

July 2017

Healthy Way to Grow: Reno, NV.

July is National Grilling Month!



Nutrition & Physical Activity Books:

“What’s So Yummy? All About Eating Well and Feeling Good” by Robie H. Harris: Gus, Nellie, and baby Jake can’t wait to go on a picnic! The family heads to their community garden and the grocery store to gather fresh vegetables and fruit.

“Little Yoga: A Toddler’s First Book of Yoga” by Rebecca Whitford: A toddler demonstrates simple yoga poses while the animal that matches those poses appears on the opposite page.

Tips for Healthy Grilling and Barbecuing: With the sunny arrival of Summer 2017, getting the grill out or going to a park with grills for the community to use is a great way of having family fun! Grilling is a flavorful and healthy way to cook no matter the season



- **Pick the perfect protein:** Fish, skinless chicken breast and lean ground poultry (i.e. turkey burgers) are all healthier choices. Wrap marinated fish fillets in foil, construct colorful chicken kabobs, or make more savory turkey burgers.
- **Marinate!** Marinating or rubbing spices on poultry, fish and meat can add amazing flavor with the bonus of being able to use less salt.
- **Add color – lots of color.** Just about all your favorite colorful fruits and veggies can be grilled, alone or in kabobs, giving them delicious flavor!
- **Choose healthier sides.** Swap the traditional store bought barbecue fare like baked beans, coleslaw or potato salad for healthier homemade versions. Or change it up and do a colorful fruit salad or leafy green salad.
- **Make your buns whole grain.** Whole-grain buns and breads will complement your healthy feast! If you’re watching your calories and carbs, try an open-faced burger or lettuce wrap.
- **Grill fruits for dessert.** The natural sugars caramelize in the high heat, giving them extra sweetness and flavor. Try sliced apple, pear or pineapples.



Nutrition Activities:

Build your own turkey burger bar:

- Let the kids do the work! As an activity, the kids build their own sliders. Set up the kids' table with an array of healthy burger toppings such as tomatoes, lettuce, grilled onions or green peppers.

Kid cooking activities:

- Have your kids help in the kitchen by laying the fruits and veggies onto a plate.
- Let your kid slide the pieces of fruit onto a wooden skewer and design their own kabob before it goes on the grill!

Source: www.heart.org

Physical Activity Ideas: Whether you’re at a 4th of July party, or throwing a BBQ with family friends, be sure to incorporate these fun physical activities that you and your children can enjoy in your backyard or at a park. Keep your body moving while you got the grill fired up!

- **Hula Hoop Competition** – Let’s see just how well you can move those hips! Gather your close friends and some inexpensive hula hoops and see who can hula hoop the longest.
- **Backyard Bowling** – Grab your recyclables and up-cycle them into a backyard bowling game. All you’ll need is a tennis ball!
- **Backyard Obstacle Course** – This is great because you can use any items you have laying around the house to create ultimate obstacle course for your kiddos.
- **Water Balloon Toss** – Beat the heat and stay active with a water balloon toss.



Family Wellness Corner: Added sugars have a host of names on food ingredient labels, such as high fructose corn syrup. With summer coming up, make sure your child continues to follow a low-sugar diet. Below are a few tips on how to do so:



- Choose breakfast cereals that are lower in added sugars.
- Provide fruits and vegetables as snacks. Keep fruit washed, cut up and in plain sight in the refrigerator.
- Avoid buying high-calorie foods such as chips and cookies. Your child may not ask for these treats if they are not in sight.
- Limit or eliminate how much fruit juice you give your child and make sure it is 100% juice, not juice “drinks.”
- Limit treats and snacks & watch portion sizes.
- Be a role model—eat more fruits and vegetables yourself!

Source: www.news.heart.org and www.healthychildren.org