

Food for Thought

July 2023

Get Moving This Summer

Everyone loves the summer months, but it can get hot. Don't let the summer heat keep you from staying active. During the summer, kids are out of school and at home more, so remember as you get active that they need to keep their bodies moving as well. Adults need at least 30 minutes of physical activity most days of the week and children need at least 60 minutes each day of the week.



Here are some helpful tips when planning your summer activities:

- ☀️ **Plan activities in the cooler part of the day** – first thing in the morning or at dusk.
- ☀️ **Start slowly** – if you are just getting into being more active gradually increase your activity level over time, so that you don't overdo it and can't stick with it.
- ☀️ **Stay hydrated** – Drink plenty of water before, during, and after activity.
- ☀️ **Get outside and do anything active.**

Fun Summer Physical Activity Ideas:

- ☀️ **Go for a walk, jog, or run.**
- ☀️ **Ride a bike with your family.**
- ☀️ **Do stretches** – side bends, toe touches, neck rolls.
- ☀️ **Do exercises** – sit-ups, crunches, arm curls, leg lifts, squats, push-ups, jumping jacks.
- ☀️ **Go for a swim.** There are so many lakes and rivers in our area. This is a great way to get moving while staying cool.
- ☀️ **Play catch or another game in the sprinklers with your kids.**
- ☀️ **Visit an area park that has a splash pad and join your kids in the fun.**
- ☀️ **Wash your car by hand.**
- ☀️ **Use the AllTrails app to find hiking trails near you.**
- ☀️ **Do some yardwork. If you don't have a yard, volunteer to help someone in need of help with their yard.**
- ☀️ **Try some other family friendly activities** – Frisbee, jump rope, hula hoop, hopscotch, tag, bubbles, and many others are fun ones to do with your kids. You can find some low-cost items such as jump ropes, sidewalk chalk, bubbles, and other supplies at your local dollar store.



Daily physical activity is an important part of a healthy lifestyle for all ages. Being physically active has many health benefits, boosts energy levels, and can help reduce stress and tension.

Strawberry Smores

Ingredients:

- 1 graham cracker broken in half
- 2 Tablespoons low-fat vanilla yogurt
- 2 strawberries, washed and sliced



1. Wash hands with soap and water.
2. Rinse and slice strawberries.
3. Spread yogurt on top of one graham cracker half.
4. Place strawberries on top.
5. Top with the other graham cracker half.

Strawberry Banana Cheesecake Wrap

Ingredients:

- 4 oz. pack reduced fat cream cheese
- ¼ teaspoon vanilla
- 3 – 8 inch whole wheat tortillas
- 2 cups strawberries, washed and thinly sliced
- 2 bananas, washed and thinly sliced



1. Wash hands with soap and water.
2. In a small bowl, mix together cream cheese and vanilla.
3. Place tortilla on a plate and spread cream cheese mixture to the edge on each tortilla.
4. Lay the strawberries in a single layer on top of the cream cheese. Top with banana slices.
5. Roll up tortilla being careful to keep the cream cheese in the wrap. Set seam side down
Store in refrigerator until ready to serve. Cut in half to serve.
6. Store leftovers in the refrigerator in a covered container and use within 4 days

Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less! Ask for the Nutrition Instructor in your county.

Benewah, Bonner, Boundary, Kootenai & Shoshone 208-292-2525
Clearwater, Idaho, Latah, Lewis, & Nez Perce 208-883-2267



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD www.eatsmartidaho.org
Phone: 208-292-2525 E-mail – kalig@uidaho.edu

Sources: <https://www.lsuagcenter.com/NR/rdonlyres/EA3313F6-1E3D-4A8A-A8AB-1E376F7D0340/37041/Vol6No5NutritionNews.pdf>;
<https://extension.umd.edu/sites/extension.umd.edu/files/2022-07/FCS%20Article%2007-13-22%20Have%20A%20Berry%20Good%20Summer-CJRS.pdf>; <https://food.unl.edu/recipe/strawberry-banana-cheesecake-wrap> retrieved 06/29/23

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.