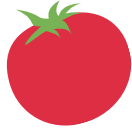
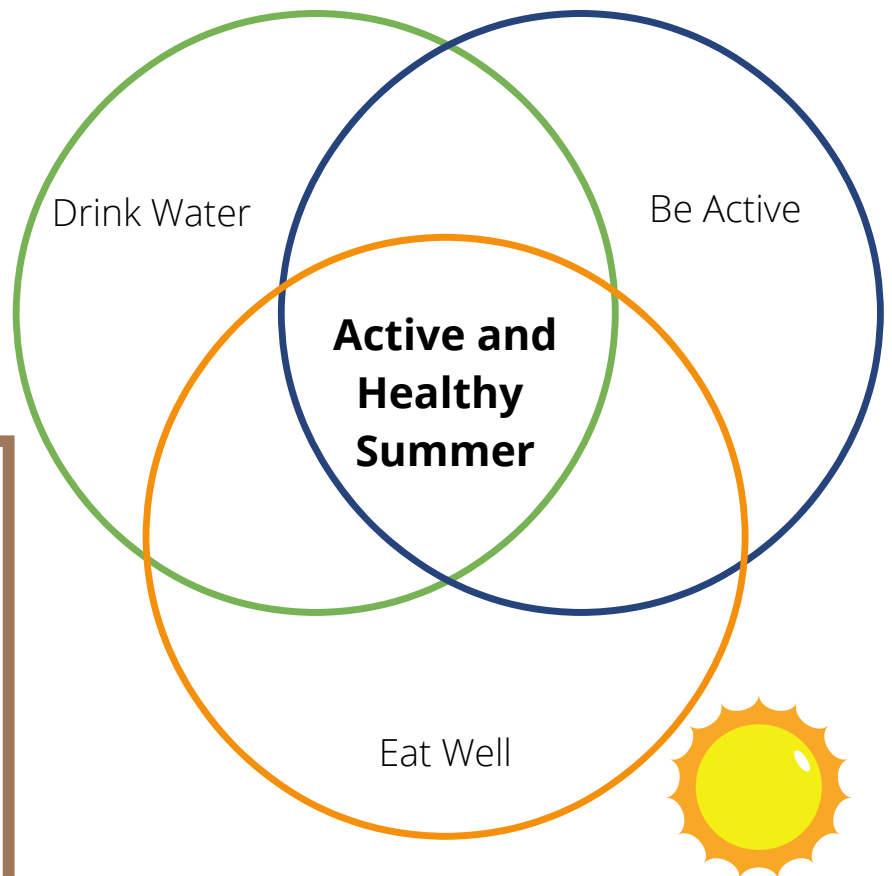


URI SNAP-ED NUTRITION NEWSLETTER



GUIDE TO AN ACTIVE AND HEALTHY SUMMER

Summer's long days are the perfect time for outdoor fun and evenings to remember. Here are keys and tips for staying healthy while having fun!



What are the 3 Keys to an Active and Healthy Summer?

1

Drink Water: drinking water every day is important to keep your body strong and healthy.

2

Be Active: moving your body in a way that feels good, and enough to get your heart pumping, can help you feel strong.

3

Eat Well: eating fruits, vegetables, whole grains, and lean protein can help give you energy.

See page 2 for more details

SNAP-Ed is out in the community doing face-to-face programs and also virtually as requested. Please call our hotline at **1-877-366-3874**, visit uri.edu/snaped or follow us on social media for more family-friendly recipes and information.



RISNPEd



URI_Nutrition_Ed



Community
Nutrition
Education RI



URI Nutrition

Have questions or want to learn more about healthy eating on a budget? You can email us at nutrition@etal.uri.edu, or call our hotline at **1-877-366-3874**.



Drink Water

Drinking water is even more important during the summer because we are sweating more. The average person needs 8 cups of water each day. Tips for drinking enough include:

- Bring a reusable water bottle with you, everywhere you go. Add fresh fruit or a splash of 100% juice to give your water flavor!
- Choose low-fat milk, 100% fruit juice, or sparkling water instead of sugary drinks.



Be Active

Move your body for at least 10 minutes at a time, and aim for at least 30 minutes each day. Tips include:

- Go for walks early in the morning or in the evening when it is not too warm out, or stay inside and dance to your favorite music!
- Public recreation centers and pools are a great way to stay cool and be active.



Eat Well

All kinds of foods can fit into a balanced diet. Make half of your plate your favorite fruits and vegetables. Choose whole grains like "whole wheat" foods and popcorn. For lean protein sources, try fish, skinless chicken or turkey, eggs, tofu, or beans.

Healthy Food Programs

Do you have kids?

The Rhode Island Department of Education provides free summer meals to all Rhode Island youth age 18 and under. Call 2-1-1 to find a site near you.

Do you use SNAP or EBT? Visit a farmers' market where you can participate in the **Bonus Bucks** program. You'll receive \$1 in bonus bucks to use on fresh fruits and vegetables for every \$1 in SNAP benefits that you spend at the farmers market.

