

WATERMELON and WIGGLES



Farm to Childcare

Eating habits are established early in childhood, making the childcare setting an ideal and important place to support kids in lifelong healthy meal patterns. Farm to Childcare is a federally funded program and the goal is to support child care establishments and local farmers in creating that environment of improved childhood nutrition. Farm to Childcare provides activities that encourage children to try new foods and help them understand where their food comes from. Want to take advantage of the summer agricultural abundance in the home setting? Check out local food directories to locate farmers markets, community sustained agriculture (CSAs) and food hubs. Search "local food directories" on the USDA website.

Wondering what seasonal produce to be looking for this summer?

Visit www.pickyourown.org/MN.htm and check out this quick list:



Summer: apples, basil, bell peppers, blackberries, carrots, corn, cucumbers, eggplant, green beans, onions, lettuce, raspberries, and spinach.



Fall: broccoli, beets, brussel sprouts, cabbage, carrots, cauliflower, cranberries, garlic, grapes, kale, leeks, mushrooms, peppers, potatoes, sweet potatoes, spinach and zucchini.

HEALTHY Community Connections

Check out the orchards!

Late summer into fall is a great time to check out the area's orchards on a field trip. Admission is often free, with activities like hayrides and activities for kids.

Pick berries, apples, pumpkins and gourds and enjoy time outside with the children in your care and observe the growing harvest. Want to check out orchards all over Minnesota and find the ones closest to you?

Search for the Minnesota orchards listing at:

www.orangepippin.com/orchards.



Try this Sparkling Summer Drink!

Are you looking for a special, refreshing summer drink? Sodas, iced teas and lemonade can contain a lot of hidden and added sugars. Try mixing up a homemade strawberry lemonade sparkling water for your next party or summer gathering!

You'll need:

- 1–2 lemons (cut into wedges)
- Strawberries, blackberries, or fruit of choice (cut into small pieces)
- 1 cup tap water
- Sparkling water
- Serving pitcher
- Knife

Directions:

- Fill a pitcher with one cup tap water and squeeze in the juice from 1–2 lemons. (Throw in the rinds for extra infusion!)
- Cut up strawberries, blackberries or other fruit and add in.
- Infuse the lemon juice and berry mixture for one hour by storing in the fridge.
- Before serving, fill the pitcher with your favorite sparkling water (La Croix, Perrier, San Pellegrino, etc.) and enjoy a refreshing summer drink with no added sugars.

Resources you'll dig:

Infancy and toddlerhood is a vital time for healthy nutrition that helps development. Nutritional needs change as kids grow and kids who eat healthier meals at a younger age are more likely to be healthier later in later life.

Check out the CDC's website for parent information regarding young child nutrition to support infants and toddlers in their growth.

Search: www.cdc.gov/nutrition/InfantandToddlerNutrition/

Summertime may mean there are more kids at home than during the school year. There are opportunities for free nutritious summer meals for your children and teenagers, ages 18 years and under.



Visit www.usda.gov website and type in the search

"Find summer meals in your community" to locate the nearest serving site.

Family Fun Events at the Park!

Looking for some events to attend as a family? Dakota County Parks and Recreation offers many occasions to promote recreational health.

From night hikes to music in the park, check out some of the special events offered throughout the year at Dakota County's Parks and Recreation website: <https://tinyurl.com/yake4gpg>.

You can also check out your city-specific Parks and Recreation department page for additional offerings.



Recipes for Healthy Kids Cookbook

Free download!

Search 'Recipes for Healthy Kids: Cookbook for Homes' on the USDA Team Nutrition website.



30 kid-approved recipes are highlighted that include

dark green and orange vegetables, dry beans and peas, and whole grains. All recipes produce six servings.

You can download the electronic version for free at: <https://fns-prod.azureedge.net/sites/default/files/tn/cookbook-homes1.pdf>



Fruit-astic Salsa Snack!

Ingredients:

- 2 cups diced fresh pineapple
- 2 medium tomatoes, chopped
- 3/4 cup chopped sweet onion
- 1/4 cup minced fresh cilantro
- 1 tablespoon olive oil
- 1 teaspoon ground coriander
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 jalapeno pepper, seeded and chopped (optional, for some spice)



In bowl, combine all ingredients. Cover and chill in the fridge. Serve with whole grain tortilla chips.

Source: <https://www.tasteofhome.com/recipes/pineapple-salsa>



Dakota County Public Health Department
Public.health@co.dakota.mn.us
651-554-6100 / www.dakotacounty.us