Summer Fun With Kids

Summer may be a time to relax, but tell that to kids who are bouncing off the walls or shrieking "I'm bored" every five minutes. How can parents keep kids entertained, active and out of trouble for an entire summer?

Here are a few ideas:

- Bake cookies for ice cream sandwiches.
- Make a fort out of cardboard boxes.
- Visit a farmer's market.
- Pick berries.
- Have a picnic at a state park.
- Go for a walk and then make a collage from nature objects you find along the way.
- Head to a creek or local park and feed the ducks.
- Have a water balloon fight.
- Go biking on a trail
- Plant a garden of herbs and veggies.
- Make totem poles out of paper towel rolls and decorate them.
- Make a bird house out of Popsicle sticks.
- Create leis with wildflowers.
- Make paper boats and race them in a kiddie pool using straws to propel them.
- Make popsicles in Dixie cups using fruit juices.
- Let kids paint each other with washable tempera paint, then wash it off in the sprinklers.

The trick is to plan ahead. Brainstorm ideas for things to do now, so you don't wind up spending the entire summer watching cartoons.!!

Source: www.care.com

Three-Fruit Yogurt Shake

Serves 5

Cool down over the sizzling summer months with this yummy shake recipe.

Ingredients:

- 2 cups low-fat vanilla yogurt
- 1 cup fresh blueberries, frozen
- 1 cup fresh peach slices, frozen
- 1 (8-ounce) can unsweetened pineapple chunks, drained and frozen

Directions:

Process all ingredients in a blender until smooth, stopping to scrape down sides. Serve immediately.

Nutrition Info:

- Calories 138
- Carbs 27g
- Fat 1g
- Protein 5g
- Sodium 69g
- Sugar 24g

Source: www.myrecipes.com
June is National Dairy Month

National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products contain nine essential nutrients which may help manage your weight and reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it’s protein to build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. These are just a few of the reasons you should celebrate dairy, not just in June, but all year long.

Source: www.idfa.org

Farm Animals Word Scramble

Look at each farm animal picture and unscramble the letters. Write the name of the farm animal on the line below the scramble. Good Luck!

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Answers: sheep; duck; rooster; cow; pig; horse; goat; chicken. Which make milk? Sheep, cow, pig, goat, horse, goat

Lisa McCoy, MS, RDN, FCS Extension Educator

Newsletter prepared by:
Eileen Morgan and Kathy Kinsman

The Expanded Food and Nutrition Education Program (EFNEP) helps families. Eat better, Feel better, and Cut food costs. To find out more about EFNEP contact:

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Summer Barbeque Food Safety

Summer is the time to fire up the barbeque and enjoy eating outside. Food safety is important!

You’re having a cookout in the backyard, and the hamburgers are ready for the grill. How can you tell if the burgers are done and safe to eat?

- Use a food thermometer inserted in the middle of the patties and make sure it registers at least 160°F. You can’t rely on timing or appearance of meat to tell that it’s done.

The burgers are done, and you’re ready to take them off the grill. Is it safe to put the cooked burgers back on the plate that held the raw meat?

- No, because any bacteria in the raw meat or juices could contaminate the cooked burgers. Keep foods apart.

It’s 3:00 p.m. and you just finished making fresh salsa for a party that begins at 6:00 p.m. Is it safe to leave the salsa out on the counter for three hours, until the party begins?

- No, because bacteria grows rapidly in food at room temperature. Refrigerate until ready to serve.

Lisa McCoy, MS, RDN, FCS Extension Educator

http://www.umd.edu/extension/summer-barbeque-food-safety.html

http://www.allkidsnetwork.com/worksheets/animals/farm/farm-animals-word-scramble.asp