

August

Watch Less, Move More Childhood Games

2 to 4 year old children love to play games with each other.

- Hide and Seek
- London Bridge
- Follow the Leader
- Duck Duck Goose
- Simon Says
- Ring Around the Rosie
- I Spy
- Jump the River



Eat Healthy

Be Active

Your kids
are watching

How Much Fruit and Veggies Should Your Child Eat?

Fruit Group:

1 cup fresh, frozen, canned, or dried per day.

Limit juice to 4 to 6 ounces a day. Emphasize whole fruits rather than juice.

Frozen berries are a good option for an extra cooling snack or dessert.

Vegetable Group:

1 to 1 1/2 cups raw or cooked vegetables per day. Like adults, young kids need variety: mashed sweet potatoes, broccoli with low-fat dip or tomato sauce for pasta.



Make Every Bite Count

Pears in a Pod

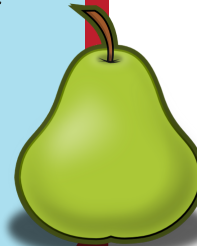
Ingredients

- 4 celery stalks (cleaned and cut into 3-inch long pieces)
- 1/2 cup creamy peanut butter
- 2 pears (cored and cut into chunks)

Directions

1. Spread the peanut butter into the center of the celery pieces.
2. Place the pear chunks on top of the peanut butter.
3. Serve on a plate and enjoy with your friends.

Pear



Fruit
Of The
Month

Eggplant

Veggie
Of The
Month



Easy Eggplant Stir Fry

Ingredients

- 2 eggplant (peeled and cubed)
- 1 zucchini (thinly sliced)
- 1 cup green bell pepper (cut into strips)
- 2 onion (sliced)
- 3 tablespoons Italian salad dressing (low fat)
- 2 cups cherry tomatoes
- 2 cups brown rice (cooked)

Directions

1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes. Serve over cooked brown rice.

Make Every Sip Count!

Lemon and cucumber infused water

Ingredients:

- Water
- cucumber
- lemon

Directions:

- Slice lemons and cucumber in 1/4 inch slices place into a large jar or pitcher.
Fill pitcher with water.
Chill for a few hours.
Enjoy!



This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Families project.