

# SUMMER SPLASH

NUTRITIONAL DEVELOPMENT SERVICES SUMMER MEALS PROGRAM

Did you know that watermelons are made up of **92% water**? I guess it makes sense that it's called WATER-melon! In addition to its water content, which is good for hydration, watermelon contains several **vitamins & minerals** that are beneficial to our health. Watermelons contain the antioxidant lycopene (which is what makes watermelon red in color!) that helps to reduce the risk of cancer and diabetes. Watermelon also contains **vitamin A**, which helps to keep our eyes healthy, and potassium which is helpful in preventing cramps, such as those that you may get when doing physical activity! This delicious & hydrating fruit is one that you should feel good about enjoying this summer!

## Cooling Watermelon Recipes

### **Watermelon Ice**

What you will need:

- A watermelon
- A container
- Honey
- A blender
- Ice cream cones

Chop up the watermelon and put it in the freezer. Once it is frozen, blend it up with around 2 teaspoons of honey, and scoop it into ice cream cones for a refreshing summer treat!

### **Fruit Slushies**

What you will need:

- Crushed ice or ice cubes
- A watermelon
- Lemon juice
- Cool whip

Cut up the watermelon and blend it with an equal amount of crushed ice. Then, add around half a cup of Cool Whip and a squeeze of lemon juice, and blend again. Serve it in a cold glass with a straw!

### **First In, First Out**

Remember to serve meals in the order you received them! Doing this prevent food waste, improves inventory management, and ensures the kids are getting the freshest food possible.

- **Serve leftover meals first.** Only then should you use meals from today's delivery.
- If you have any questions or concerns - **call the office!**
- If you have **too many meals leftover**, we can **reduce future deliveries** or **cancel your delivery for one day.**

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