



United States Department of Agriculture

Control Number: 0584-0524 | Expires 06/30/2016 | Appendix P

GET HEALTHY AS A FAMILY!

FAMILY CHALLENGE: Summer Fruit & Veggie Bingo

Want your kids to reach for a healthy snack? Work together as a family to complete the bingo challenge, and watch your kids learn healthy habits along the way! It's simple: just check off the fruits and vegetables as you try them over the summer.

These fruits & veggies are in season and are harvested during the summer.

Blackberries 	Cucumbers 	Pineapples 	Spinach 	Melons 
Strawberries 	Zucchini 	Bell Peppers 	Cherries 	Tomatoes 
Plums 	Peaches 	Your Choice	Peas 	Collard Greens 
Nectarines 	Beets 	Avocados 	Tomatillos 	Blueberries 
Apricots 	Lettuce 	Corn 	Green Beans 	Raspberries 

SUMMER MEALS SUMMER FUN

FAMILY ACTIVITY GUIDE



Your Guide to Summer Fruits and Vegetables

Keep your family healthy and happy by eating summer fruits and vegetables at meals and snacks.



Look inside for:

- Ways to get kids asking for more fruits & veggies
- Money-saving tips for any budget
- A fun and motivating family challenge



Turn Your Kitchen Into a Fruit & Veggie Paradise



Little nudges can make a big difference. You know that grocery stores keep last-minute snacks in the checkout line, and restaurants offer samples to tempt you. You can use the same ideas to get your kids to choose fruits and vegetables more often. Try these ways to make your home a place where kids eat fruits and vegetables at meals and snacks.



Put fruits and vegetables on display, like in a fruit bowl on the counter. Keep less healthy snacks out of sight, or better yet buy them less often.



Make fruits and vegetables easy for kids to reach and eat. Cut them up and keep them in bags or reusable plastic containers in the fridge.



Let them be produce pickers! Ask your kids which vegetables and fruits they'd like to try. Ask them to help you make the shopping list. Use words like *fresh*, *juicy*, *tasty*, *sweet*, and *crisp* to describe fruits and vegetables.

Top 4 Ways to Eat More and Spend Less

Eating fruits and vegetables can save you money if you make some smart buying choices.

- 1. Buy in season.** Fruits and vegetables are usually cheaper and taste better when they are in season. This is the time of year when the fruit or vegetable ripens and is picked. You can find seasonal produce in the grocery store. Or, try visiting a farmers market — your kids will love sampling fruits and vegetables and meeting farmers. Go to <http://search.ams.usda.gov/farmersmarkets/> to find a farmers market near you.
- 2. Try frozen or canned.** Frozen and canned produce are just as nutritious as fresh, and often cost less. Try frozen fruit in smoothies, or sauté frozen vegetables before adding them to pasta sauce. Look for vegetables that say, “no salt added” or “low sodium.” Look for fruits canned in 100% fruit juice or water.

Look on the back page to see what's ripe and ready in summer!



- 3. Use your benefits.** Use Electronic Benefits Transfer (EBT) to purchase fruits and vegetables, as well as seeds for planting. Plant lettuce or radish seeds for quick results.
- 4. Bring your kids to a summer meal site.** Your child can enjoy a healthy meal with friends at a safe summer meal site. Many also offer fun games, crafts, and activities. Kids and teens 18 years and under eat free. Call **1-866-3-HUNGRY** or **1-877-8-HAMBRE**, or visit <http://www.fns.usda.gov/summerfoodrocks> to find a site near you.



Do You Know That...?

...kids need fruits and vegetables for growing, learning, being active, and staying healthy. *But...*

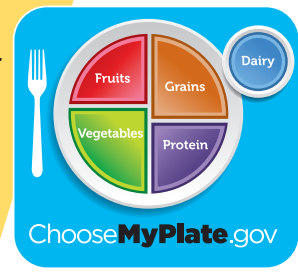
- Only 40% of kids ages 2-18 eat the recommended amount of fruit.¹
- Only 7% eat enough vegetables!¹

...fruits and vegetables provide many important nutrients including:

- Vitamin A
- Vitamin C
- Potassium
- Folate (a B vitamin)
- Fiber

Find out more about the food groups at <http://www.choosemyplate.gov>.

1. CDC. Vital Signs: Fruit and Vegetable Intake Among Children – United States, 2003-2010. March 2014. Available at: <http://www.cdc.gov/vitalsigns/fruit-vegetables/?mobile=nocontent>



The **MyPlate** icon reminds us to make half our plates fruits and vegetables. Try to follow this advice to make sure your family is eating enough. Also, fruits and veggies make great snacks! Find out exactly how many cups of fruits and vegetables everyone in your family needs each day by visiting <https://www.supertracker.usda.gov/>.



GET HEALTHY AS A FAMILY!

Beat the Heat with *water* GAMES

Looking for ways to balance your calories, or just looking to get your body moving and have fun? Turn off the screens and get your family off the couch with these fun outdoor water games that kids will love!

Sponge Tag:

Played like the traditional game of tag. The person who is "it" has a wet sponge to chase other players. The first person tagged with the sponge becomes the next "it." Soak the sponge in clean, cold water after each round. Play this game on grass to make sure everyone stays safe.

This game can be played with just one bucket of water — perfect for areas experiencing drought.



Water Limbo:

Use the stream of water from a hose as a limbo stick. Play some party music and start limbo-ing! Lower the water after each round.

Jump Stream:

Run a stream of water from a hose a few inches off the ground for your child to jump over. Move it back and forth, higher and lower to make it more challenging.

SPLASH INTO SUMMER MEALS

FAMILY ACTIVITY GUIDE



Your Guide to Water Fun

This summer, you can quench your thirst and keep your cool with water!



Look inside for:

- Refreshing new ways to drink water
- Water games to play with the family
- Hidden sugars in popular drinks

Enjoy a Fun New Way To Drink Water

Add a few fruits, vegetables, or herbs to water to make it more interesting. Lemon, orange, or cucumber slices are popular favorites. Some people call this “spa water” because it looks fancy, but it is easy to do at home. Just rinse and slice fruits or vegetables (about a cup of fruit per 5 cups of water), add them to a pitcher of water, and let the flavors sit for at least 30 minutes in the fridge. They look pretty, too!

Try these flavor combinations:

- Strawberries and mint
- Watermelon, cucumber, and lime
- Pineapple and lemon



Choose water instead of sugar-sweetened beverages.

Top 5 Reasons to Drink Water

- 1. It's hot outside!** Ice-cold water is extra refreshing in the summer. Keep a pitcher of cold water in your refrigerator and toss ice cubes into your child's water bottle.
- 2. Save money!** Start drinking water at home and ask for water when you eat out. You'll be amazed how much you save.
- 3. Water can help you keep a healthy weight!** Substituting water for 12 oz sugar-sweetened soda will save about 126 calories. If you normally drink soda every day, this small switch can make a huge difference.
- 4. It's better for your kid's teeth!** Sugar-sweetened beverages are one of the top sources of sugar in kids' diets. The sugars in these drinks are “food” for bacteria that cause tooth decay (cavities).
- 5. Your kids are watching — be a positive role model.** What you drink is as important as what you eat. Teach your kids to choose water instead of sugar-sweetened beverages and help them grow up healthy. Bring a reusable water bottle with you when you go out.

Sneaky Sugars

Don't be fooled by slick advertising. These drinks may sound healthy, but they're often packed with added sugars and empty calories.

- Flavored Waters
- Fruit Drinks
- Energy Drinks
- Sports Drinks

Teach your kids that...

- ...healthy eating also means making smart drink choices.
- ...sugary beverages like regular soda are an occasional treat, not an everyday drink.
- ...fat-free or low-fat milk are great choices for meals because they have calcium and Vitamin D to help kids build strong bones and teeth.

The Truth About Sugary Drinks

Balance your day with food and play!

Beverages such as regular sodas, sweetened iced-tea, energy drinks, and sports drinks contain a lot of added sugar, empty calories, and little nutrition. To keep your body healthy, drink fewer sugar-sweetened beverages and balance your calorie intake with physical activity.

Use the “Balance Your Beverage” chart to get an idea about how many minutes of activity it would take your child to use up the added sugar calories from some popular drinks. You may be surprised to see the results! For information, based on your child's age, gender, and weight, visit the **MyPlate SuperTracker** (<https://www.supertracker.usda.gov/>) for a free, personalized nutrition and physical activity plan.

Balance Your Beverage

How long will it take a child to use up the empty calories in a sugar-sweetened drink?

If a 6-14 year-old drinks...	A 12 oz can of regular cola, ginger ale, root beer, or other soda	20 oz of lemonade	One liter bottle (34 oz) of regular cola or other soda
They're getting...	126 empty calories from added sugars	220 empty calories from added sugars	355 empty calories from added sugar
Time of walking to burn off these calories* (for 6-11 year old) = 10 minutes	1 hour	2 hours	3 hours
Time of walking to burn off these calories* (for 12-14 year old) = 10 minutes	45 minutes	1 hour and 25 minutes	2 hours and 5 minutes

*Estimates based on average weights of children 6-11 and 12-14 year-old age ranges. Those who weigh more than average will burn more calories. Those who weigh less than average will burn fewer calories. Calculations based on walking speed of 3 miles per hour. Source: Wang, Hsiao, Orleans, Gortmaker; 2013.

BE THE CHEF!
PREP TIME: 15 MINUTES
Berry Jams Party Bites

This healthy treat combines fruit, nuts, and whole grains to make sure you have lots of energy to dance and play all day.

Servings: 6 | **Serving Size:** ½ muffin

INGREDIENTS

- 3 whole grain English muffins
- 6 tablespoons peanut butter or sunflower seed butter
- 1 cup fresh or frozen (and thawed) strawberries, sliced
- ½ cup fresh or frozen (and thawed) blueberries



Eat smart. Exercise. Have fun!

DIRECTIONS

1. Using a fork, gently split English muffin in half.
2. Spread 1 tablespoon of peanut butter on each English muffin half.
3. Layer strawberries and blueberries on top of each English muffin half, covering peanut butter.
4. Serve immediately or chill until served.

OPTIONS

- Instead of strawberries and blueberries, use bananas for a delicious twist.
- Allergic to nuts? Use sunflower seed butter in place of peanut butter.

NUTRITION INFORMATION

Amount per serving: ½ muffin; **Calories:** 177; **Total Fat:** 9 g; Saturated Fat: 2 g; **Sodium:** 195 mg; **Potassium:** 225 mg; **Total Carbohydrate:** 20 g; Dietary Fiber: 4 g; Sugars: 7 g; **Protein:** 7 g; Vitamin A: 10 IU; Vitamin C: 17 mg; Vitamin D: 0 IU; Calcium: 100 mg; Iron: 1 mg.

MOVIN' with Summer Meals

FAMILY ACTIVITY GUIDE



Your Guide to Moving More and Sitting Less

Turn up the music, turn off the television, and get your family moving to a healthier beat.


Look inside for:

- Smart ways to limit screen time
- Active indoor and outdoor games
- New dance moves for the whole family



Music and Movement for the Whole Family

Outdoor Grooves

The sun is shining! Bring a portable music player or radio outside, turn up the volume, and try these high-energy dance moves and activities:

- 🎵 **Dance Tag** – Play a game of Freeze Tag, but instead of remaining “frozen,” tagged players must do fun dance moves until re-tagged.
- 🎵 **Outdoor Fitness** – Use everyday items such as jump ropes, hula-hoops, playground equipment, stepping stones, or stairs to create an obstacle course. Try it with high-energy, heart-pumping music.
- 🎵 **Glow Dance Party** – Get some glow sticks or flashlights and keep the party glowing — and going — when the sun goes down.



Indoor Moves

Don't let rainy days or heat waves turn your kids into couch potatoes! Turn on the music and try these fun activities:



- DIY (Do It Yourself) Music Videos** – Take turns creating a dance. Gather some costumes and make a music video of your routine.
- Stay Cool Dance Lessons** – Let your kids teach you the latest dance moves in the privacy of your own home.
- Balloon Dance Party** – Have a dance party with a balloon, but don't let it touch the ground.
- Exergaming** – Dance or sports video games that require the player to move can be a great way to get off the couch when you have to stay indoors.

CLASSIC DANCE MOVES TO TEACH YOUR KIDS

Moonwalk:

It's surprisingly easy to do this crowd-pleasing move.

1. Start with left foot forward, right foot back.
2. Raise your right heel.
3. Slide your left foot back.
4. Switch feet.
5. Slide, repeat.

TIP: The sliding foot is always flat!



Turn off the Screens Turn up the Music!



Did You Know That...

...American children spend on average 7½ hours of their spare time each day in front of a screen? This includes watching television, playing video games, and using a computer, tablet, or smartphone.



So, what's the problem?

Kids are healthier when they move more and sit less. Remember, kids need at least 60 minutes a day of moderate to vigorous physical activity. Many commercials also encourage kids to eat less healthy foods and to drink sugar-sweetened beverages. Just watch a show with your child and you'll see how often ads for foods and drinks are shown — and they are not usually about fruits, veggies, or water!

What can parents do?

This summer, limit screen time to a maximum of 1-2 hours a day.

- **Go slow.** If your child plays a lot of video games or is a movie buff, you may want to reduce the number of hours of screen time slowly over time.
- **Stand your ground.** Your child may be upset that you are trying to limit screen time. Stay calm and let the angry mood pass, but stick to your decision.
- **Read more.** During the summer vacation, many kids fall behind in their reading. Go to the library once a week to stock up on new books and set up a daily reading time.
- **Make a list of screen-free activities.** What other activities does your child like to do? Make a list and put it up on the fridge.
- **Be a good role model.** Limit the amount of time you spend on your smartphone, tablet, computer, and television.



Hammertime:

This aerobic move is all about the attitude.

1. Squat with your legs shoulder-width apart.
2. Jump and cross your legs so you can land with your legs crossed, then jump back to starting position.

3. Move sideways with legs apart and feet shuffling. Add shoulder raises for fun.
4. Stop and do a body roll, starting at your head, through the waist, hips, and knees.

TIP: Don't stop moving!

BE THE CHEF!

PREP TIME: 15 MINUTES

Summer Vegetable Salsa

Cook with your kids, and they will learn about healthy eating. Plus, they can practice math, measuring, and reading skills by following the recipe.

Servings: 6 | **Serving Size:** ½ cup

INGREDIENTS

- 1 medium zucchini
- 3 Roma tomatoes
- 1 jalapeño pepper (optional)
- 4 cloves garlic, minced
- 1 medium white onion
- ½ cup fresh cilantro or parsley, chopped
- ½ teaspoon salt
- ¼ cup lime juice



Eat fruits and veggies
for meals and snacks.

DIRECTIONS

1. Dice zucchini and Roma tomatoes into small pieces and put into a medium bowl.
2. Carefully split jalapeño, remove and discard the seeds and inner membrane. Mince jalapeño and garlic and add to zucchini and tomatoes. Dice onion into small pieces. Add to tomatoes.
3. Add cilantro, salt, and lime juice to tomatoes and stir to combine well.
4. Chill in the refrigerator for at least 30 minutes before serving.

OPTIONS

- Grill the vegetables before cutting and adding them to the salsa.
- Instead of zucchini, you could use equal amounts of yellow squash or cucumber in this recipe.
- Add watermelon, peaches, pineapple, or other fruit in place of the zucchini for a fruity summer salsa.
- Serve alongside cut up veggies or whole-wheat pita chips, or on top of grilled chicken or fish.

NUTRITION INFORMATION

Amount per serving: ½ cup; **Calories:** 25; **Total Fat:** 0 g; Saturated Fat: 0 g; **Sodium:** 198 mg; **Potassium:** 212 mg; **Total Carbohydrate:** 6g; Dietary Fiber: 1g; Sugars: 3 g; **Protein:** 1 g; Vitamin A: 444 IU; Vitamin C: 18 mg; Vitamin D: 0 IU; Calcium: 19 mg; Iron: 0 mg.

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Summer Meals, Summer Friends

FAMILY ACTIVITY GUIDE

Your Guide to a Summer of Togetherness

Get together with
friends to play, cook,
and make memories.



Find out how to...

- Come together in creative new ways
- Cook together using kid-friendly recipes
- Move together and get active as a family



Come Together

It's always fun to come together with friends and family. Try these fresh ideas for family get-togethers that inspire and motivate.

Rainbow Potluck

Invite friends and family over for a Rainbow Potluck and ask each person to bring a fruit or vegetable dish of a specific color. Your serving table will look gorgeous and you'll be teaching your kids an important lesson: **vary your fruits and vegetables.**

Why? Eating fruits and veggies in a variety of colors — red, orange, yellow, green, blue and purple, white, brown — helps you get the nutrients you need for good health.

Young Artists Table

Set up a fruit bowl with different melons — honeydew, cantaloupe, watermelon — and a few additional fruits, in the center of a table. Give kids paper and colored pencils to draw colorful pictures. Then, enjoy a delicious fruit salad together.

Why? Explain to your kids that eating fruit at snack time, meal times, or any time helps them get the nutrition they need to grow healthy and strong. Cantaloupe is rich in Vitamin A so it helps your eyes and skin stay healthy. Most watermelon have red flesh but there are orange- and yellow-fleshed varieties, too. Some have seeds and some are seedless.



Try-Day Friday

Having folks over on a Friday evening? Serve one unfamiliar summer fruit or vegetable for everyone to taste, such as Asian Pears, dried black currants, steamed green soybeans (edamame), sliced daikon radish, guavas, or anything else you can find!

Why? This is a fun way to encourage kids to try new fruits and veggies. Try-Days take place in many schools around the U.S. to introduce kids to new fruits and veggies.



Play Together

Move more, sit less!

Kids need at least 60 minutes of moderate to vigorous physical activity every day. That means their bodies need to be moving and their heart rate should be up. When your kids have friends over, encourage them to get off the couch and get active with these fun activities.

Water Balloon Toss

Fill balloons with water. Have pairs toss the balloon gently back and forth, taking one step back with each toss. If you don't have balloons, try clean, wet sponges instead.



These games aren't just for kids! Try them out at your next summer celebration!

Indoor Balloon Volleyball

This game is best for younger kids. Remove all breakable furniture from the playing area. Make a net by tying a piece of yarn to two chairs and putting them on opposite sides of the room. The teams have to keep the balloon in the air and swat the balloon back and forth across the line. If the balloon hits the ground, the other team gets a point. This game is even more fun when played with two balloons at the same time.

Lip Sync Dance Off

Instead of watching music videos, make your own! Put on music and give kids time to make up coordinated dances. Then, host a performance.



Eat Smart, Play Hard Cheer

This fun group cheer is a great indoor or outdoor activity, especially for kids who like to show off their dance moves. Stand in the middle of the circle. Start to clap and have kids repeat the last word of each line after you. When you say an activity, such as sports or dances, do an action to imitate it. On the last line, point to a new person when you say their name. The chosen person comes to the center of the circle instead of you. Continue playing for 10 minutes.

Here is an example, with the group repeating back the last word.

My name is _____.
I live in _____.
I like to eat smart
so I can play hard.
First I eat _____,
then I _____,
then I _____,
then I choose a friend named _____. Yeah!

**My name is Tanya. (Tanya!)
I live in Brooklyn. (Brooklyn!)
I like to eat smart (Eat smart!)
so I can play hard. (Play hard!)
First I eat apples, (Apples!)
then I chicken dance, (Chicken dance!)
then I hopscotch, (Hopscotch!)
then I choose a friend named Tom." (Yeah!)**

BE THE CHEF!
PREP TIME: 15 MINUTES

Parade Day Bean Salad

This delicious salad is packed with protein to give kids the energy to play hard. March right up and enjoy!

**Eat fruits
and veggies
for meals
and snacks.**

Servings: 6 | **Serving Size:** 2/3 cup

INGREDIENTS

- 1 15-ounce can no salt added red kidney beans, drained and rinsed
- 1 15-ounce can no salt added garbanzo beans, drained and rinsed
- 1/3 cup cherry tomatoes, halved
- 1/3 cup bell peppers, diced
- 1/3 cup celery, diced
- 1/2 cup part-skim or low-fat mozzarella cheese, shredded
- 2 tablespoons red onion, minced
- 2 tablespoons red wine vinegar
- 1 tablespoon vegetable oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper



DIRECTIONS

1. In a large bowl combine the kidney beans, garbanzo beans, cherry tomatoes, bell peppers, celery, mozzarella cheese, and red onion.
2. In a small bowl whisk together the red wine vinegar, vegetable oil, dried oregano, salt, and pepper.
3. Pour the dressing over the beans and vegetables and mix to thoroughly combine.
4. This salad can be prepared up to one day in advance.

OPTIONS

- This recipe works with other beans, too. Try white beans, pinto beans, or black beans.
- Instead of dried oregano, try using 1/2 teaspoon dried basil or 1 1/2 teaspoons fresh thyme.
- Balsamic, apple cider, or white wine vinegar can be substituted for red wine vinegar.

NUTRITION INFORMATION

Amount per serving: 2/3 cup; **Calories:** 183; Total Fat: 5 g; Saturated Fat: 1 g; **Sodium:** 199 mg; **Potassium:** 324 mg; **Total Carbohydrate:** 24 g; Dietary Fiber: 7 g; Sugars: 1 g; **Protein:** 10 g; Vitamin A: 173 IU; Vitamin C: 21 mg; Vitamin D: 1 IU; Calcium: 130 mg; Iron: 2 mg.

Let's Celebrate Summer Meals!

FAMILY ACTIVITY GUIDE

Your Guide to Healthier Summer Parties

Are you ready to celebrate? This summer, it's easy to fill your parties with fruits and vegetables, fun activities, and lots of love.



Look inside for:

- Delicious dishes for the Fourth of July
- Games to get the whole family moving
- A festive recipe with the flavors of summer

The Four Healthy Moves

Have a blast while caring for those you love by making these **Four Healthy Moves** at all of your summer celebrations. Your kids will learn healthy habits as they eat smart, exercise, and have fun.



DRINK SMART TO PLAY HARD

Cut down on added sugar. Teach kids how to recognize drinks that are high in added sugars. Encourage them to choose water or low-fat milk.



EAT MORE FRUITS & VEGGIES

Offer kids fruits and vegetables during meals and snacks. Try new fruits and veggies together.



LIMIT SCREEN TIME

Help kids discover fun ways to stay busy and active this summer. Limit TV and video game time to 1-2 hours a day.



GET ACTIVE

Kids need at least 60 minutes of moderate to vigorous physical activity each day. Help your family get moving with games, dancing, and more.

Invite Fruits & Vegetables to the Party

Eat more fruits and vegetables.

5-Ingredient Side Dishes

Mix up:







- Sliced summer squash, basil, olive oil, ½ teaspoon of salt, and red pepper flakes
- Jicama and cucumber spears, lime juice, ½ teaspoon of salt, and chili pepper
- Shredded cabbage and carrots, parsley, olive oil, red wine vinegar, and ½ teaspoon of salt

Grilled Desserts

These fruits taste great grilled for 3-5 minutes:

- Thick pineapple slices
- Peaches cut in half (brush cut sides with a little vegetable oil to keep from sticking)
- Strawberries — make sure you put them on a skewer first!

4th of July Fruits and Vegetables — Make your Independence Day party fun and festive. Offer red, white, and blue fruits and vegetables for a patriotic feast!

	✧ RED ✧	✧ WHITE ✧	✧ BLUE/PURPLE ✧
FRUITS	 Cherries Raspberries Strawberries Watermelon	 Bananas Pears Apples	 Blackberries Blueberries Black Grapes Plums
VEGETABLES	 Beets Radishes Red bell peppers Red onions Tomatoes	 Cauliflower Jicama Mushrooms Potatoes White corn	 Eggplant Purple cabbage Purple potatoes

Sparklers

These sparklers are delicious and refreshing, without any added sugars. Start with sparkling water and ice, and add a splash of **100% fruit juice (with no added sugars)**. Toss in a few slices of fruit. Cheers!



Sparkling water, splash of orange juice, sliced strawberries



Sparkling water, splash of grape juice, blueberries



Sparkling water, splash of apple juice, watermelon cubes

Choose water instead of sugary beverages.

Games and Activities to Get the Whole Family Moving

Move more, sit less!

These classic picnic games are a great way to get family members involved in the party!

Sack Race:

Provide pillowcases, burlap sacks, or garbage bags. Players have to step into the sacks, hold them up with their hands, and hop across to a finish line.

Hula-Hoop Contest:

See who can hula-hoop the longest.

Jump Rope Sing Along:

You may be surprised at the jump rope rhymes that you remember, even as an adult! Teach each other jump rope rhymes while jumping along.

Disc Golf:

Put hula-hoops down on different locations on the ground as “goals.” Players have to toss their frisbees at the hoops. Players get 5 points for landing inside the hoop, 2 points for landing on the edge of the hoop, and 1 point for landing within a step of the hoop. Set up obstacles and toss discs from further away to make it more challenging. The first person to get to 20 points wins.



PLAY HARD Activity Bingo

Try these fun ways to help your whole family be more physically active.

1. Talk with your family about which activities to try.
2. Set a goal. Write it in the middle box.
3. Cross off each activity as you do it.
4. When your family has done all the activities, you have Bingo! Celebrate with a trip to a park, zoo, or family dance party.

For children and adults with disabilities, cross out activities that are inappropriate and write in your own fun ideas.

Make family time an active time.



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Eat Smart to Play Hard

FAMILY ACTIVITY GUIDE

Your Guide to Making Family Time, Active Time

Running, laughing, sweating...your family plays hard. This summer, fuel up with healthy foods to feel your best.



Take a brisk family walk 	Ride bikes	Play tag 
Garden	Dance 	Play basketball or tennis
Run 	We will do _____ activities this month.	Stretch or do yoga 
Play soccer or frisbee	Jump rope 	Climb stairs
Play catch 	Go on a hike	Swim 

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Look inside to find:

- Quick and tasty snack ideas
- Facts about your favorite drinks
- A fun family challenge to inspire you to play hard





It's a vegetable! It's a protein food! It's a... **SUPER-SNACK!**

Beans are...

- healthy!
- budget-friendly!
- delicious!

That's right! Beans are an excellent source of protein and provide other nutrients such as iron and zinc. Look for canned beans labeled "low-sodium," "reduced sodium," or "no salt added." Or try cooking with dried beans. See below for snack ideas.



Drink Smart to Play Hard

Do my kids need sports drinks?

Sports drinks can be helpful for young athletes who exercise vigorously for an hour or more, or in hot temperatures. For most children, though, water is the best choice during and after physical activity. Sports drinks have added sugars that children do not need. Energy drinks can contain high levels of caffeine and are not recommended for kids.

Snack Recipes

Are you looking for a snack to give kids energy between meals? Try beans! Beans can help your kids eat smart to play hard all summer long. Try...

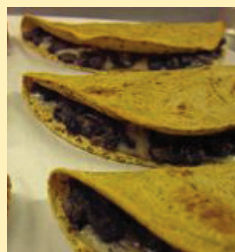
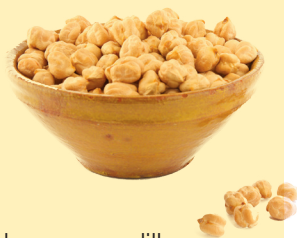


Edamame — Kids love the mild flavor and enjoy popping them open.

How? Buy frozen bags of green soybeans in the pod. Bring a large pot of water to a boil, add the beans, and boil for 5 minutes. When ready, drain beans and serve hot or at room temperature. Remove the outer pod before eating the beans.

Roasted Chickpeas — Chickpeas, or garbanzo beans, get crunchy and extra-delicious when spiced and roasted in the oven.

How? Drain and rinse two 15 oz cans of chickpeas, and toss with a tablespoon of oil and one teaspoon each of cumin and chili powder. Spread beans on a baking sheet and roast at 400 degrees for 30-40 minutes, stirring halfway. Cool before eating.



Quick Quesadillas — Make a quick and easy quesadilla with black beans as the main ingredient!

How? Combine cooked black beans with low-fat cheese in a whole-wheat tortilla. Fold in half and lightly spray one side of the tortilla with cooking spray. Bake at 400 degrees for 15 minutes, or until cheese has melted and the tortilla is crisp.

How do I know if there is added sugar in my drink?

Check the ingredient list for these added sugars:

- High-fructose corn syrup
- Cane or beet sugar
- Fructose
- Agave syrup
- Corn syrup
- Sucrose
- Fruit juice concentrate
- Dextrose

WATER, SUGAR, DEXTROSE, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, GUM ARABIC, SUCROSE ACETATE ISOBUTYRATE, GLYCEROL ESTER OF ROSIN, YELLOW 6

How much added sugar is in my drink?

Look at the chart below to see how much added sugar is in some popular drinks.

Beverage	Size	Teaspoons of added sugar	Calories from Added Sugar
Water	Any	0	0
Sparkling Water (unsweetened)	Any	0	0
Cola	12 oz	🍷🍷🍷🍷🍷 (8)	126
Fruit Flavored Drink	12 oz	🍷🍷🍷🍷🍷🍷🍷🍷🍷 (16)	192
Lemonade	20 oz	🍷🍷🍷🍷🍷🍷🍷🍷🍷 (12)	285
Sports Drink	20 oz	🍷🍷🍷🍷🍷 (8)	125