



Tips for a Healthy Summer

- *Look for a local farmer's market to buy fresh fruits and vegetables.*
- *Healthy dairy snacks include low fat milk, yogurt and string cheese.*
- *All juices aren't equal. Check the label to be sure the product is 100% juice. And don't forget that water is the best thirst quencher!*
- *As a parent, be a good role model. Wear sunscreen, sunglasses, and a hat. Avoid the sun during peak hours. By doing this, you will be protecting your skin and your children!*
- *Family activities such as hiking, biking, swimming and even a trip to an amusement park can be great exercise!*
- *When dining out during summer vacation, choose grilled, baked, broiled, roasted or poached entrees. Instead of ordering an entrée, consider an appetizer as your main course.*



Did you know that frozen grapes make a refreshing summer snack?

Very Berry Smoothie

1 cup favorite yogurt
1 cup 1% milk or vanilla soy milk
1 cup strawberries
1 banana

Put everything in the blender & mix well.

