

6/1/2022

This week's Wellness Wednesday topic is -

National Fresh Fruit and Vegetable Month

June marks not only the beginning of summer vacation but also National Fresh Fruit and Vegetable Month! It is important to continue healthy eating habits through the summer months. A diet rich in fruits and vegetables can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect on blood sugar, which helps keep appetite in check.

During this month:

- Make it a point to buy more fruits and vegetables.
- Keep snack size portions in your refrigerator or readily available.
- If you do not enjoy all types of fruits and vegetables, experiment to find the ones you enjoy most and incorporate them into your diet.
- Include fruit in dishes such as yogurt, salads, cereal, ice cream and other desserts.
- Incorporate vegetables in dishes such as soups, stews, pies, wraps and sandwiches.

Below are some activities you can do with students or encourage them to try on their own:

1. Visit the Farmer's Market

What better place to learn all about freshly grown fruits and vegetables than the local farmer's market? Take a few minutes to poll your class on how many students are familiar with their local farmer's market. Engage in a class discussion to see how many students have been to the farmer's market, what they might find there, and what makes it different from the produce section at the supermarket or grocery store?

You can [search this directory from the U.S. Department of Agriculture](#) to find out where the nearest farmer's market is, when it's open, and what kind of special community events it might be having over the summer, and then forward that information to your classroom parents for a fun, "family field trip" idea. The Philadelphia-based Food Trust also supports and advertises local markets. Check [their website](#) for season and year-round locations.

Suggest that your students go with their families and play a game like [famer's market bingo](#) or embark on [a ready-made farmer's market scavenger hunt](#). After all, it's always more fun to learn about eating healthy when the whole family is involved!

2. Make a List of New Fruits and Veggies to Try

Have your students select a few new fruits or vegetables they have never eaten before (but would be open to trying) to add to their "I want to try" list. They can add as many as they want, but they should at least put one or two down and make it their goal to try these new healthy foods at least once over the summer.

If there is time for a little bit of researching, ask your students to learn more about their selected fruits or veggies. Have students find out where they grow best, how many different varieties there are, if they have any interesting plant cousins, what sort of recipes they are used in, and what sort of uses they have besides being eaten. Who knows—maybe learning a little more about their new vegetable or fruit will help students feel more comfortable including it in their regular diet?

3. End the School Year with Goodbye Gardens

Create a garden using packets of garden vegetable seeds. This could be an end of the school year project or encourage them to make over summer break. This is a great way to spark an interest in gardening over the summer and provide a fun way to connect with eating healthy. [Starting a class garden](#) is always a fun idea, too! [KidsGardening](#) also has tons of great resources and ideas to use now or anytime during the school year.



A message from NUTRITIONAL DEVELOPMENT SERVICES

6/8/2022

Greetings from NDS!

**Today's Wellness Wednesday topic focuses on
the June Harvest of the Month Produce:**

STRAWBERRIES!

Did you know the United States is the world's largest producer of strawberries, and they are grown in every state! In Pennsylvania, they are the first fruit to ripen in the spring.

On average, a single strawberry has around 200 seeds, and is the only fruit with seeds on the outside. Strawberries are an excellent source of vitamin C which plays an important role in the body's healing process and may help prevent heart disease and cancer. Vitamin C also helps the body absorb iron.

In the medieval days, strawberries were served at important functions as they were thought to bring peace and prosperity. Strawberries are delicious on their own or try slicing them and adding them to salads, cereal, pancakes, smoothies, or yogurt parfaits.

Click [here](#) for a video on how to make strawberry jam.



6/15/2022

Greetings from NDS!

Today's Wellness Wednesday topic is:

Fun in the Sun!

When skin is exposed to the sun, our bodies make vitamin D, which helps the body absorb calcium for stronger, healthier bones. However too much unprotected exposure to the sun's ultraviolet rays can cause skin and eye damage, immune system suppression, and skin cancer.

How do sunburns happen?

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. UV rays react with a chemical called melanin that's found in skin. A sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin. The risk of damages increase with the amount and intensity of exposure. A tan is itself a sign of skin damage and does not help protect the skin.

Who needs sun protection?

Everyone! Men, women and children over 6 months of age should use sunscreen every day. All skin tones need protection from UV rays because tanning or burning causes skin damage.

Tips for being in the sun:

- **Use sunscreen**- The American Academy of Dermatology (AAD) recommends that everyone use sunscreen that is SPF 30 or higher, has broad-spectrum protection against UVA and UVB rays, and is water resistant.
- **Avoid the strongest rays of the day**- Try to stay in the shade when the sun is at its strongest, usually from 10 a.m. to 4 p.m. If kids are in the sun during this time, apply and reapply sunscreen Remember that even on cloudy, cool, or overcast days, UV rays reach the earth.
- **Cover Up**- one of the best ways to protect skin is to cover up. When possible stay in the shade or use a wide umbrella or pop-up tent when necessary.

- **Wear sunglasses**- sun exposure damages the eyes as well as the skin. Even 1 day in the sun can lead to a burned cornea. Sun exposure over time can cause cataracts later in life.

Many of us look forward to the summer months to spend more time outside and enjoy physical activities that can't be done in our area other times of year. Be prepared to stay hydrated and protect your skin to make these events even more enjoyable!



A message from NUTRITIONAL DEVELOPMENT SERVICES

6/22/2022

Greetings from Nutritional Development Services –

This week's Wellness Wednesday topic is:

Healthy Summer Snacks

During the summer months, it can be a lot of work keeping kids energized and hydrated! Having healthy snacks on hand helps keep kids fueled and satisfied between meals. Snacks also provide additional nutrients needed for proper development and growth. Preparing your own snacks at home can have many benefits including engaging kids in the kitchen, nutritional benefits, controlling ingredients, and being cost effective.

- **Engaging in the kitchen:**

It has been found that when children are engaged in preparing food, they are more likely to eat and enjoy it! Kids who have healthy shopping, cooking, and eating habits are more likely to continue those healthy habits later in life.

- **Nutritional Benefits:**

Snacks are the perfect way to get nutrients and energy. Nutrients help support proper physical growth and development. Snacks help kid's fuel their energy for the day!

- **Control ingredients:**

Cooking at home allows you to control and customize the ingredients. You can easily make substitutions for more healthful ingredients and substitutions for allergies.

- **Cost Effective:**

Pre-packaged snacks are convenient, but convenience can be costly. Making healthy snacks at home can be a cost effective way to eat healthy. Buying key ingredients in bulk is a cost effective way to preparing snacks at home!

Healthy snacks ideas:

[Zucchini Bites](#)

Sliced zucchini topped with hummus and cherry tomatoes. Hummus is made with chickpeas, which are fiber-rich legumes high in calcium, magnesium, and iron and tahini with fresh tomatoes and zucchini.

[Trail Mix](#)

Commonly contains raisins, whole grain cereal, and sunflower seeds, but you can use other ingredients, too! You will enjoy energy and fiber from whole grain cereal, protein from sunflower seeds, as well as micronutrients such as potassium from raisins.

[Lemon Parmesan Popcorn](#)

Is a delicious popcorn topping made of lemon, parmesan, and drizzle of olive oil. Try whole grain plain popcorn that provides fiber and energy topped with olive oil.

For more ideas visit [Common Threads, Cooking for Life](#)



6/29/2022

Greetings from Nutritional Development Services!

This week's Wellness Wednesday Topic is:

Healthy 4th of July Celebrations

Celebrating the 4th of July usually means gathering with family and friends to enjoy the beautiful summer weather, watch fireworks, and feast on delicious foods. Aim to make your holiday celebration healthier by making good balanced choices. Below are some tips to keep you feeling great all day (and night) long!

1. **Don't skip breakfast!** Make sure to eat a healthy breakfast and you will save yourself from overeating later.
2. **Pay attention to your portions.** Give yourself a mental reminder about portion control while choosing what to eat. Research has shown that people, who use smaller plates, eat less without even noticing.
3. **Opt for lean meats** such as chicken, fish, veggies burgers and lean beef patties, all of which are a good source of protein but have lower fat content and fewer calories.
4. **Fill your plate with flavorful grilled and fresh veggies** such as bell peppers, asparagus, corn on the cob, squash, onions, and Portobello mushrooms.
5. **Use whole-wheat** buns instead of white for your burgers and hotdogs. Whole wheat bread is higher in fiber, vitamins B6 and F, magnesium, zinc, folic acid and chromium than white bread. Try making a whole-wheat pasta salad with olive oil

instead of mayonnaise. Or even try a cold barley, quinoa or brown rice salad. Add tomatoes, cucumbers and olives and top with feta or parmesan cheese.

6. **Bring something healthy** to add to the spread. If you are attending a party as a guest, bring one or two favorite healthy side dishes or protein to grill. This way you will be sure to have a couple healthy options, no matter what.

7. **Plan to do something active!** Games and activities are great ways to bond with family and friends. Have a water balloon fight, toss a Frisbee, splash in the pool, or play a round of croquet or badminton.

8. Make sure to **avoid at peak temperatures** when exercising outside. Remember to stay hydrated and use sun protection including sunscreen and sunglasses!

For healthy recipe ideas, visit [Eating Well](#).

