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## Outdoor Summer Fun

This school year has led to a huge increase in screen time for all of our students. Summer can provide a break from all of that, and there are so many things you can do to have fun this summer while increasing your physical activity and improving the health of your whole family! Exercise and spending time outside has also been shown to improve mental health.



### Activity ideas:

**Family Walk/Bike Ride:** A great way to exercise after dinner or even on the way to the ice cream shop.

**Water Balloon Fights:** A classic!

**Nature Scavenger Hunt:** Click [HERE](#) for an example.

**Fruit Picking:** Northeast Ohio has several locations to pick your own fruits!

## What's In Season This Summer?

Do you ever notice that your produce tastes different depending on the season? Berries and watermelon taste sugar-sweet in the summer, but not so much in the winter. That is because berries and watermelon are two of the fruits that are in season during the summer! Choosing in-season fruits offers several benefits: better taste, increased nutrients, and lower cost. Taking advantage of in-season produce is a great way to introduce your family to new fruits and vegetables since they will be at their peak taste. Below are some examples of what is in season during the summer:

### Summer Fruits:

- Berries
- Peaches
- Mangos
- Plums
- Watermelon
- Honeydew
- Cherries

### Summer Vegetables:

- Avocados
- Corn
- Tomatoes
- Zucchini
- Bell Peppers
- Green Beans
- Eggplant

### Did You Know?

Frozen produce is picked at peak ripeness when they're most nutritious, so that is a great healthy option to have year-round! Frozen berries are great to have on hand for smoothies, and frozen veggies can make a quick, nutritious side dish when you're short on time.



## Healthy Hydration

With the heat and increase in physical activity that comes with the summer months, it is even more important to hydrate! If your body gets dehydrated, you can get headaches, become irritable, and get cramps. **The best way to hydrate is drinking water**, along with eating fruits and vegetables that have high water content such as watermelon, cucumbers, and strawberries. Click [HERE](#) to see how much water is recommended for your child!

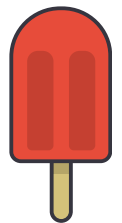


Drinking **sugary drinks** (ex: pop, fruit juice) can **actually make you more thirsty** because sugar pulls water out of our bodies and it triggers the brain to send thirst signals. It is okay to drink these on occasion, but if plain water gets a little boring, try **infusing your water!** Place fruits of your choice in your water and it will naturally flavor your water without any added sugar! Check out these [creative infused water recipes!](#)

## RECIPE: STRAWBERRY PEACH YOGURT POPSICLES

RECIPE FROM JESSICA GAVIN

- 3 CUPS STRAWBERRIES, PUREED TO 1.5 CUPS
- 3 CUPS PEACHES, PEELED + SLICED, PUREED TO 1.5 CUPS
- 2 TBSP HONEY, DIVIDED
- 2/3 CUP VANILLA GREEK YOGURT
- POPSICLE TRAY (RECIPE MAKES 10 POPSICLES)



- 1) IN A BLENDER, PUREE STRAWBERRIES WITH 4 TSP HONEY THEN SET ASIDE. CLEAN BLENDER AND REPEAT WITH PEACH SLICES WITH 2 TSP HONEY
- 2) LAYER THE POPSICLES: 2 TSP STRAWBERRY PUREE, 1 TSP YOGURT, 2 TSP PEACH PUREE AND REPEAT. MAKE FRUIT PUREE YOUR LAST LAYER
- 3) GENTLY TAP MOLDS ON THE COUNTER TO MAKE SURE LAYERS SETTLE AND AIR BUBBLES ARE GONE. INSERT POPSICLE STICKS AND FREEZER FOR AT LEAST 6 HOURS..