



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

August 2012

Summer Melons

Watermelon, cantaloupe and honeydew melons are treats on hot summer days.

They are full of water and help satisfy our thirst.

In fact, they are more than 92% water!

Cantaloupe is a rich source of vitamins A and C, fiber and potassium.

- ✓ Use your nose when choosing a cantaloupe.
- ✓ A ripe cantaloupe will smell sweet and delicious.
- ✓ Avoid strong smelling melons that are too ripe.
- ✓ Cantaloupes should be firm with no soft spots.



Cut a Cantaloupe:

1. Scrub the outside of the melon with a clean produce brush and rinse well before cutting.
2. Cut melons in half and remove seeds.
3. Cut melon halves into wedges and remove the outer rind from each wedge.
4. Cut fruit into chunks
5. Refrigerate chunks up to 3 days for a quick snack.

Cantaloupe and other melons make fun finger foods. They are soft and easy to pick up and eat.

Cantaloupe Banana Slush

- 2 cups cantaloupe chunks
- 1 banana, peeled and cut into chunks
- 1 cup pineapple or orange juice

1. Freeze cantaloupe chunks for a couple hours or overnight.
2. Combine cantaloupe, banana and juice together in a blender. Blend until smooth and serve!

Grilled Veggies

Clean and Cut Vegetables

Green, Red and Yellow Bell Peppers - cut in half and remove seeds
Eggplant - cut into thick strips
Zucchini - cut into long slices
Asparagus - leave whole

Season Vegetables

Place vegetables in a large bowl. Sprinkle with a small amount of olive oil or canola oil, and seasonings of your choice - garlic powder, Cajun seasoning, dry Italian herbs, salt or black pepper. Toss together.

Grill and Serve

Place vegetables on a hot grill. Cook vegetables on each side, turning with a spatula or tongs. Grill until they are slightly tender, about 1 to 3 minutes. Remove from grill.

Serve with a low-fat dill dip or Ranch dressing.



Three Ways to Drink Less Soda

1

Don't serve soda or other sugary drinks at meals.

Serve a glass of milk at mealtimes. If your child is thirsty and wants more to drink, offer water.

2

Keep soda out of your house.

You can control what types of foods and drinks are in your refrigerator. Keep a pitcher of water in the refrigerator.

3

Limit when you and your child drink soda and other sugary drinks.

There will be times and places where sugary drinks are offered. Let your child see you drinking a small amount on rare occasions.

Sprinkler Party

Turn on the sprinkler. Invite other children over to play.

- ☺ **Turn on the music**
Dance to the music while the water sprinkles through the air.
- ☺ **Wash the toys**
Make a pail of soapy water. Wash off outside toys, wagons and bikes. Let the water from the sprinkler rinse off the toys.
- ☺ **Play with sponges**
Get some wet sponges and toss them to each other. Who can catch the most? How far can you throw them?
- ☺ **Toss in the basket**
Place a plastic basket in the yard and practice tossing the wet sponges into the basket.



What Can You Do?

- Eat cantaloupe or grilled veggies with my family this summer.
- Have a Sprinkler Party on a hot summer day.
- Drink milk or water at mealtimes.
- Other: _____





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