The Family Table
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EXTENDING KNOWLEDGE ❯❯ CHANGING LIVES
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Growing Together: Food, Family and Friends

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This month, we provide some summer nutrition and activity information, along with a fun treat to make.

Summer Has Arrived

By June, children and teenagers have finished up school for the summer. They may have outdoor activities of all types to enjoy — hiking, biking or playing sports, to name a few. Get involved in gardening activities within your community, or try cooking activities or food preservation.

Be sure to remember these summertime nutrition and health tips.

- Stay hydrated with water and water-rich fruits and vegetables. Strawberries, grapes, watermelon, cucumbers and lettuce provide water, vitamins and minerals. Limit sweetened beverages. Add some fruit to water bottles to give water flavor.
- Enjoy smoothies made from fruit and yogurt for snacks for energy and nutrition. If you have a sweet tooth, try freezing grapes for a refreshing treat.
- Eat a variety of protein-rich foods, because children of all ages are still growing and need protein to build and repair their bodies. String cheese, hummus (made from chickpeas) and nuts are packed with protein.
- Make healthful snacks available for outdoor adventures. Whole-grain granola, trail mix or whole-grain crackers can energize kids on the go.
- When traveling with perishable foods, such as yogurt or cheese, bring a small cooler with ice. Keep the cooler in the shade during picnics.
- Don't forget to wear a hat and apply sunscreen.

Visit **www.ag.ndsu.edu/food** to learn more about food safety, nutrition and health.

Let's make S'mores

"S'more" is a contraction for "some more." They are so tasty you want some more! Roasting marshmallows brings back many fond memories for people. Let's make s'mores a little healthier with a few tweaks, including antioxidant-rich dark chocolate, whole-grain crackers and fruit.

For each s'more, you will need the following:

1 regular-sized marshmallow
2 squares plain graham crackers
1 piece dark chocolate candy bar (about 1/4 bar)
2 strawberries, thinly sliced or ¼ banana, thinly sliced

Roast marshmallows to your preferred doneness. Layer the chocolate piece, hot marshmallow and sliced fruit on the cracker, then top with the second cracker square. Press together.

Note: These also can be made in a microwave oven by briefly microwaving the cracker, chocolate and marshmallow (about 10-20 seconds), then topping with fruit and the second cracker square.

Makes one serving with 150 calories, 5 grams (g) fat, 3 g protein, 25 g carbohydrate, 2 g fiber and 100 milligrams sodium.

Connect

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Make Room for Outdoor Free Play This Summer!

Summer is packed with camps, lessons, and organized activities — but don't forget one of the most important things kids *really* need: **unstructured, outdoor free play**!

While structured activities have their place, free play offers a world of benefits for growing minds and bodies:

- **Boosts creativity** – Kids dream up games, invent rules and become problem-solvers.
- **Builds social skills** – From taking turns to working out conflicts, play teaches valuable relationship lessons.
- **Supports physical health** – Whether kids are climbing a tree or running through a sprinkler, movement is a natural part of outdoor fun.
- **Reduces stress** – Nature has a calming effect, and fresh air can even help kids sleep better at night.
- **Cuts screen time** – Outdoor play gives kids a healthy break from digital devices. Try scheduling more outdoor time than screen time each day.

This summer, give kids the gift of freedom and fresh air. **Plan for plenty of time to just play!**

Don't forget to check out our in-person and online parenting classes at **www.ndsu.edu/agriculture/extension/programs/parent-education**

Savor Some Dairy

June is National Dairy Month. Milk and other dairy foods are rich in calcium, protein, vitamin D and many other nutrients for maintaining strong bones and teeth. Enjoy some yogurt in smoothies or parfaits with seasonal fruit. Try making ice cream in a bag. Try making "caprese salads on a stick" with mozzarella cheese balls, grape tomatoes and basil leaves. If you cannot consume dairy, try soy milk or soy cheese.

- See **www.americandairy.com/health-wellness/benefits-of-dairy/** to learn more about dairy — or just visit with a dairy farmer!

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