



Growing Together: Food, Family and Friends

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School's out! Let's have fun with food.



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Family life can be very busy with activities, but kids can help take the heat off family food preparation. Kitchens can be learning labs (without exams) during the summer.

Measuring ingredients reinforces math skills. Reading and following recipes helps build vocabulary and kitchen skills. Preparing food together builds communication skills. Children who help prepare food tend to eat what they prepare.

- Invite kids and teens to help plan the menus a week at a time. See the **“Now You’re Cookin!”** series from NDSU Extension to learn how to plan and prepare everything from breakfast to snacks.
- Shop at a farmers market for fresh, in-season produce. See all the recipes and resources at **NDSU Extension’s Field to Fork website** for ideas.
- Try a new recipe a week and keep your kitchen cool. With supervision, children can help prepare pizzas, kabobs and numerous recipes for the grill. Check out **“Grill Something Different”** to learn how to grill chicken wings, salmon, corn on the cob and stuffed peaches.
- Have children help “invent” new recipes from casseroles to pizza to quesadillas using the **“Pinchin’ Pennie\$ in the Kitchen”** series from NDSU Extension.

Melon Raspberry Sorbet

3 cups ripe melon*, cubed and frozen

1 cup frozen raspberries

2 tablespoons honey, or to taste

Juice of one lime or lemon
½ to 1 cup warm water, as needed to help blend

Optional: Add or top with fresh mint leaves to add a refreshing minty flavor.

At least 5 hours before you would like to make the sorbet, peel and cut the melon into ½-inch cubes and place on a sheet pan lined with parchment paper. Place the pan in the freezer. Freeze for 5 hours or overnight. Add frozen melon, frozen raspberries, honey and lime/lemon juice to a blender or food processor. Blend until smooth, adding warm water as needed to aid in blending.

*Any melon can be used in this recipe, but cantaloupe or honeydew is recommended for the creamiest consistency.

Makes three 1½-cup servings. One serving has 123 calories, 0 g fat, 2 g protein, 31 g carbohydrate, 4 g fiber and 28 mg sodium.

Here's a refreshing summer treat that is low in calories, fat-free and fun to make.

Connect

Grow Resilience This Summer

Summer flies by — so why not make the most of it by building connections *and* resilience in your child? Resilience is the ability to bounce back from challenges, and it grows through connections with you.

Here are **five fun ways to build resilience** while enjoying all the swimming, ball games and sunshine:

- 1. Laugh Together** — Laughter builds connection. A sense of humor is a coping skill! Try a “Dad Joke Contest” and vote for the funniest.
- 2. Practice Problem-Solving** — When things don’t go as planned, help your child flex their creative thinking. Role-play friendship challenges and brainstorm different ways to respond.
- 3. Don’t Fix, Coach** — Let kids face small struggles and guide them through finding their own solutions. Logical consequences + brainstorming = growing confidence!
- 4. Build Independence** — Confidence comes from doing. Start with simple tasks like making a sandwich, folding laundry or watering plants. Ask: *What new job can my child take on this summer?*
- 5. Celebrate Perseverance** — When your child feels frustrated, remind them of past wins. Talk about learning to ride a bike or read — what helped them push through? Those proud feelings can motivate for the next challenge.



Let this summer be packed with memories, growth and learning — *no classroom required!*

Want more ideas? Take a class: [ndsu.ag/parenteducation](https://www.ndsu.edu/parenteducation)

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Savor the Summer

Summer is an excellent time to enjoy the outdoors with hikes, bike riding, gardening and picnics. You might want to bring food to replenish your energy. Follow these tips:

- Transport perishable foods in an insulated cooler with plenty of ice or frozen gel packs. Fresh, peeled and cut fruits and vegetables, salads and protein foods are perishable.
- Pack the cooler just before leaving home. Foods chilling in your refrigerator should be placed directly in your cooler with ice or frozen gel packs.
- Avoid frequently opening coolers containing perishable food. Storing beverages and perishable foods in separate coolers is a good idea.
- Keep the cooler in an air-conditioned vehicle during travel and in the shade at the picnic site.
- If you do not have a good way to keep cold foods cold, consider less perishable foods such as whole fruit and peanut butter sandwiches.
- Bring wet wipes to clean your hands and sunscreen to protect your skin.

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