

MAY 2018

## The Parent Survival Guide to Summer Break

How summer break can be enjoyed by kids and parents!

Kids crave structure. When school lets out for the summer, all that unscheduled time ahead can feel overwhelming – for kids and their parents. To help you cope, we've collected some survival tips to help you endure – and even enjoy! – summer with your kids.

### 3 Foods that Taste Best in Summer<sup>1</sup>

In-season foods grown locally taste amazing! Explore fruits and veggies with your children at farmers' markets or harvest them from your own garden. Even an apartment balcony has room for potted tomato plants!

- **Tomatoes:** During the height of summer, tomatoes can be found in numerous shapes, sizes and colors! A 1/2 cup serving is also a good source of antioxidants, including vitamin C.
- **Raspberries:** Bright and delicious, raspberries are packed with vitamins, minerals, and fiber.
- **Summer squash:** A 1/2 cup serving of these tasty and abundant yellow squashes are a good source of vitamin C and a fun way to eat more veggies.



1) <https://ndb.nal.usda.gov/ndb/search/list>

### Inexpensive, Guilt-Free Summer Fun

- **Make chores fun!** Assigning points to each task. When kids reach point milestones (like 500 points), they receive a prize. Unloading the dishwasher? 20 points. Sweeping the floor? 25 points. And so on.
- **Go on a library excursion.** Challenge your kids to go on a library scavenger hunt for books on various subjects. When all the books have been found, check them out and enjoy family reading hour at home.



- **Explore board games.** Get all the benefits of video games like problem solving, hand/eye coordination – without the drawbacks – by pulling out a board game! There are numerous games for kids of all ages. Find a new family favorite.

### Eat Well All Season Long

Did you know that many states have a Summer Food Service program for children ages 18 and under? To learn more, visit [feedingamerica.org](http://feedingamerica.org).



We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

[rethinkschoolmeals.com](http://rethinkschoolmeals.com)