

HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

Teach your children to **eat colorful food (healthy fruits and vegetables)**. This month, cool off with a colorful and fruity snack. Adding blueberries to your snack or meals boosts nutrition. Blueberries are rich in protein, soluble fiber, and ranked No. 1 in antioxidant benefits compared other fruits and vegetables. They are available all year round and in a variety of forms including, fresh, frozen, juice and dried.

Healthy Recipe: Very Berry Popsicles

2 cups low fat strawberry milk

1 cup of fresh blueberries and raspberries or strawberry slices

- Pour low fat strawberry milk in a bowl
- Mix with fresh fruit
- Pour combination in Popsicle containers and freeze before serving.

Create your own Popsicle containers using Dixie cups and plastic spoons. The Dixie cups can easily be torn away and the frozen treat will be ready to eat!

Source: Adapted from the National Dairy Council at www.nationaldairyCouncil.org