



Nutrition During the Summer Months

The summer can be very exciting for school aged children. This is a time to enjoy being outdoors, spending time with family and friends, and taking a break from the daily school routine. During the summer months, it is important for children to make healthy food choices even when they are not in school. Here are some healthy eating tips during the summer:

- **Keep healthy snacks on hand**

- Choose fresh fruits and vegetables as an easy grab and go snack. Make sure they are washed thoroughly before eating.
- Make sure that you wash all melons before cutting them to get rid of any bacteria



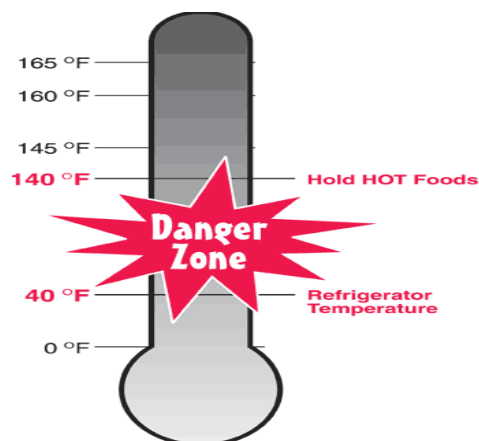
- **Drink lots of water**

- The sun can cause you to lose a lot of water while playing outside so you want to make sure that you drink plenty of water to keep hydrated.



- **Food safety is essential**

- If you take food with you when traveling, make sure that you have cold packs to keep your food cold.
- Do not leave your food out for more than 4 hours as hot temperatures can cause bacteria to grow and make you sick.



Picnic Essentials to keep you and your family safe of food-borne illness:

- Hand Sanitizer
- Cold Packs or Ice to keep deli meats and condiments cold
- Don't place cooked foods on the same plate that raw foods were on