



Finger Lakes FoodNews



Stay Well While School's Out

School is out for summer! For many families with kids, that means creating a routine from scratch. To keep kids well, it's important to build in healthy habits throughout the summer. By weaving small wellness activities into the routine, kids will come to expect and even look forward to checking off daily healthy habits!

To create a low-maintenance wellness routine for kids, try integrating nutrition, physical activity, and social emotional learning into daily themes like **the ideas below**:

- **Move More Monday:** challenge a friend or family member to a race, have a dance party, or aim to move for five minutes every hour!
- **Tasty Tuesday:** make a healthy snack, eat from every food group at least twice, or try a new food.
- **Water Wednesday:** track your water, infuse your water with fruit and herbs, or freeze berries for fun and easy ice cubes!
- **Thoughtful Thursday:** work in ten minutes of yoga, practice deep breathing, or take a nature walk using the five senses.
- **Fruit and Veggie Friday:** eat a rainbow of fruits and vegetables, try a new vegetable, or talk with friends and family about favorite fruits and veggies!

Highlighted events this month:

Quick Summer Meals:
Wednesdays, July 6, 13, & 20, 3 PM – 4 PM, online

Kids Cook Along:
Wednesdays in July, 6 PM – 7 PM, and Fridays in July, 11 AM – 12 PM, online

Montour Falls Farmers' Market: Thursday, July 21, 4 PM – 6 PM, Fireman's Field (Rt. 224, Montour Falls)

Eastside Farmers' Market: Tuesday, July 26, 3 PM – 6 PM, Brand Park (301 Maple Ave., Elmira)

Cooking Matters at the Store – Grocery Store Tour: Wednesday, July 27, 12 PM – 1 PM, Grand Union (1145 NY-17C, Owego)

For more upcoming events, go to www.snapedny.org



High Protein Banana Split

Makes: 2 servings

Source: FoodHero.org

Prep Time: 10 minutes

Ingredients

- 1 banana, cut in half crosswise and again lengthwise
- 1 cup Greek yogurt (plain or flavored)
- 1 cup whole-grain fortified cereal
- 1 teaspoon honey (optional)
- 1/4 cup sliced strawberries (fresh or frozen)
- 1/4 cup canned pineapple pieces (fresh or canned in 100% juice and drained)

Directions

1. Place 2 pieces of banana next to each other in each of the 2 cereal bowls.
2. Over the banana in each cereal bowl, spoon half the yogurt and sprinkle half the cereal. Drizzle with honey, if desired.
3. Top with fruit and serve. Refrigerate leftovers within 2 hours.

Nutrition Info (per serving, 1/2 of recipe): 190 calories, 1.5g total fat, 0g saturated fat, 5mg cholesterol, 110mg sodium, 31g carbohydrates, 3g dietary fiber, 15g total sugars (includes 0g added sugars), 14g protein

Healthy Twists for Your Summer Sundaes!

July is National Ice Cream Month! Who doesn't love a good ice cream cone or sundae on a hot summer day? If you find yourself at the ice cream stand this summer, look for frozen yogurt on the menu!

Many ice cream shops have added frozen yogurt to their menus. Frozen yogurt can have half as much fat in comparison to regular ice cream. Don't forget to add some fruits and heart healthy nuts to your sundae!

Healthy toppings for your sundaes this summer:

- **Fruit:** Strawberries, Blueberries, Peaches, Bananas
- **Nuts:** Walnuts, Sunflower Seeds, Peanuts
- **Peanut butter**
- **Granola**
- **Super Smart Sauce:** Microwave your favorite frozen berries and mash with a fork to make a fruit sauce!

