



JUNE
2024



Dear Parents, Caregivers, & Students



Happy Summer! To help fill the gap while school is out, NDS partners with sites throughout Philadelphia and surrounding areas to provide FREE meals to children and teens 18 and under!

To find a location near you, visit the NDS website or call the main NDS number 215-895-3470.



WELLNESS CORNER

- Stay hydrated this summer by making it fun! Encourage kids to flavor water naturally, with a few slices of fruit or vegetable, like melons, berries, oranges, or cucumbers.
- Encourage sun safety! Take sun breaks during peak sun hours, cover skin with clothing, wear a brimmed hat, and use sunscreen.
- Keep food safety in mind this summer when picnicking or grilling. Never leave food out for more than 2 hours and pack food in an insulated cooler or with ice packs.



NATIONAL FRESH FRUIT AND VEGETABLE MONTH!

Did you know...

- Fruit provides essential nutrients such as potassium, fiber, vitamin C and folate.
- Most vegetables are naturally low in fat and calories.
- Eating a diet rich in vegetables and fruits, as part of an overall healthy diet, may reduce the risk for heart disease.
- Aim to make half your plate fruits and vegetables. It is recommended to have four to five servings of fruits and vegetables a day.

FRUIT POPSICLES:

BLEND UP YOUR FRUIT OF CHOICE WITH
LEMON JUICE AND HONEY

POUR INTO A POPSICLE MOLD & FREEZE

ENJOY AS A FROZEN TREAT DURING
SUMMER



Prayer Corner

Lord, we thank You for the coming of summer, a time to Celebrate the warmer days with joy and happiness. May You keep us safe as we run and play. Amen.

