

fun for



fit families

Make Every Bite Count...More Fruits & Veggies

July

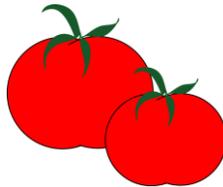
## Taste of Tomatoes

Nothing tastes quite as good as tomatoes fresh from the garden.

You can even smell the flavor!

Enjoy the flavors of summer!

Enjoy fresh tomatoes!



Tomatoes are full of nutrition.

They have a lot of vitamin A and C.

Serve tomatoes in a variety of dishes.

Your child will learn to enjoy tomatoes.

Your child's food likes and dislikes can change.

Don't be afraid to try new recipes with vegetables.

Ask your child to taste new foods.

He may love it!

### Enjoy tomatoes:

- ☀ Make a fresh tomato salsa. Serve with low fat corn chips for a summer snack.
- ☀ Eat tomato slices with your meals. Just rinse, slice and serve tomatoes!
- ☀ Tomato slices can also be added to your favorite sandwich or salad.
- ☀ Add chopped tomatoes to pizza before baking it.
- ☀ Snack on cherry tomatoes and grape tomatoes. They're fun finger foods.

### Stuffed Tomatoes

Cut off the top of tomatoes.

Remove the seeds and inside of tomatoes.

Stuff tomato shells with:

- ☀ Macaroni and cheese – heat and eat!
  - ☀ Cottage cheese
  - ☀ Tuna or seafood salad
  - ☀ Chicken or ham salad

### Angel Hair with Tomatoes

Simple pasta that children will love!

- 2 cups cooked Angel Hair pasta
- 2 tablespoons olive oil or vegetable oil
- ½ cup sliced zucchini
- 2 large tomatoes, chopped into small pieces
- 1 teaspoon garlic powder
- 4 tablespoons fresh basil  
or 2 tablespoons dry basil
- ¼ cup shredded Parmesan cheese

**1** Heat oil in a skillet. Add zucchini slices and cook for 2 minutes.

**2** Add chopped tomatoes, garlic powder and basil. Cook for 2 minutes.

**3** Add cooked pasta to sauce. Toss together and cook for 2 minutes.

**4** Sprinkle with cheese. Serve.



### Eat with your child!

Family meals help to create strong family bonds.

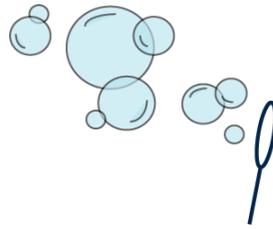
- ☺ **Enjoy table talk.** Share happy stories about your life.
- ☺ **Turn off the television.** Listen to your children, not the television.
- ☺ **Ask your child what happened during his day.**
- ☺ **Sit with your children.** Sit together at a table. Make eye contact with your child while talking.

Move More...Watch Less

# Summer Fun!

Children that play outside are more active.

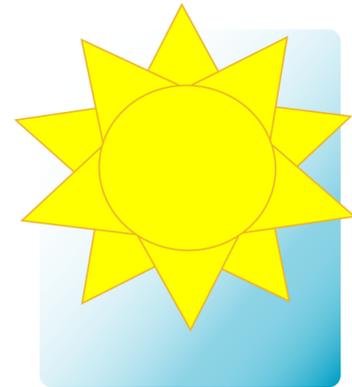
- ☀ **Go to the beach!** Children love to play on the beach. Bring along sand toys – cups, pails, shovels, large spoons. Be sure to bring along the sun screen!
- ☀ **Have a treasure hunt on the beach.** Collect pretty rocks and shells. Have a contest to see who can find the most treasures.
- ☀ **Play at the local park or playground.** Most schools have playgrounds for children. They are great places to find other children to play with.
- ☀ **Blow bubbles in the yard.** Chase the bubbles. Pop them!
- ☀ **Find a bike trail.** If your child is too young to ride a bike, go for a walk. Bring along the wagon – your child may become tired.



Make Every Sip Count...  
More Healthy Beverages

## I'm Thirsty!

- ☀ Keep water where your child can easily reach it.
- ☀ Have small plastic cups by the sink.
- ☀ Keep a small plastic pitcher of water in the refrigerator.
- ☀ Offer water often on hot summer days. Children can become busy playing and forget to drink.



## Green Beans and Ham

Serve with toast and a glass of milk for an easy lunch.

1 pound fresh green beans  
½ cup ham, chopped  
½ cup water  
salt and pepper to taste

- 1** Wash green beans and remove stems.
- 2** Add green beans, ham and water to skillet. Season with salt and pepper.
- 3** Cover and cook over medium heat for 15 minutes, stirring occasionally, until beans are tender. Add more water if needed.

## Offer fruit for snacks

Watermelon, cantaloupe, strawberries and oranges are full of water.

This material was funded by  
USDA's Supplemental Nutrition  
Education Assistance Program (SNAP).

This institution is an equal opportunity  
provider and employer.