Eat Healthy This Summer

- Start a mini garden or if limited space, a container garden.
  - Transplant seedlings into the ground or pots filled with some potting soil
  - Tomatoes, green beans, lettuces and herbs are reliable kid friendly options
  - Kids can help with watering and planting. Let them get dirty!
  - When it’s time, let them pick, clean and eat your veggies and herbs
- Freeze fruits! Frozen grapes, raspberries, clementines and mandarins are a delicious and healthy snack!
- Use cookie cutters to make fun shapes with watermelon, honeydew and cantaloupe.

Healthy and Delicious Kid Friendly Recipes

**Carrot Salad**

1 pound fresh carrots  
1/4 cup chopped fresh parsley  
2 tablespoons olive oil  
2 tablespoons lemon juice  
1 teaspoon Dijon mustard  
1/4 teaspoon salt (optional)  
1/4 teaspoon pepper

1. Peel carrots, then grate into a medium bowl.  
2. Add parsley, oil, lemon juice, mustard, salt and pepper. Mix together.  
3. Serve or refrigerate for later.

**Fresh Corn and Tomato Salsa**

1 1/2 cups fresh diced tomatoes  
1/2 cup fresh or frozen corn  
1/4 cup diced red onion  
2 cloves garlic, minced  
2 tablespoons lime juice  
2 tablespoons fresh chopped cilantro  
1/4 teaspoon salt

1. Wash and prepare all vegetables.  
2. In a medium bowl, combine all ingredients.  
3. Serve immediately. This will last 1 to 2 days in the refrigerator.

Have A Question? Contact URI Master Gardeners:  
Gardening and Environmental Hotline  
Call: 401-874-4836  
Email: gardener@uri.edu  
Visit: uri.edu/mastergardener

Find a site to get FREE grab & go meals for your children  
Visit: https://health.ri.gov/diseases/ncov2019/about/foodsites/  
Call: 2-1-1

More kid-friendly recipes at https://uri.edu/SnapEd
Ideas to Keep Kids Active

- Stage your own mini Olympics. Runs, long jumps and shot put are easy to do with little or no props.

- Summer is coming! Water play is always fun. Run through the sprinkler if you have one, or help wash the car! Make wet sponge designs with different sized sponges.

- Get outdoors! Turn a hike into a treasure hunt or climb a tree (with help). Remember tick repellent!

- Tag, you’re it! Bring back the outside games like kick ball, wiffle ball, soccer and tag.

- Go on a sound safari. Make a list of different sounds, such as a dog barking or a siren. Walk around your neighborhood and check off what you hear.

Visit some of RI State Parks and Beaches!
Visit: http://www.riparks.com

Some More Fun Ideas To Keep Your Kids Active.

**Sidewalk Chalk Fun**

- Make a twister board
- Create a chalk obstacle course
- Draw a hopscotch game
- Draw spots like lily pads and have children jump like frogs to each lily pad
- Draw a balance beam and have kids walk, then jump, then hop to see if they can stay on the line

**Explore Rhode Island**

- Check with your local library for discounted passes to RI Zoos, aquariums and museums
- Explore the Botanical Gardens at Roger Williams Park
- Bring a picnic to the beach and and splash in the waves
- Hike to the highest point in providence, Neutaconkanut Hill for beautiful views of the city

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.