

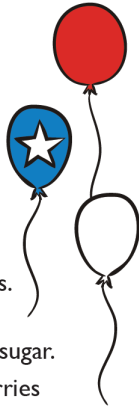


Memorial Day Matters

More than just the start of summer, Memorial Day is when we take a moment to recognize and say “thank you” those men and women who gave their lives in service to our country. Make a plan to spend it together! Attend a patriotic parade or a memorial service. Place flags or flowers on veterans' graves at a local cemetery. Or participate in the 3:00 p.m. national moment of silence. Another way to incorporate red, white, and blue into the day is at mealtime.

Here are some quick and easy options to get you started:

- **Flag Sheet Cake:** A white cake topped with cream cheese frosting, strawberries (stripes), and blueberries (stars).
- **Red, White & Blue Cheesecake Bars:** Creamy cheesecake filling on a graham cracker crust topped with mixed berries.
- **Red, White and Blue Strawberries:** Strawberries dipped in white chocolate and blue sugar.
- **Flag Fruit Platter:** Blueberries and strawberries arranged on a platter to look like the American flag.



Nut-Free School Safe Mix Idea

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| 1 cup Sunflower seeds |
| 1 cup Pumpkin seeds |
| 1 cup Whole-grain cereal (e.g., Cheerios) |
| 1 cup Dried cherries or cranberries |
| 1/2 cup Mini pretzels |
| Store in a sealed container for up to 1 week |



National Physical Fitness & Sports Month

Nutrition is an important element of student health, but so is exercise! Movement has brain and body-building benefits that students need to learn and grow. This month, take a moment to celebrate all our bodies CAN do with Physical Fitness & Sports Month. Want a way to get involved? Considering bringing The Daily Mile program to your student's school! Schools and/or classrooms that participate in The Daily Mile commit to getting outside each day for 15 minutes of walking, jogging, or running.

Want to learn more? Click here: <https://www.thedailymile.us>

Get a Jump on Summer

Now is the time to create a plan to make the most of your summertime together. Longer days means even more time for family, friends, outdoor fun—and of course, food!

Try some of these fun ideas to get a jump on the summer fun!

- Check out your local parks district and plan a hike. Don't forget to pack energy boosting snacks like homemade trail mix. **Check out the recipe below!**
- Plan to spend a day on the water. Whether it's the beach, a lake, or your local river, the options to get active on the water are limitless. One way to keep hydrated is with make ahead smoothies!
- Nothing says quality time quite like camping! Pack up the car and spend a night under the stars together.



Mix it up, YUM!

For a healthy, homemade trail mix, combine raw nuts/seeds, unsweetened dried fruit, and low-sugar crunch elements to provide sustained energy and fiber. A balanced, nut-free mix includes pumpkin seeds, whole-grain cereal, pretzels, and raisins. Try using a 1:1:1 ratio of healthy fats, fiber, and "fun" (dark chocolate) to keep it nutritious. And be sure to let the kids help pick out and mix the ingredients themselves to encourage excitement over healthy snacks

- **Healthy Fats & Protein options:** Raw almonds, cashews, walnuts, pumpkin seeds (pepitas), or sunflower seeds.
- **Fiber & Natural Sweetness options:** Raisins, dried cranberries, cherries, blueberries, or apricots (unsweetened).
- **Crunch & Fun options:** Whole-grain O-shaped cereal, air-popped popcorn, mini pretzels, or dark chocolate chips.

Healthy Body, Healthy MIND

Did you know May is National Get Caught Reading Month? Literacy should be a shared goal, at school and at home. This summer, help your reader boost their brainpower with some new healthy habits:

- Search the calendar at your local library for age-appropriate programming.
- Set a daily reading goal (start small!) and add one minute each day.
- Brainstorm a list of topics they love, then, find books that match their passions!

