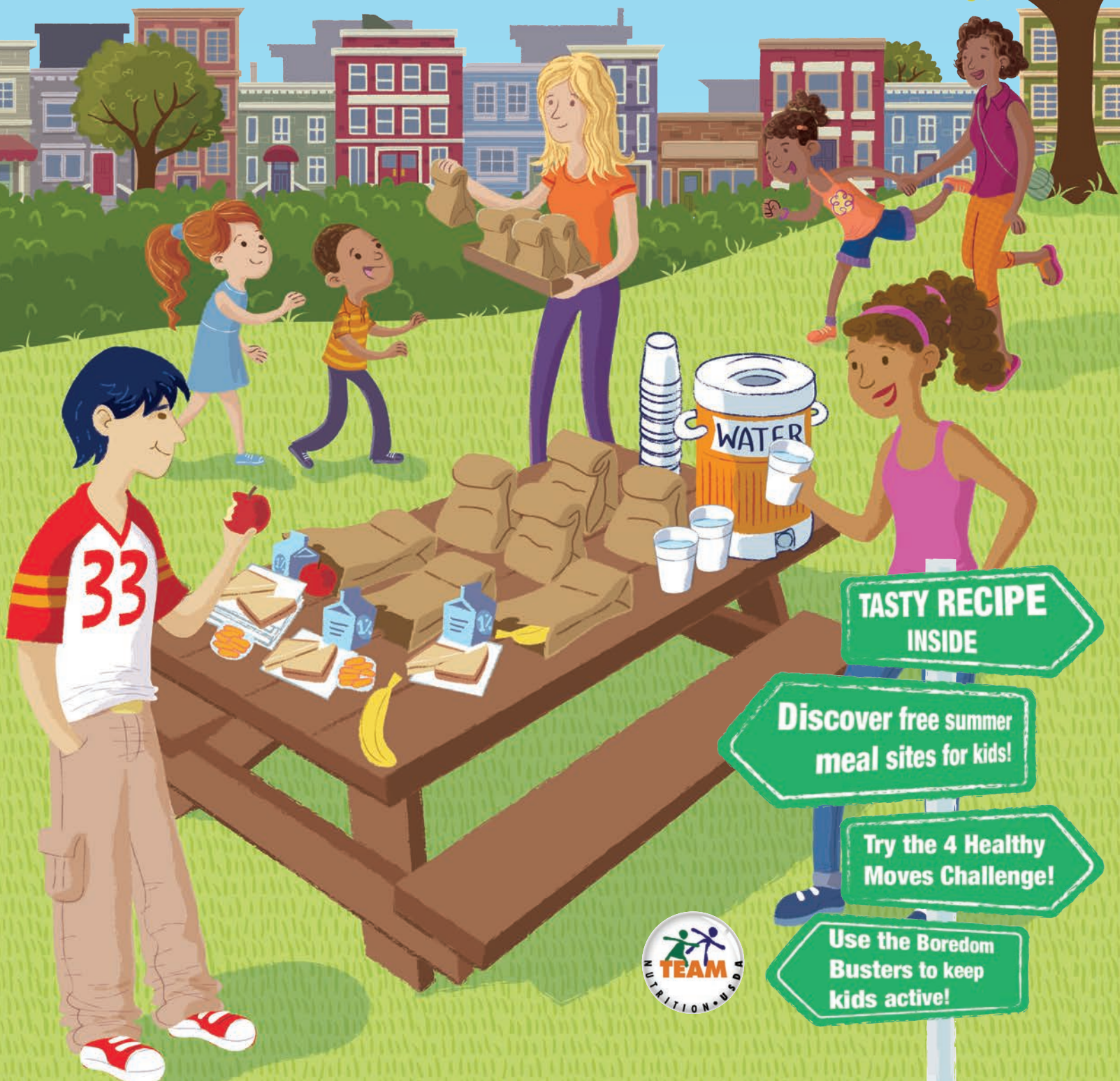




United States Department of Agriculture

THIS SUMMER, EAT SMART TO PLAY HARD

A Parents' Guide



**TASTY RECIPE
INSIDE**

**Discover free summer
meal sites for kids!**

**Try the 4 Healthy
Moves Challenge!**

**Use the Boredom
Busters to keep
kids active!**



THE 4 HEALTHY MOVES



DRINK SMART TO PLAY HARD

Thirsty? Choose water instead of sugar-sweetened beverages.

- Make sure your fridge has healthy drinks ready to go. When kids open the fridge and see cold water, they'll likely grab it.
- Drink less regular soda, sports drinks, and other sugar-sweetened beverages.
- Offer 100% juice in smaller amounts, ½ to 1 cup a day, depending on age.
- Make water more fun by adding sliced fruit or cucumbers.
- Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.



CHOOSE MORE FRUITS AND VEGETABLES

Fill half your plate with fruits and vegetables.

- Have "Try Day" Fridays by eating a new fruit or vegetable each week.
- Keep a bowl of whole fruit like apples, oranges, and bananas on the table.
- Visit a farm or farmers market and try some local produce.
- Try fruit and vegetable options at summer meal sites.



GET ACTIVE

Help your kids get at least 60 minutes of physical activity every day.

- Bored? Make up games, have relay races, bike, walk, shoot hoops, or play soccer.
- Make up an exciting social event: Have a dance or jump rope contest.
- Take a walk together on summer evenings.

Staying happy and healthy this summer is easy
when your family makes the **4 Healthy Moves!**



LIMIT SCREEN TIME


Make a family agreement to limit your computer, phone, TV, and video game time to no more than 1–2 hours a day.

- Don't let kids text the night away! Keep phone chargers in the living room, not the bedroom.
- Reconnect your family with nature. Discover a forest or park near you at <http://www.fs.fed.us>.



Try the Family Challenge!

Take steps to be more physically active,
eat healthier, and limit screen time as a family.

1. Pick one of the healthy moves below to work on as a family.
2. Choose a reward to keep your family motivated. Write it in the space below. It could be a visit to a local park, a picnic, a party, or a trip to somewhere special!
3. Each day that your family completes the healthy move, cross off a circle. 
4. Once you've crossed off all the circles for your healthy move, enjoy your family reward!
5. When you have met the challenge for one healthy move, try another!

Our Family Reward: _____

Write your family's reward here.



DRINK SMART TO PLAY HARD

Cross off a circle for every day your family has no soda or any other sugar-sweetened beverages.

SUN MON TUE WED THU FRI SAT

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CHOOSE MORE FRUITS AND VEGETABLES

Cross off a circle for every day that your family has fruits or veggies as snacks.

SUN MON TUE WED THU FRI SAT

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LIMIT SCREEN TIME

Cross off a circle for every day that each member of your family limits screen time to less than 2 hours.

SUN MON TUE WED THU FRI SAT

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GET ACTIVE

Cross off a circle for every day that each member of your family gets at least 60 minutes of physical activity.

SUN MON TUE WED THU FRI SAT

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SUMMER
MEALS



SERVINGS: 6

SERVING SIZE: ½ cup

INGREDIENTS:

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



PREP TIME: 15 MINUTES

Summer Vegetable Salsa

Your whole family will come to the table when you prepare this fresh salsa. It's easy to make and packed with seasonal summer veggies.

DIRECTIONS

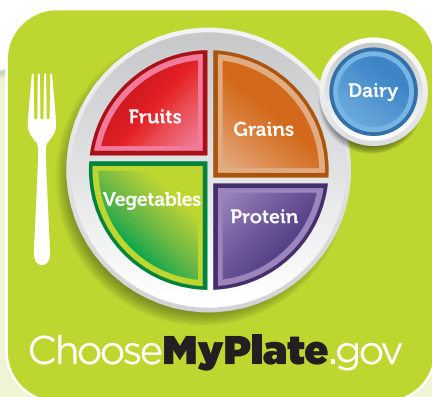
1. Rinse all vegetables and herbs under cool running water before cutting or eating.
2. Dice zucchini, onion, and Roma tomatoes into small pieces and put into a medium bowl.
3. Because they can burn the skin, an adult should remove the seeds and mince the jalapeño.* Mince the garlic. Add the seeded and minced jalapeño and garlic to the tomato mixture.
*Wear latex gloves when handling the jalapeño.
4. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.

OPTIONS

- Grill the vegetables before dicing and adding them to the salsa.
- Instead of zucchini, you could use 1 cup of yellow squash or cucumber in this recipe.
- Add watermelon, peaches, or pineapple for a fruity summer salsa.
- Serve with cut-up vegetables 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: 6 g; **Dietary Fiber:** 1 g; **Sugars:** 3 g;
Protein: 1 g; **Vitamin A:** 444 IU; **Vitamin C:** 18 mg;
Vitamin D: 0 IU; **Calcium:** 19 mg; **Iron:** 0 mg.



FIND MORE GREAT RECIPES AT
<http://www.whatscooking.fns.usda.gov>



THERE'S A SUMMER MEAL SITE NEAR YOU!

Your child can enjoy a delicious, healthy meal with friends at a summer meal site.* Kids age 18 and under eat for free. Some sites also offer games, crafts, and activities that will keep kids of all ages engaged and active.

Visit <http://www.fns.usda.gov/summerfoodrocks> or call 866-348-6479 to find a location near you!

*In areas where at least 50 percent of children are eligible for free or reduced-price school meals, based on local school or census data.



Your local summer meal site is located at: