



HCSF Newsletter

July 2010



Summer is in full swing – and who doesn't look forward to camping and lounging by the lake or the pool? To quench your thirst on the hottest days try a new twist on water with our Agua Fresca recipe. Don't forget to check out page two for this month's menu for our Chowdown Challenge!

Re-think Your Drink!

It's **summer** and we're always on the lookout for ways to help you and your family drink more water instead of sugary sodas, Kool Aid or energy drinks. **Agua Fresca**, which translates literally as "fresh water," is served all over Mexico and is a cinch to replicate at home. The key is to strain the pulpy fruit to make a clearer liquid. Instead of melon, you could use strawberries, pineapple, or mango -- any fruit that is soft enough to puree.

Agua Fresca Recipe

- 1 large cantaloupe or half a watermelon, seeded and diced (about 3 cups)
- 1 ½ cups water
- 2 to 3 tablespoons sugar
- 2 to 3 limes, juiced or 1 tablespoon of prepared lime juice



Directions

Puree cantaloupe, watermelon or strawberries in a blender and pour through a fine sieve to eliminate pulp. In a pitcher, mix strained fruit puree with water and season with sugar and lime juice, to taste. This recipe is easily doubled.



Cook With Your Kids Tip: Kids can help measure and pour the water, sugar and lime juice into the pitcher. Older kids can help prepare the fruit for pureeing and run the blender with adult supervision.

Re-think Your Drink – “Just Plain Water”

Buy your kids their own water bottles (stainless steel or BPA-free plastic) – let them pick it out.

Then, reserve a spot for it in the fridge where they can easily access it by themselves.



Get some fun-shaped ice cube trays at the dollar store – stars, alphabet, itty bitty cubes, etc and serve them with water. Do this in **clear cups** so the kids can see the cubes. For even more fun, add a little **food coloring** to the water before you freeze the cubes for a colorful addition to your drinks!

While you're at the dollar store – buy some fun straws for the kids to use with their water bottles or cups.

Beat the Heat Kiddy Pool Games

What You'll Need

- Kiddy Pool or several buckets
- Frisbees
- Sponges
- Common household items like waterproof bath toys, plastic cups, anything you don't mind getting wet



Hole In One

Float upside-down frisbees in the pool or bucket, then take turns trying to toss a sponge inside the rims. Every time a sponge goes in, take a step back and try again.



Sink or Float?

Gather up a handful of waterproof toys and household items, then ask the kids to predict whether an object will sink or float (be sure to ask why) before they throw it into the water. They may not understand concepts like density just yet, but are sure to get a kick out of seeing what will and won't bob in the pool.



COOK WITH YOUR KIDS



Green Beans with Breadcrumbs

Green beans will be abundant in July and they are an easy side dish for your back yard BBQs! They don't need much stove time, so they'll be done by the time the grill master is ready for everyone to eat. It's as easy as 1-2-3!

Ingredients

- 1 pound fresh green beans, washed and trimmed
- 1/2 cup water
- 1/4 cup Italian-style seasoned bread crumbs
- 1 Tablespoon butter
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- Salt and pepper to taste
- 2 Tablespoons grated Parmesan cheese



Directions

1. Combine green beans and 1/2 cup water in a medium pot. Cover, and bring to boil. Reduce heat to medium and let beans cook for 10 minutes, or until tender. Drain well.
2. Place butter in saucepan and melt. Once butter is melted add garlic powder and oregano and mix well. Add bread crumbs and toss them until they are coated.
3. Place beans in a serving bowl, and mix in bread crumb mixture until the beans are coated. Add salt and pepper to taste. Sprinkle with Parmesan cheese, and serve!



Cook With Your Kids Tip: Little kids can wash and snap ends off the beans. They can also mix the finished breadcrumb mixture with the beans and be the official parmesan cheese "sprinkler" to finish the dish!

Chowdown Challenge Month Two - Show Don't Tell

School's out, but summer is still a great time to show your kids how to eat healthy! It's not enough to **tell** them to eat fruits and veggies – you have to **show them how it's done**. To continue with our chowdown challenge – we've provided tips on how to incorporate more fruits and veggies at lunch time. Make sure your kids see what you're eating and what you're packing for lunch so they know that even away from home, you make good choices and that you enjoy what you're eating.

Summer's bounty makes it easy to find fresh fruits and veggies at your local **farmer's market**, grocery store or **farm stand**. Take the kids and have them pick out some of their favorite fruits and vegetables. Even better – show them where their food comes from. Find a **U-Pick** farm in your area and make a day of it with the whole family!

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Lunch	Grilled chicken with corn on the cob, green beans and fresh tomato slices	Vegetable or minestrone soup, wheat crackers and a small orange	Good ol' PB & J or PB & banana, with sliced cukes, carrots, celery, peppers, or radishes and low-fat ranch dip on the side	Pizza slice or sub sandwich with extra veggies – mushrooms, peppers, onions, spinach, broccoli, olives – go crazy!	Veggie pasta salad with low fat Italian dressing and a no sugar added applesauce cup – Save the leftovers for a side dish with Saturday's burgers!	Turkey sandwich with lettuce and tomato, baby carrots and a small apple	Burgers! Try a turkey, venison or bison burger - with lettuce, tomato and onion, and a small side salad



Don't forget to keep "score" so you know you're getting **at least one to two fruits or vegetables at every meal**. Post your reward on your fridge so the whole family knows that a trip to the movies or the water park is in their future!