

Food for Thought

July 2020

Healthy Summer Family Tips

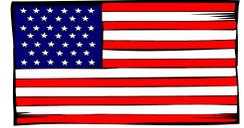
Summer is a time of more freedom for families with not being tied to the structured schedule that is needed during the school year. This allows families some extra time with the longer days to spend more time outside, get more active, and try some new seasonal foods. Use this great time of year to spend more time together with some of these healthful activities:

- **Be active together outdoors.** Physical activity is important to our overall health, so why not make it a priority as a family? Play yard games with your kids, go on a family hike or bike ride, or go swim at one of the amazing lakes in the area. These are all great ways to be physically active while bonding as a family. The more time you spend moving, the healthier your family will be in the end.
- **Try new recipes together.** Even the youngest members of your family can do something to help in the kitchen. Kids who are involved in selecting ingredients and helping prepare meals are more likely to try new foods. Cooking dinner together can be an adventure, especially if you make an effort to try some new seasonal produce-based ingredients in your favorite recipes. Trying new recipes could include incorporating more fruits, vegetables and whole grains into your family meals as well as using healthier cooking techniques, such as baking, broiling and steaming instead of frying. Preparing and eating meals together as a family provides a great opportunity to connect with each other.
- **Have healthy snacks in the house.** It can be easy to reach for crackers or cookies when you're looking for an afternoon snack but including more fruits and vegetables will give your body a nutrient boost. As soon as you get home from the store pull your kids in the kitchen to help you wash and slice vegetables and fruits such as cucumbers, carrot, sweet peppers, apples, grapes and pineapple. Then put these foods into snack-sized bags or containers and stick them in the refrigerator. When snack time rolls around, you and your family will be all set to grab these healthy, quick, and easy snacks to munch on.
- **Limit sugary drinks.** According to the Centers for Disease Control and Prevention ([CDC](#)), sugary drinks are major contributors of added sugars in the American diet and are associated with weight gain/obesity, type 2 diabetes, heart disease and tooth decay/cavities. Examples of sugary drinks are regular soda, fruit juice, sports drinks, energy drinks, sweetened waters and coffee and tea beverages with added sugars. Setting a family goal to limit intake of sugary drinks can help the whole family maintain a healthy weight and promote a healthy future.
- **Drink more water and milk.** The healthiest drink choices are water and milk. Water is by far the most natural drink for your family, as your body is made of mostly water and it hydrates you without the extra calories. Low-fat milk is also an important drink, especially for the children since their bodies need calcium in addition to physical activity to build strong bones. To increase water intake try infusing water with fruit, vegetables, or herb flavors they like. Examples include sliced citrus fruits or zest (lemon, lime, orange, grapefruit), fresh mint, sliced cucumber or berries.



Red, White, and Blue Parfaits

Servings: 4



2 cups vanilla low-fat yogurt
1 cup plain granola
1 cup fresh strawberries
1 cup fresh blueberries

1. Slice strawberries and combine in a bowl with blueberries.
2. Divide ingredients into 4 equal parts.
3. In 4 tall glasses, begin creating layers by laying down yogurt, then granola, followed by fruit.
4. Repeat layers until ingredients are all used.
5. Serve immediately to keep granola crunchy.

Red, White, and Blue Fruit Salad

Servings: 4

3 Tablespoons lime juice
2 teaspoons honey
1 Tablespoon fresh mint chopped
1 cup strawberries diced
1 cup fresh blueberries
3/4 cup jicama diced

1. Whisk lime juice, honey and fresh mint into a small bowl.
2. Place all fruit in large bowl and pour dressing over fruit. Cover and refrigerate for at least 1 hour and enjoy!

To cut jicama – Wash and peel jicama with a vegetable peeler. Cut into 1/4 of an inch slices of the jicama and then cut those slices into matchsticks. You can then use these to dip into guacamole or other dips instead of chips or dice them to use in salads.

Sources: https://www.canr.msu.edu/news/making_new_years_resolutions_as_a_family;
<https://www.udel.edu/content/dam/udelImages/canr/pdfs/extension/recipes/Red-White-and-Blue-Parfait.pdf>; <https://dinnertonight.tamu.edu/recipe/red-white-and-blue-fruit-salad/> retrieved 06/29/20

Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties
208-446-1680

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties
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