

July

Fun Facts

Shop for "Nutrition-on-the-Go"

Shop for easy-to-pack, nutritious foods for trips to the park, day trips or long road trips. Check:

- the dairy case for single-serve yogurt, pudding and string cheese
- the produce aisle for "packables" that don't bruise easily and pre-cut veggies
- the bakery for bread sticks, bagels, animal crackers, and rice cakes
- the deli case for protein-packed dips such as hummus.



Did you know?

School is out, but milk is still in! When it comes to summer, kids tend to drink less milk and gravitate to other beverages. Remember, when it comes to nutrition, not all beverages are created equal. So, help ensure that your kids drink milk this summer by serving it the way they like it best – ice cold! Each 8-ounce serving provides 300 mg calcium and eight other essential nutrients, putting kids well on their way to meeting their recommended three servings a day. Take these simple steps to keep milk cold and fresh.



- Pick it up right before heading to the check out. Take it home immediately, or store it in a cooler with ice if you need to run errands. Refrigerate it as soon as you arrive home.
- * Keep your refrigerator at 35° to 40°F or less. Milk stays fresh longest at this temperature.
- * Refrigerate milk right after pouring it. Avoid letting it sit on the table or counter! Milk warms up quickly and the flavor begins to deteriorate in as little as 10 minutes when sitting out.

Strawberry-Watermelon Summer Smoothie



Strawberries, watermelon and lemon yogurt combine three great tastes of summer into a smoothie packed with calcium, vitamin A and vitamin C.

1 8-ounce container low-fat or fat-free lemon yogurt
3 cups cubed, seeded watermelon
1 pint fresh strawberries, cleaned and hulled
1 tablespoon honey or strawberry jam
3 ice cubes

1. Cut and seed watermelon.
2. Wash strawberries and remove stems.
3. Place yogurt, watermelon, strawberries, honey and ice cubes in a blender container.
4. Cover and blend until smooth and frothy. Serve in tall glasses with straws.

Makes 4 servings.

Source: University of Illinois Extension

Nutrition Bookshelf



Icy Watermelon/ Sandía Fría

by Mary Sue Galindo and Pauline Rodriguez Howard

In his heartwarming, bilingual book, three Latino children enjoy sharing riddles, jokes and stories with their grandparents on a Sunday afternoon while eating icy-cold watermelon.

Good Sports: Rhymes about Running, Jumping, Throwing and More

by Jack Prelutsky and Chris Raschka

America's first Children's Poet Laureate celebrates the joy of participating in the sports and games boys and girls play. Whether it's baseball, karate, or soccer, winning or losing, excelling or just being a happy klutz, these short rhymes sing out the praise of games and capture the motions and the emotions of the kids who play them.

Find more summer book suggestions at
www.NutritionExplorations.org > Nutrition Bookshelf.