



Presented by Veritas Risk Services

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Simple Summer Activities Your Kids Are Sure to Love

Summer is often filled with outdoor parties, warm weather and no school. Unfortunately, the arrival of summer can bring stress for many parents as they search for ways to keep their kids happy, healthy, engaged and safe without breaking the bank.

Listed below are a few simple – and inexpensive – summer activities that you and your children can do together this summer.

- **Make homemade frozen treats.** Cooking together is a great way to create memories that will last a lifetime and to instill healthy habits in your children. Click [here](#) for some recipes to get you started.
- **Go berry picking.** Many berries are in season in the summer. Take your children to your local berry farm to pick your own delicious strawberries, blackberries and raspberries.
- **Go hiking. Enjoy** the summer weather and your state's scenery, and get some exercise by taking a family hike at your nearest trail.