



# Enjoy A Healthy Summer With Healthy Eating Habits



## Healthy Summer Eating Tips

Here's what you can do:

- Keep kids on a schedule for meals and snacks.
- This helps them feel the signs of hunger and stops the mindless snacking between meals.
- Make the kitchen off limits during the day unless it's time for a meal or a planned snack.
- Even though the days are longer and the kids might stay up longer, consider setting a time when the kitchen is closed for the night.



June 2012

**More freedom and a less structured routine in the summer can lead to more unhealthy snacking for many kids. With summer vacation and more time on their hands, they often think they are hungry when they're really just bored. Avoid the summer weight gain and learn how to limit the junk food and offer easy and healthy snacks.**

## Healthy Summer Snacks

- Veggies and dip; carrots, celery, broccoli and peppers and dip in low fat ranch dressing.
- Smoothies: blend nonfat plain yogurt, strawberries, raspberries and blueberries and ice in a blender.
- Fruit kabobs; dice up your favorite fruits and line them up on a wooden skewer.
- Baby carrots and a side of hummus.
- Slice a banana in half and smear peanut butter on top.
- Baked tortilla chips with white bean dip.
- Keep a bowl of fresh fruits and vegetables that are clean and ready to eat on the kitchen table or front and center in the refrigerator so that the kids can reach it.
- Frozen blueberries or strawberries on top of non fat yogurt make a refreshing afternoon snack. Make your own frozen snacks using unsweetened fruit juice, water and seedless watermelon chunks. Pour into ice cube trays, add wooden sticks and freeze
- Half a turkey sandwich on 100% whole wheat bread with a sliced apple.
- String cheese and whole wheat crackers.
- Low fat graham crackers with peanut butter.

**Healthy summer snacks are key to keeping your child well nourished during summer vacation. When children get hungry, they can easily turn to quick unhealthy snacks, vending machines or fast food restaurants to satisfy their snacking needs.**



Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace\_Keith@doh.state.fl.us



Skip the chips at snack time and serve celery and peanut butter.

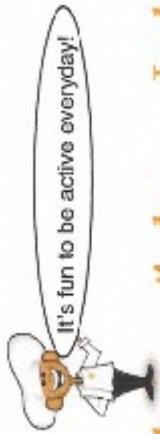
Snack on dried fruits such as apricots, figs or raisins.

Pack mini carrots for your child's snack today

**Steps to Success**



# June 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Celebrate an outdoor festival. The local paper has activities for kids.	4 Before going to the festival, eat breakfast and plan your lunch.	5 Before going to the festival, eat breakfast and plan your lunch.	6 Build healthy habits from their favorite activities.	7 Plan the week's meals with the help of your kids.	8 Value meals that serve large portions with soda, can be 600 calories.	9 Praise your family on their commitment to be active.
10 Try substituting long grain, brown rice or whole-wheat pasta instead of white rice.	11 Commercials offer an opportunity to be active.	12 Basketball is a fun activity that the whole family can do.	13 Visit a local farmers market to for fruits and veggies in season.	14 Start this Monday with a family stroll around the block.	15 Plan healthy meals that can be made quickly.	16 Make sure to slice grapes for children under 4 to avoid choking hazards.
17 Keep snacks two hours before meals so kids will be hungry.	18 Look for fun recipes to serve vegetables to your family.	19 Exercise doesn't have to be boring. Grab you kids and go on a nature hike.	20 Limit the amount of ready to-eat-snacks you buy.	21 Schedule your child's dental appointments for healthy teeth.	22 Broccoli is the superhero of vegetables with loads of vitamins.	23 Have the kids help you prepare a fruit kebob.
24 Meat quality can be affected when thawing in the microwave.	25 Involve the kids in finding a fun recipe.	26 Hiking can add excitement into your family's walking routine.	27 A trip to the beach or lake is always a fun activity.	28 Add some color to your salad with seasonal fruits.	29 Show your kids the many varieties of melons.	30 Choose fresh fruits and vegetables that are firm, ripe and unblemished.

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