

Summer Produce

Warm weather and summertime mean lots of fresh produce. Taking advantage of all the great fresh food for purchase at this time of year can make for healthier more affordable meals and snacks for your family. Be sure to check out what's in season at your local grocery store or farmer's market. Remember children between 2-8 years of age need 1-2 cups of vegetables each day and 1-1.5 cups of fruit daily. Use lots of fresh fruits and vegetables in your meals and offer them as snacks to your children during the summer. An added benefit is that fresh produce contains water which will aid in keeping your child well hydrated during the upcoming steamy months. Take a look at the following guide for what produce is in season in NC during the months of summer:

Special points of interest:

Summer Produce

Healthy Recipe

Family Fun Activity

What's in Season

Local Parks



Vegetables-

Cucumbers
 Corn
 Tomatoes
 Summer Squash
 Green Beans
 Lettuce
 Eggplant
 Cabbage
 Okra
 Green Peppers
 Sweet Potatoes
 White Potatoes

Fruit-

Watermelon
 Strawberries
 Cantaloupe
 Blueberries
 Peaches
 Apricots
 Cherries
 Raspberries
 Plums



Fun Fruit & Cheese Kabobs

Ingredients:

- 1 medium apple
- 1 medium banana
- 2/3 cup red or green seedless grapes
- 2/3 cup strawberries
- 8 ounces cheddar cheese
- 1 cup nonfat yogurt (optional)

* You can use any of your favorite fruits

Directions:

Wash apple, strawberries, and grapes. Peel banana. Cut fruit into small chunks. Cut cheddar cheese into 16 cubes. Thread fruit and cheese cubes onto thin plastic beverage stirrer or wooden skewer with tip cut off. Allow your child to create their kabob however they like. Use nonfat yogurt for dipping.

Yields 8 kabobs

Child Serving Size (for children 3-5 years of age)

- 2 fruit kabobs
- ½ cup 1% milk
- 1 graham cracker

This is a fun way to increase your child's consumption of fruit! Make sure the fruit & cheese is cut small enough to not be a choking hazard.



Family Fun Physical Activity

Red Light Green Light-

This traditional game is a favorite of children. Children stand at one end of a room while the parent stands at the other end of the room. Make sure there is a clear pathway between the child and parent. The parent will say green light and the child will move closer to the parent. When red light is said the child must stop and be still. If the child continues to move when red light is said they must go back to the starting point. Continue to vary the red light, green light commands until the child touches the parent.

Have Fun at your Local Park

Local Parks & Recreation Departments:

- Asheboro- 626-1240
- Archdale- 431-1117
- Liberty-622-4605
- Ramseur- 824-8530
- Randleman-495-7525

With warm weather approaching it is a great time for families to be active outdoors together. Randolph County has lots of parks and greenways that offer playgrounds, trails or paths for walking, running, and biking, as well as tennis, baseball, and basketball areas. Follow these tips to have a fun, healthy, active summer:

- Always wear sunscreen with appropriate SPF levels & UVA/UVB protection.
- Drink plenty of water before, during, and after activity.
- During the hottest days of summer, check the ozone levels and limit activity during the day's hottest hours of between 11-4.
- Bring plenty of healthy snacks so you won't be tempted by conveniently located vending machines.
- Plan outdoor play dates with child's friends.
- Prevent potential bug bites by wearing lightweight fabrics & go indoors when mosquitoes come out at dusk.

Check with your local Parks & Recreation Department for your nearest park location & upcoming events.