

Fruits and Veggies: What's in Season?

Did you know that fruits and vegetables have the best flavor (and often price) when they are in season?

What we mean by "In Season"

Nowadays, you can buy almost any fruit or vegetable at the grocery store. But, not all produce is always in season. Each fruit and vegetable has a time period where it grows best and is harvested fresh. Fruits and vegetables that are in season are able to grow and ripen on the plant. Because they are not picked early and shipped across the world, they are less expensive.



What's in season during summertime?

- Cherries
- Bell peppers
- Blackberries
- Blueberries
- Cantaloupe
- Corn
- Cucumbers
- Eggplant
- Tomatoes
- Peas
- Plums
- Tomatillos
- Raspberries
- Watermelon
- Zucchini
- Peaches
- Sugar Snap Peas
- And more!

At the Grocery Store

Grocery stores will often have sales on fruits and vegetables that are in season. Take advantage of the great price and flavor this summer! Remember, fruits and vegetables add important vitamins and minerals to your diet!

Tips for Picnic Food Safety

Summer is a great time of year to enjoy your favorite dishes outdoors. Bringing food to your favorite park or to an outdoor birthday party can be fun! Check out these tips to make sure you are keeping your food safe and ready to eat.

Wash Your Hands

This helps prevent bad bacteria from getting on the food you eat and into your body.

Keep Raw Meats Separate

If you are going to be grilling meat outdoors, use separate plates & utensils for raw meats.

Keep Food Cool

Pack your cooler full using one quarter of the space for ice. If you are also bringing hot foods, pack them separately.



Ideas for Family Activities

It's summer time, so there's no need to be cooped up in the house anymore! It is a great time to turn off all those screens and go outside and play!

Summer time is a great opportunity for families, especially kids, to get active! According to the Center for Disease Control and Prevention, children and adolescents need at least 60 minutes of physical activity a day! Their activities should consist of aerobic activities, muscle strengthening, and bone strengthening!

Aerobic exercises are activities that get your heart pounding - like running or swimming. Muscle strengthening happens in activities such as gymnastics or playing on the monkey bars. Bones can be made stronger by activities such as jump rope!



There are so many benefits from children getting up and playing outside! Some benefits of kids being active are:

- They have stronger muscles and bones
- They have a leaner body because exercise helps control body fat
- They are less likely to become overweight
- Children have a decreased risk of developing type 2 diabetes
- Kids have lower blood pressure and blood cholesterol levels
- They have a better outlook on life

All these benefits are not just for the kids, they apply to adults as well! Get outside and get active as a family! Getting active doesn't have to be hard or expensive; here are some ideas to help get your family active!

- Sidewalk Chalk
- Play at the Park
- Play in the sprinklers
- Go to the Pool
- Go for a hike
- Blow bubbles
- Walk, Jog, Run... Whatever you like!
- Play basketball, soccer, tennis, and other sports
- Ride bikes
- Roller skate
- Play tag or hopscotch
- Play mini golf
- Catch fireflies
- Build a sandcastle or collect seashells at the beach
- Go pick berries
- Go for a picnic and play Frisbee
- Go fishing
- Play in the rain

