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FOOD & FUN FOR EVERYONE

Eating right and staying active can be difficult when you're stuck at home. Here are some ideas to help you keep your family healthy while having fun!

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.



**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.uri.gov/diseases/ncov2019/about/foodsites/>

Call: 2-1-1

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.



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 splash in the waves
- Hike to the highest point in providence, Neutaconkanut Hill for beautiful views of the city