

What's in a Meal?

Food Focus

It's summertime and a great time to practice identifying all the nutrients that your child learned about throughout the year.

- Ask your child to help you design balanced meals. Focus on a heart-healthy foods such as lean meats, whole grains, fruits and vegetables.
- When shopping for ingredients encourage your child to read nutrition labels and ingredients. Compare foods to identify those low in saturated fat, trans fat, sugar, and sodium, and high in fiber.
- Get them cooking! Make meal preparation a family affair, even the youngest of children can help set the table or mix ingredients. Children are more willing to try new foods if they helped make it.



Family Fitness

- Grow a rainbow of vegetables together! Lettuce, tomatoes, herbs can be grown in pots if you don't have access to a garden.
- Stretch together before gardening-- challenge your child to share his or her favorite flexibility exercises.
- Go on a garden biking tour! Bike to different parks and community gardens. If you live in a more suburban area, tour your neighborhood and check out gardens at homes, stores, and parks.

Fun, Fast, and Fresh

Try a new and delicious way to enjoy frozen fruit!

Banana Soft Serve

- 1 over-ripe banana, sliced and frozen
- 1 tablespoon almond or peanut butter
- Milk as needed



Directions:

Slice an over-ripe banana into small pieces and place loosely in an airtight bag in the freezer.

Once frozen, place banana and almond butter in food processor or blender. Blend until smooth. Add milk as needed. You may need to let the bananas defrost a little.