

# Summer 2020

## Dearborn SHINES for Healthy Kids! Newsletter

Dear Parents,

The Dearborn SHINES team knows the past few months have been a challenging time for many, but we are here for you!

The school year has ended, but access to our physical activity and nutrition resources has not. Visit our [Google Page](#) for summer access to ALL of our resources.

Also, please read on for some fun and healthy ideas you can use with your families today!

## Healthy Summer Snacks

### Rocket Smoothie

- 1 frozen banana
- 1 cup Vanilla yogurt
- 1/2 cup frozen red fruit (cherries or berries)
- 1/2 cup frozen blueberries
- 1 cup 100% juice
- 1/2 cup milk
- 1 1/2 cups ice



Did you know that June is fresh fruit and vegetable month? Smoothies are a great way to get BOTH your fruits and veggies on a hot summer day.

Visit our [Google Page](#) to see all of our smoothie recipes.

### Directions

1. In a blender, combine 1/4 banana, 1/4 cup yogurt, 1/2 cup frozen cherries or berries, 1/2 cup juice and 1/2 cup ice. Blend until smooth and pour evenly among 3-4 glasses. Place in freezer for 30 minutes to help keep layers separate.
2. In a blender, combine 1/2 banana, 1/2 cup yogurt, 1/4 cup milk and 1/2 cup ice. Blend until smooth and pour evenly among 3-4 glasses. Place in freezer for 30 minutes to help keep layers separate.
3. In a blender, combine 1/4 banana, 1/4 cup yogurt, 1/2 cup blueberries, 1/2 cup juice and 1/2 cup ice. Blend until smooth and pour evenly among 3-4 glasses. Place in freezer for 30 minutes to help keep layers separate. Serve and enjoy!

# Baked Carrot Fries

Eating orange and yellow vegetables is a great way to vary your veggies, providing nutrients to strengthen many parts of the body like eyes and bones. Try this recipe instead of potato chips or french fries!

## Baked Carrot Fries Ingredients

- Carrots: 2, peeled and cut into the shape of fries
- Panko bread crumbs: 2 tbsp (\*optional)
- Salt, pepper, basil, garlic powder: to desired taste
- Oil: 1 tsp

## How to make Baked Carrot Fries

1. Have an adult Preheat the oven to 400 degrees Fahrenheit.
2. Place parchment paper on a



baking tray.

3. Add all ingredients in a bowl and mix well.
4. Spread carrots on the tray and bake for 15 minutes.
5. Try with your favorite dip.

**BONUS:** Try sweet potatoes, zucchini or eggplant.

# Watermelon Popsicles



Watermelon is packed with water and contains Lycopene a "fight-o-chemical" (phytochemical) to fight off sickness!

## Watermelon Popsicle Ingredients

- 8 cups seedless watermelon
- small paper cups or popsicle molds
- popsicle/craft sticks

## How to make Watermelon Popsicles

1. Have an adult cut up the watermelon and puree in a blender.
2. Pour the pureed watermelon into small paper cups (or popsicle molds).
3. Cover each cup with plastic wrap or foil and insert a popsicle/craft stick (or plastic spoon) through and into the cup.
4. Freeze until hard.
5. Optional: add chopped strawberries, pineapple or grapes to the molds too!

# Physical Activity Breaks

Use our DSHINES activities (all available [HERE](#)) to get your family moving! When children aim for 60 minutes of moderate to vigorous physical activity a day, they improve their mental and physical health!

## Activity and Animal Charades

Try this activity to help build your child(ren)'s creativity!

Play charades by acting out only physical activities. For example, act out climbing a rock wall or dribbling a basketball and have your family members guess the activity. Try sit ups, pushups, running or jumping.



**BONUS:** Act out different animals and how they move and see if your family members can guess the animal.

## Yoga Flow



Yoga is a great way to reset and refocus. Take some time to try this yoga routine from the Kids Work It Out program that focuses on balance.

Balance poses in yoga have been shown to help relieve stress, improve focus and memory. Balance and breathing can also help to control emotions in stressful moments.

[Find the video here: Body Balance](#)

## "Roll" Some Brain Breaks!

Use this [Brain Break handout](#) to help your child(ren) break up the day. Roll dice and perform the quick brain break that matches the number you rolled on the dice.

**BONUS:** See how many different brain break combinations you can make when rolling the dice.



# YOU Can Grow Veggies!

June is a great month to grow fresh vegetables and the GOOD NEWS- you don't need garden beds or a big yard to grow them! You can easily grow vegetables in a small space or in a pot on your patio.

















Here are some options for pots or small containers:

- sweet peppers
- tomatoes
- chili peppers
- kale and lettuce
- spinach
- onions
- radishes
- beans

You can either start with seeds or with scraps from vegetables you buy at the grocery store. Check out [this video](#) for how to do this to grow carrots, onions, garlic, lettuce and lots of herbs from what you'd otherwise throw in the garbage!



## NATURE BINGO

 cloud	 pine cone	 nest	 tree
 web	 bird	 grass	 log
 water	 sun	 mushroom	 flower
 berries	 leaf	 rock	 bug

## Nature Bingo

The month of June celebrates the Great Outdoors! Nature Bingo is a great way to explore your neighborhood or a local park.

Take your family on a nature scavenger hunt to see how many items on the bingo card they can find.

## Parent Survey

We want to hear YOUR voice. Scan the QR code and take our parent survey!

