be made in almost no time!

Watermelon Smoothie

Ingredients:

- 2 c seedless watermelon
- 1/2 cup ice
- 1 tsp lime juice
- 1 tsp powdered sugar
- Optional - garnish with lime zest

Directions:

Add all ingredients to blender and blend.

