

Summer Fun

Food Focus

This year the Nurture lessons focused on GO Food breakfasts and beverages and on telling the difference between hunger and appetite. Here are some ideas for helping to reinforce these:

- Have your child help shop for GO cereals that have three grams or more of fiber AND nine grams or less of sugar.
- And make your all-day beverage WATER -- always thirst quenching and refreshing!
- Remind your child to listen to their body. When they are bored or at a summer gathering, are they really hungry? Maybe an activity like drawing, basketball, reading or tag would be more satisfying.



Family Fitness



Limiting summertime screen time to less than two hours per day encourages more outdoor fun and health-promoting physical activity. Try these fun ideas!

Water Balloon Tag is a wonderful way to stay active while cooling off on those hot summer afternoon. Fill up a bunch of balloons with water and start throwing. The one who ends up the wettest will have the biggest smile!

Obstacle Courses will spur on creativity and activity. Have your child help create the course. String can become a balance beam. Stacked plastic bottles can be a target. Create things to crawl under, hop over, run around. What's the best time they can get?

Fun, Fast, and Fresh

Try this refreshing and delicious frozen treat!

Chocolate Banana Cream Pops

½ cup chocolate chips
1 ½ Tbsp water
1 lb silken tofu, drained, patted dry
2 ripe bananas
1 tsp vanilla extract
1 Tbsp honey
Popsicle sticks or coffee stirrers

Directions:

- Mix the chocolate chips with water and melt in microwave. Allow to cool slightly.
- Add all ingredients to blender and blend until smooth.
- Add mixture to ice tray, popsicle mold, or small paper cups.
- Add sticks and freeze.