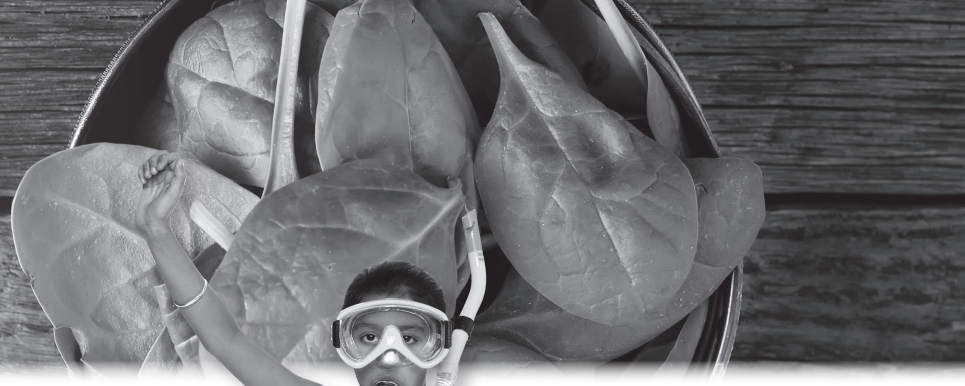
Spinach



School's Out for Summer (almost!)

Summer is a fun time for swimming, camp fires and bike rides. But the end of school may also mean a lack of healthy meals. The Summer Food Service Program offers free meals to children age 18 and under. Many locations also have fun activities for the kids. To find a meal site, text **"Food"** to **877-877** or go to https://www.fns.usda.gov/summerfoodrocks.

Play Your Way

Have you seen our campaign? Play Your Way One Hour A Day encourages kids to be active for at least 60 minutes every day. The message is about kids doing what they love to stay active and healthy. Find us online at www.idph.iowa.gov/inn/play-your-way or follow us on social media and share how your family plays. #PlayYourWay @IowaDepartmentOfPublicHealth

PLAY YOUR WAY! one hour a day!

Fuel your fun

Eat fruits and veggies.

Fruit Smoothie

Ingredients

- 3 cups fresh and frozen berries (or other fruit)
- 1 banana
- 1 cup low-fat yogurt (plain, vanilla, or any fruity flavor)
- 2 cups low-fat milk
- 1 cup raw spinach

Directions

1 Put the fruit in the blender. May have to let frozen fruit thaw slightly first so that it will blend easily.

2 Add banana and yogurt.

3 Pour milk into the blender.

4 Blend until smooth, about 45 seconds.

Tips: Too thick? Add more milk or 100% juice. Too thin? Use less liquid next time.

Adapted from https://whatscooking.fns.usda.gov.

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Pick a **better** snack™

IDPH Iowa Department of Public Health