

## Quality Content

With kids being out of school for the summer, it is especially important to be sure they are not using a screen for more than 2 hours each day. It is also important to ensure their screen content is age appropriate.

Common Sense Media offers a database of all entertainment types, including movies, games, apps, websites, TV shows, books and music that allows parents to view the

minimum age for which content is developmentally appropriate. It is often difficult for a parent to know what is age appropriate unless they have viewed or listened to it before their child. This source offers a feature that shows you the use of positive messages, violence,

language, and more. The 'What Parents Need to Know' section offers a summary of the content as well as a 'Talk to Your Kids About...' section that suggests conversation topics to be discussed during commercial breaks or after viewing with the family. Are you unsure of what is appropriate for your child? Are you struggling to find educational content? Find out more at [commonsensemedia.org](http://commonsensemedia.org)



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### Did You Know?

- Watermelon is a great 4th of July treat! It helps keep you hydrated because it's made of up to 92% water.
- Watermelon is a fruit AND vegetable. It is considered a fruit since it grows from a seed and has a sweet flavor, but considered a vegetable because it is harvested and comes from the same family as a cucumber.



## In The News

### July: Summer Heart Health Month!

Your child's heart needs a daily workout to stay healthy. Encourage bike riding, running, jumping rope and rollerblading. These aerobic activities increase heart and lung fitness and lower body fat. Don't forget sunscreen!



## Summer Fun In The Sun



Is the sun making it too hot to handle the outdoors? Get kids moving with water activities to keep them cool outside! Turn on a sprinkler, hold a toy wash, play a game of toss or tag with wet sponges! Challenge kids to navigate an outdoor obstacle course while

holding a water balloon under their chin. Play water balloon volley by having each child hold 2 corners of a beach towel. Then have one pair of kids place a water balloon in the center of their towel and toss that balloon to another pair's towel. The object is for the opposing team to

catch the balloon without it breaking. Be sure to have plenty of water for drinking to keep everyone cool inside and out. Everyone needs at least 4 servings each day.





## Kiddie Car Wash

Seize the opportunity to go out in the sun and get in an hour of physical activity. Opportunities are endless for the kids when it comes to biking outdoors. Need to cool down after a ride

around the neighborhood? Consider hosting a car wash with bikes to cool off and give those bikes a good scrub!



## What's in Season?

### Summer Squash

Squash is an excellent source of vitamin C, is fat free, sodium free, AND cholesterol free. Be sure to get plenty of squash or zucchini in your diet this summer.



## Cooking Tip Corner

### Salad Spinner

It is important to wash fruits and vegetables before consuming to rid them of bacteria. Salad spinners can be very useful when you need to wash lettuce or other leafy greens. They are easy to use and affordable. Kids can safely use this tool and will likely get excited about eating leafy greens! All you need to do is tear, slice or chop greens before putting them into the salad spinner. Take out the spinner's strainer basket and put the greens in the basket (it looks like a strainer or sieve). Run cold water over the greens to wash them thoroughly. Then place the basket into the spinner, put the lid securely on top and push the center to activate the spinning for about 15-20 seconds. This will remove excess water from the greens. They'll be clean and ready to eat.



## Recipe Corner

### Lentil & Veggie Tostadas

*Recipe modified from Genius Kitchen*

Servings: 16 tostadas

- 1 ¾ cups water
- ¾ cup dried red lentils, rinsed and drained
- ¼ cup chopped onion
- ½ teaspoon salt
- 2 cloves garlic, minced
- ½ teaspoon ground cumin (optional)
- 1-2 tablespoons chopped cilantro
- 16 corn tortillas
- Non-stick cooking spray
- 2 cups or more assorted chopped vegetables (broccoli, tomato, zucchini, yellow squash, etc.)
- 2 cups shredded reduced fat cheese (cheddar or Mexican blend)



## Nutrition Facts

16 servings per container

Serving size 1 Tostada

Amount Per Serving

**Calories 90**

% Daily Values\*

Total Fat 2.5g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 310mg 13%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Preparation:

1. Preheat oven to 375 degrees F.
2. In a medium saucepan stir together the water, lentils, onion, salt, cumin and garlic. Bring to boil; reduce heat. Simmer, covered, for 15-20 minutes or until lentils are tender and most liquid is absorbed. Use a fork to mash the cooked lentils; stir in cilantro.
3. While lentil mixture simmers, place corn tortillas onto cookie sheets and spray with nonstick cooking spray. Bake in 375° oven until crisp, about 15-20 minutes. Rotate trays halfway through cooking.
4. Spread lentil mixture on tostada shells; top with vegetables and cheese. Broil 6 inches from heat for 2 minutes or until cheese melts.

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

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