



**Fleetwood Area School District
Food Service Department
Monthly Wellness Newsletter**

June 2021

Make Some Memories this Summer!

Summer is an opportunity to go a bit slower and really spend time together. This month, schedule a family meeting and use that time to brainstorm a bucket list. Get a large sheet of paper, put it where everyone can see it, and start writing! Then, check items off your list as you make some memories.

Need help getting started? Check out this fun list we found:
<https://healthyhappyimpactful.com/summer-bucket-list-kids/>



Eat Your Veggies

June 17th is National Eat Your Vegetables Day!

There are so many proven ways to help kids get excited about eating their vegetables.

Two strategies any family can use:
Plant together and cook together!



When you invite kids into the process, they take ownership and are more likely to taste the “fruits” of their labor – or in this case, vegetables.

Vegetables in Season Now:

- | | | |
|--------------|-------------|------------|
| Avocados | Garlic | Tomatillos |
| Beets | Green beans | Tomatoes |
| Bell peppers | Lima beans | |
| Carrots | Okra | |
| Celery | Squash | |
| Corn | | |
| Cucumbers | | |
| Eggplant | | |



Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/summer>

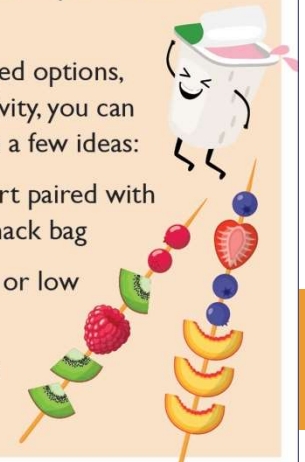
Summer Snacks

When it comes to summertime snacking, a little prep can go a long way! Whether you're in full staycation mode or out and about, make a plan to keep healthy snacks handy.

One strategy for success: Store snacks where kids can reach! Get them involved in the planning and prep, then find a shelf in the pantry and the fridge where they can help themselves. Make sure there's a variety and encourage them to help themselves at appropriate times.

There are plenty of pre-packaged options, but with a little time and creativity, you can also create your own. Here are a few ideas:

- Individually packaged yogurt paired with a serving of granola in a snack bag
- Veggie sticks and hummus or low fat ranch
- Fruit skewers with low fat fruit dip



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