

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN JUNE



FRUIT » PEACHES

HEALTH BENEFITS: Peaches are a sweet summertime treat! This fuzzy fruit provides your body with vitamin A which supports healthy skin and eyes! Plus that fuzzy peel provides some fiber to keep your digestive tract moving smoothly! Peaches also have tissue-building antioxidant power from vitamin C.

SELECTION / STORAGE: When choosing peaches, find ones that are firm but slightly yield to thumb pressure. Avoid peaches with blemishes or bruises. Peaches can be kept at room temperature; unripe peaches can be stored in a paper bag to ripen fast. Eat ripe peaches within two days.

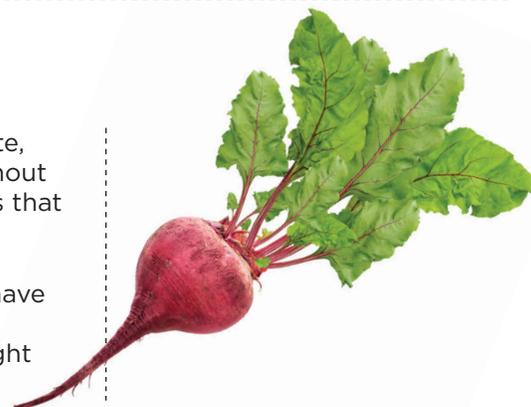
EATING / PREPARATION: Peaches can be eaten in a variety of ways. Always start by thoroughly washing each peach under running water. Peaches can be eaten whole or try adding them sliced to frozen yogurt, oatmeal, and smoothies!

VEGETABLE » BEETS

HEALTH BENEFITS: Beets are root vegetables and an excellent source of folate, a B vitamin that helps your tissues grow and your nerves send signals throughout the body. Beets are dark red in color which provides a specific set of nutrients that help fight off infection with their antioxidant properties.

SELECTION / STORAGE: Choose beets that are small or medium in size and have smooth, firm roots. Avoid beets that are bruised, soft or wet. Since the leaves can be consumed, choose greens that look fresh and vibrant. Store in an airtight container in the fridge and eat within four days.

EATING / PREPARATION: Always rinse beets under cold running water and wash thoroughly with a brush to remove any soil. They can be peeled by gently rubbing the skin off with a paper towel. Be careful when preparing beets as their rich red color can stain your hands. They can be cut and steamed for 15 minutes making a perfect side dish or try grating fresh beets for a colorful addition to a salad!



ACTIVITY » JUST KEEP SWIMMING

ACTIVITY: The warmest days of the year are a head of us as families take on summer vacation. A great way to keep moving is to take a trip to the local swimming pool. With two great options in town, Flora and Sutton, why not take the time to explore them both? Not only is swimming a great break from the heat, it is also wonderful exercise! Swimming can relieve pressure from joints, build muscle mass, and improve heart function. The only question is, are you brave enough for the high dive?