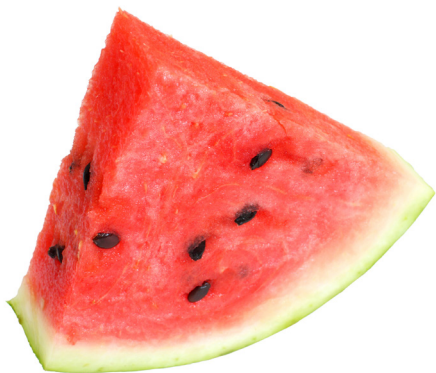


HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN AUGUST

FRUIT » WATERMELON



HEALTH BENEFITS: Watermelon is high in lycopene – an antioxidant that gives fruits and vegetables a redish color. It is over 90% water, making it a sweet juicy snack.

SELECTION / STORAGE: Look for a watermelon that is heavy for its size. A fully ripe watermelon will usually not be shiny and the bottom will be a creamy yellow color. Uncut melons should be stored in a cool dry place. After cutting, refrigerate in a sealed container.

EATING / PREPARATION: Wash under water with a wet rag before cutting and eating. Enjoy it sliced or cubed – and be sure to add some to a summer fruit salad.

VEGETABLE » CORN

HEALTH BENEFITS: Corn is a good source of fiber and it supports good digestive bacteria growth. It is also a good source of B Vitamins.

SELECTION / STORAGE: Corn husks should be fresh and green. Avoid corn with dried out husk that fits loosely around the corn. Pull back part of the husk and look for plump kernels that are tightly arranged in rows.

EATING / PREPARATION: Fresh corn can be cooked in the microwave two ears at a time for 4-6 minutes. Let cool and strip off husk and silk. It can also be boiled or roasted on the grill. Add corn to salsa, soup, and salad or try delicious summer sweet corn on the cob.



ACTIVITY » EXPLORE AWAY



ACTIVITY: August is Family Fun Month! Enjoy the rest of summer and the warm weather by getting out in the fresh air, packing a backpack with snacks, taking your camera and getting some exercise! Make it an adventure for the family! Give the little ones a compass and some binoculars to add to the fun! Why not make a long weekend of it! Go to a state park that rents cabins, stay at a local campground or even sleep under the stars in your yard.