

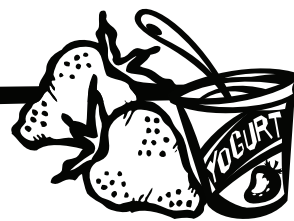
June

Fun Facts

Nutritious Summer Snacks

One of the best ways to make sure kids get the nutrients they need when school is out is to give them nutritious snacks. Stock the kitchen with nutrient-rich foods, like shredded cheese, yogurt, and low-fat and fat-free white and flavored milk; fresh, canned and frozen fruits; vegetables and whole grain foods that can be mixed and matched! Here are five ideas to get you started:

- **Rice Bowls** — Create "rice bowls" using a microwave-safe bowl filled with leftover rice and veggies. Top with shredded cheese and heat in the microwave. For a change, use leftover pasta.
- **Fruit Dippers** — Serve kids' favorite summer fruit with flavored yogurt for dipping.
- **Snack Casseroles** — Portion leftovers, like lasagna, into single-serving, microwave-safe containers to reheat — or eat cold. (Use leftovers within two to three days.)
- **Salad in a Bag** — Place greens, cut vegetables, and shredded cheese and croutons in a zipper-lock sandwich bag. Add a small amount of low-fat or fat-free salad dressing, close and "toss." Serve in the bag with a fork.
- **Milk Mixers** — Mix 2-3 tablespoons of kids' favorite flavor of instant pudding mix in 8 ounces of low-fat milk.



Strawberry Frozen Yogurt Squares

Freeze individually wrapped yogurt squares for kids to grab for a nutrient-rich snack. Try the recipe with different fruits and yogurt flavors, such as peach, blueberry or banana!

1 cup crunchy wheat and barley cereal

3 cups fat-free strawberry yogurt

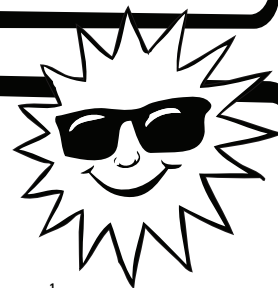
1 10-ounce bag frozen, unsweetened strawberries (about 2 1/2 cups)

1 cup fat-free, sweetened condensed milk

Optional: Whipped topping

Line an 8 x 8-inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside. Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour mixture over top of cereal, gently smoothing it to edges of pan. Cover with foil or plastic wrap. Freeze for 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares, top with whipped topping, if desired, and serve, or cut into squares and individually wrap for easy-to-grab single servings.

Recipe created by 3-Every-Day™ of Dairy



Did You Know...?

Research shows that children gain weight twice as fast during the summer as during the school year.¹

The researchers note that it is the lack of structure in the summer that's part of the problem. Schedule regular meals and snacks, including a nutritious breakfast. And make sure kids "get up and play" at least 60 minutes a day and include a variety of moderate and vigorous intensity activities, like biking, running, jumping and climbing. For ideas, visit www.NFLRush.com > **Play 60!**

Source: von Hippel, PT, et al. *American Journal of Public Health*, 97, 696-702, 2007.

Kids' Corner

Track Healthy Changes with Fuel Up to Play 60



Have your children track their way to healthy habits this summer. All they need to do is register at [Fuel Up to Play 60.com](http://FuelUpToPlay60.com). Students, take the online pledge to eat healthy and get active 60 minutes a day, and track their healthy behaviors using the online Tracker. Learn more at FuelUpToPlay60.com > **Learn About the Movement.**