Food for Thought

Healthy Kids for Summer

The summer months leave time for lots of fun summer-time activities. In many households, this extra time can lead to too much snacking and watching TV, along with hearing the phrase “I'm bored,” from your children. Take time this summer to plan activities that include physical activity and healthy eating. Here are some tips to get your family moving and thinking about good nutrition:

- **Visit the local farmers market.** Many markets have activities for kids, but even if not, use the market as a place to explore locally grown produce. Let your kids choose a new fruit or vegetable to try, or pick a family favorite and have the kids help with meal planning.

- **Grocery shopping with kids.** Since the kids are home all summer, chances are they will be heading to the grocery store with you at some point. Use the store as a classroom. Talk about filling the cart with foods from all five food groups on MyPlate and choosing healthy snacks. Allow kids to be actively involved before you go to the store by helping write out the grocery list; and encourage them to make many nutritious food choices.

- **Work in the garden.** Gardening is a great activity and think of all the interesting things you can teach the kids while doing so. Talk about the different kinds of plants, the growing and harvesting process, MyPlate and healthy eating. Play games trying to determine if produce is a fruit or vegetable and how you might prepare it for mealtime.

- **Get outside and do anything active** – walking, biking, swimming, jumping rope, to name just a few ideas.

- **Encourage lots of fresh fruits and vegetables at mealtime and snacks.** Summer is the season for fresh fruits & veggies and nothing tastes better. Plus you will be filling half your plate with fruits and vegetables like MyPlate recommends.

Summer is a great time to spend extra family time together. Try to include lots of family physical activities and always take opportunities to teach and talk about healthy eating.

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Have It Your Way Parfait

Here are some possible yogurt and fruit combinations to layer with low-fat granola:

- **Blueberry Lemon Parfait:** Low-fat lemon yogurt and blueberries
- **Red, White and Blue Parfait:** Strawberries or raspberries, blueberries, bananas and low-fat vanilla yogurt
- **Tropical Parfait:** Kiwi, mango, pineapple and low-fat coconut or vanilla yogurt
- **Berry Good Parfait:** Any combination of berries (ie. strawberries, blueberries, raspberries, boysenberries, blackberries) served with low-fat vanilla or berry-flavored yogurt.
- **Peachy Parfait:** Sliced peaches and low-fat vanilla or peach yogurt. If desired, top with raspberry jam or raspberry syrup.
July 2016

Eat Smart Idaho Nutrition Activity Calendar

- **Tuesday July 5th**: Eating Smart Being Active @ Trinity Group Home II – 2990 Charleville Rd. – Post Falls – 4:00 to 5:30
- **Wednesday July 6th**: Healthy Food Pantry Nutrition Demo @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 1:00
  Healthy Food Pantry Nutrition Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 11:30 to 2:30
- **Thursday July 7th**: Healthy Food Pantry Demo & Eating Smart Being Active Class @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint, 11:00 to 2:30
  Healthy Food Pantry Nutrition Demo @ Coeur d’Alene Assembly Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00
- **Friday July 8th**: Eating Smart Being Active @ Working Solutions – 1221 W. Ironwood Dr. #100 - CDA - 2:15 to 3:15
- **Monday July 11th**: Healthy Food Pantry Nutrition Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – Post Falls – 11:30 to 2:30
  Get Moving & Build Strong Bones @ Open Arms Pregnancy Center – 1800 Lincoln Way, Ste. 201 – CDA, 2:00 to 3:00
- **Thursday July 14th**: Healthy Food Pantry Demo & Eating Smart Being Active Class @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint, 11:00 to 2:30
  Healthy Food Pantry Nutrition Demo @ Coeur d’Alene Assembly Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00
- **Tuesday July 19th**: Healthy Food Pantry Nutrition Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – Post Falls – 11:30 to 2:30
- **Wednesday July 20th**: Healthy Food Pantry Nutrition Demo @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 1:00
- **Thursday July 21st**: Healthy Food Pantry Demo & Eating Smart Being Active Class @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint, 11:00 to 2:30
  Healthy Food Pantry Nutrition Demo @ Coeur d’Alene Assembly Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00
- **Friday July 22nd**: Price Tastes Right @ Hayden Day in McIntire Park – 2:00PM to 9:00PM
  Eating Smart Being Active @ Working Solutions – 1221 W. Ironwood Dr. #100 CDA - 2:15 to 3:15
- **Saturday July 23rd**: Price Tastes Right @ Hayden Day in McIntire Park – 10:00AM to 9:00PM
  Eating Smart Being Active @ Working Solutions – 1221 W. Ironwood Dr. #100 CDA - 2:15 to 3:15
- **Wednesday July 27th**: Healthy Food Pantry Nutrition Demo @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 1:00
  Healthy Food Pantry Nutrition Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 11:30 to 2:30
- **Thursday July 28th**: Healthy Food Pantry Demo & Eating Smart Being Active Class @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint, 11:00 to 2:30
  Healthy Food Pantry Nutrition Demo @ Coeur d’Alene Assembly Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00

Sources: [http://msue.anr.msu.edu/news/healthy_kids_for_summer](http://msue.anr.msu.edu/news/healthy_kids_for_summer); [http://food.unl.edu/have-it-your-way-parfait](http://food.unl.edu/have-it-your-way-parfait) retrieved 06/29/16

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

- Benewah, Kootenai & Shoshone Counties: 446-1680
- Bonner & Boundary: 263-8511
- Latah: 883-2267
- Clearwater or Nez Perce: 799-3096
- Idaho or Lewis: 983-2667

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD Phone: 446-1680
  E-mail – kalig@uidaho.edu Website: [www.eatsmartidaho.org](http://www.eatsmartidaho.org)

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