



Thank You, Families!

As another school year comes to an end, we want to extend our warmest thanks. Our nutrition department takes pride in what they do, supporting parents in their efforts to create happier, healthier kids. With each year, we learn more and more about what students need to stay full and focused throughout the day. Looking ahead, we want to continue the good work of always striving to be better. During the summer break, here are a few ways you can help keep your kids stay active in body and mind and eating smart!



Kid-Friendly Smoothie Recipes

Smoothies are a delicious, healthy way

to add more fruits and vegetables to your day. All you need is a blender and some measuring cups/spoons. Have your child pick out what to put in their smoothie and let them help with and cutting up the fruits and veggies.

To make your smoothie:

select your fruits and/or veggies and add your ingredients into a blender. Blend for 30-60 seconds or until smooth. Pour into a travel mug or cup and enjoy!

Blueberry Banana Spinach

Makes 1-2 servings

- 1 cup blueberries (fresh or frozen)
- 1 banana, sliced (preferably frozen)



- 1 1/4 cup milk or nondairy milk
- 1 cup fresh baby spinach
- 1/4 cup granola or rolled oats
- 2 tsp. maple syrup or honey
- 2-3 ice cubes – if not using frozen fruits and veggies

For more smoothie ideas:

<https://www.massgeneral.org/children/nutrition/how-to-make-a-smoothie>

Green Pineapple

Makes 4 servings

- 2 bananas, sliced (preferably frozen)
- 2 cups pineapple chunks (fresh, frozen or canned)
- 1 cup milk or nondairy milk
- 1 cup fresh kale or spinach
- 1 tbsp. lemon juice
- 2-3 ice cubes – if not using frozen fruit



Strawberry Avocado

Makes 1-2 servings

- 1 cup strawberries (fresh or frozen)
- 1 banana, sliced (preferably frozen)
- 1 1/4 cup milk or nondairy milk
- 1/2 of a ripe avocado
- 2-3 ice cubes – if not using frozen fruit



Keep Things Moving

May is National Physical Fitness & Sports Month.

As spring turns to summer, think of fun ways to get moving together as a family. Make the most of your time together as longer days mean more time for family, friends, outdoor fun – and of course, food!

- Check out your local parks and plan a hike. Don't forget to pack energy boosting snacks like homemade granola bars!
- Spend a day on the water. Whether it's the beach, a lake, or a river, the options to get active on the water are limitless. One way to keep hydrated is with make ahead smoothies! Check out the recipes on the left!
- Nothing says quality time quite like camping! Pack up the car and spend an evening cooking under the stars together.



Learn more:

<https://wellnessatnih.ors.od.nih.gov/news/Pages/Celebrate-National-Physical-Fitness-and-Sports-Month.aspx#:~:text=Since%201983%2C%20each%20President%20has,physical%20fitness%20and%20sports%20participation>

Exercise Your Mind



Just because school's out for the summer,

doesn't mean your child has to put all their books away. Establishing a summer reading plan is great for their learning and development – when you encourage your child to read, you're helping them build a hobby and skill that can last a lifetime.

- Search the calendar at your local library for age-appropriate events and summer reading programs.
- Set a daily reading goal – start small! – and add one additional minute each day.
- Brainstorm a list of topics they love, then, find books that match their activities and passions – or discover something new!



Learn more:

<https://atriumhealth.org/dailydose/2024/04/30/the-magic-of-summer-reading-how-to-help-kids-and-teens-build-a-reading-habit>

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com

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