

July

Be Healthy, Be Active, Your Kids are Watching

Farmers Market

When it comes to buying produce, start small – buy salad ingredients to have at dinner each night and fruit for meals or snacks. Purchase vegetables you know how to prepare. Healthy role modeling sets a good example for your kids to follow.

Don't be shy.

The people selling products want to answer your questions. So, go ahead, ask them what sunchokes are.

Time your outing.

If you can only go on weekends, get there early. Otherwise, go on a weekday during the middle of the day. The less traffic in the market, the more opportunities you'll have to get the best products and chat with vendors. If you're shopping on a budget, going at the end of the market day will usually enable you to get some great deals and negotiate prices with the vendors.



Bring cash & reusable bags.

Small bills will make transactions easy, and you'll need a sturdy, bag to carry your purchases home.

Do your homework.

Find a market that's in a convenient location and has hours that fit your schedule so you can easily add a shopping trip into your weekly routine.

Be flexible.

Accept that produce will not look perfect. But, it has been grown locally and picked recently, which means it's packed with flavor and nutrients.

Happy shopping!



fit families

Eat Healthy

Be Active

Your kids
are watching

Make Every Bite Count

Cucumber

Cucumber Yogurt Dip

Veggie
of the
Month



Ingredients

- 2 cups plain yogurt low-fat
- 2 large cucumbers, peeled, seeded, and grated
- 1/2 cup non-fat sour cream
- 1 Tablespoon lemon juice
- 1 Tablespoon fresh dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

Directions

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip

Fruit
of the
Month

Bananas

Frozen Yogonana Bites

Ingredients

- 1 cup strawberry yogurt
- 3 cups Cheerios cereal
- 4 firm ripe bananas



Directions

Line cookie sheet with foil. Spoon yogurt into shallow dish. Pour cereal into another shallow dish. Peel bananas; cut each into 6 pieces. Roll each banana piece in yogurt, then in cereal to coat. Place coated banana pieces on cookie sheet. Freeze uncovered about 1 hour or until firm. (The bites are best when eaten the same day they're made.)

Make Every Sip Count

Drink Water Often!

- Have the family drink a glass of water in the morning before leaving the house.
- Practice role modeling by stopping to drink water when walking past a water fountain.
- Order water instead of soda when eating at restaurants.
- Offer water to your children while they are playing.
- Drink water with your child.
- Bring a water bottle with you, wherever you go!

Move More Watch Less

Exercise should include:

Variety!

Enjoy many different activities to move different muscles. Dance in the rain, go for a bike ride, or play on the playground!



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 Family project.

