



Taste Test Time

SCHOOL IS ALMOST OUT FOR THE SUMMER! 😊

During the school year, students are used to a daily meal routine. Lunch is served at the same time every day and students either pack a lunch or eat in our cafeteria. However, when summer approaches and that structure and routine is eliminated, students can easily fall out of the habit of eating balanced meals at consistent times throughout the day

Make it a priority to eat 3 meals throughout the day this summer. Remember that healthy snacks such as fruits, veggies, and snacks with whole grain ingredients are good additions to a healthy diet. Don't forget to drink plenty of water to stay hydrated!

Turkey, Spinach and Apple Wrap Recipe

- 1 Tbsp. low-fat mayonnaise
- 2 tsp. honey mustard
- 2 whole wheat tortillas or wraps
- 2 cups (washed and dried) baby spinach leaves or other leafy green lettuce
- 4 thin slices turkey breast (4 oz.)
- 1/4 Granny Smith apple, sliced thin

Mix mayonnaise and mustard in a bowl and spread on each wrap. Arrange the spinach on tortilla, leaving the edge closest to you without spinach. Split the turkey between the two wraps, put it over the spinach. Repeat with the apple slices, spreading over the turkey. Roll the tortilla as tightly as possible. Cut in half, at an angle. Cover wraps, refrigerate & eat!

RECOGNIZE PORTION SIZE

- Year after year, portion sizes continue to increase in size, which can make it difficult to determine what a healthy portion size is.
- You can use your own hand as a **general** guide to double check your portion sizes and make you more aware of the amount you normally consume.
 - Fist = 1 cup
 - 1 serving = 1/2 cup pasta, cereal, rice, raw vegetables/fruit OR 1 cup cooked vegetables
 - Handful = 1-2 oz. of a snack
 - 1 handful of nuts = 1 oz.
 - 2 handfuls of pretzels/chips = 1 oz.
 - Palm = 3 oz. of meat (one serving)
 - Tip of thumb = 1 teaspoon

LIMIT TV, GO OUTSIDE GET SOME VITAMIN D!

- It can be tempting to stay inside and watch TV, play a video game, or play on your phone, but remember that you should spend no more than 2 hours a day using electronics. Summer is the time to get outside and enjoy the sunshine!
- Summer camps and programs are a great way to have fun and stay active. Ask your friends to play outside!

Some activities include: Bike riding, walking, running, playing sports, hiking, playing with a sprinkler, swimming, dancing, jumping rope, and hula hooping.

References

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