

## Summer FUN for Everyone!



School is out and summer is just getting started. Why not make this summer all about getting healthy as a family? Encourage your kids to come up with fun and creative ways to stay active and enjoy the summer sun. Consider some of these fun outdoor water balloon activities to cool down on a steamy day.



**Water Balloon Toss:** Divide your group into pairs. Each pair starts facing each other, standing arms length apart. One player gently tosses a water balloon to their partner. If that player catches the balloon, both players take a step back and toss again. Keep tossing the water balloon and stepping back until it breaks. Repeat until tired or soaked, whichever comes first.



**Water Balloon Sight Words:** It is important to keep up your kids' reading skills over the summer. Here is a game for beginning readers: fill a bucket with water balloons and write words on them. Set up a target such as another bucket or a hula hoop a short distance away. Allow 1 kid at a time to pick up a balloon and read the word. If they read the word correctly they get to toss the balloon at the target!

**Water Balloon Spoon Race:** Try balancing your water balloon on a spoon as you race your family across the yard without dropping the balloon. This is a great way to enhance your balance skills.

## 7 Ways to Encourage Your Kids to Drink More Water

**Make it fun** - add a cool straw to a new bottle or kid's cup.

**Be a good example** - role model drinking water, not sugary drinks.

**Add fruit** - freeze fresh fruit in ice cubes and add them to a container of water.

**Take it to go** - get in the habit of taking a water bottle with you when you leave the house.

**Make it accessible** - store cups in an easy-to-reach place, and keep a stool by the sink for kids so they can help themselves.

**Challenge the family** - make a chart to track how much water everyone is drinking.



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## Did You Know?

- ◇ Physical activity can improve bone density and prevent fractures.
- ◇ Physical activity is more than sports. It includes dancing, playing, gardening and even house chores.
- ◇ Physical activity promotes emotional wellbeing. It reduces feelings of depression and anxiety.

## In the News

### June: National Fruit and Vegetable Month

Celebrate fruit and vegetable month by asking your child to help you create a colorful fruit and veggie filled meal plan for the summer. It's important to schedule 3 meals and 1 snack each day. For easy-to-prepare, healthy meal and snack ideas, visit:

[superhealthykids.com/summer-meal-plan-and-food-plate-ideas/](http://superhealthykids.com/summer-meal-plan-and-food-plate-ideas/)



## Frozen Yogurt Covered Blueberries

For a tasty summer time treat take a toothpick and stick the tip of it in a blueberry. Swirl the berry in your favorite low or nonfat yogurt. Ease the blueberry off the toothpick onto a cookie sheet that is lined with waxed paper. Repeat until you run out of fruit or yogurt. Freeze for an hour. Enjoy! These can be stored in a sealed bag or container in the freezer.



## Summer Screen Alternatives

Does your child complain about being bored in the summer? Does your child want to plug into a TV, phone or gaming device instead of being active? Try making your own fun **Super Summer Schedule** to decrease the amount of time your child spends using technology.

- ⇒ **Make something Monday:** Do art, find a craft to make, build with different materials.
  - ⇒ **Thinking Tuesday:** Read, do a science experiment, or a math game.
  - ⇒ **What's cooking Wednesday:** Try a new recipe.
  - ⇒ **Tidy up Thursday:** Catch on some house chores.
- \*Visit your library for craft, science or recipe ideas!**



## Zucchini is in Season

Look for zucchini that has slightly prickly, firm, but shiny skin. Store zucchini in a plastic bag in the refrigerator for four to five days. Do not wash it until it is ready for use. Zucchini is high in vitamin C. One cup of sliced zucchini is 1 serving. Aim for 5 servings of fruit and vegetables every day!



## Recipe Corner

### Zucchini & Green Chili Breakfast Casserole

#### Ingredients:

- \*1-32 oz. carton Egg Beaters
- \*1 1/2 cup zucchini, grated, squeezed and drained
- \*1/2 cup 1% cottage cheese
- \*1-4 ounce can chopped green chilies, drained
- \*1/2 cup yellow onion, diced
- \*1/2 cup red bell pepper, diced



#### Directions:

1. Preheat the oven to 375F.
2. Mix all the ingredients in a bowl, except the cheddar cheese.
3. Pour mixture into a greased 8-inch square baking pan.
4. Top with shredded cheese.
5. Bake in oven about 25-35 minutes until eggs are firmly set and golden.

#### Nutrition Facts

Serving Size (176g)	
Serving Per Container	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein 15g</b>	
Vitamin A 20%	• Vitamin C 30%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9	• Carbohydrate 4
• Protein 4	

## Kitchen Tool

### Spiralizer

Zoodles, anyone? Zoodles are spiralized zucchini strips that look like noodles! To use a spiralizer, trim the end of your vegetable and place it in the spiralizer with the desire blade. Then twist (or crank if yours has a handle) while pushing. Out come long spirals! Carrots, sweet potatoes, cucumber and summer squash make great noodles too! Kids love to see how long they can get! They can be eaten raw, roasted, or sautéed. Try replacing pasta with zoodles in your favorite pasta recipe.



**CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!**

For more tips on how to lead a healthy lifestyle go to [www.fittastic.org](http://www.fittastic.org).

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