

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN JULY



FRUIT » RASPBERRIES

HEALTH BENEFITS: Raspberries are a sweet treat in the summer! These colorful berries, ranging from gold to black, are high in antioxidant vitamin C. They are also high in phytonutrients which provide anti-inflammatory and anti-oxidant health benefits.

SELECTION / STORAGE: Select raspberries that are dry, plump and firm. Avoid berries that look wet or molded. Raspberries must be refrigerated.

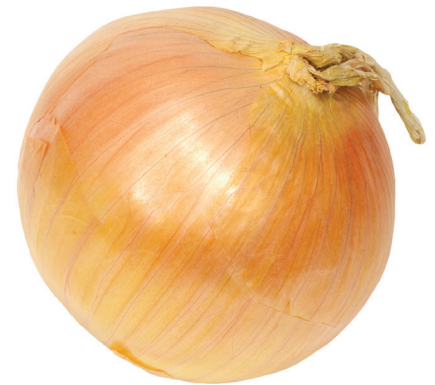
EATING / PREPARATION: Only rinse raspberries right before eating; eat within 1-2 days. Raspberries are a very versatile fruit! Eat them plain for a quick snack or throw them in a smoothie. You can even use them as a garnish, from your morning cereal and oatmeal to dinner salads!

VEGETABLE » ONIONS

HEALTH BENEFITS: Don't let this often forgotten veggie fool you, onions contain several nutrients! They are a very good source of biotin which is a B vitamin that supports skin and nervous system health. Onions also have a good amount of manganese which plays a key role in keeping your bones healthy!

SELECTION / STORAGE: Select onions that are firm and dry with smooth outer skins. Store them in a cool, dark, well ventilated area up to 4 weeks depending on the variety. Store away from potatoes to avoid premature spoiling. Store cut onions in a sealed container; consume within a couple days.

EATING / PREPARATION: Onions are a staple in many kitchens, adding tons of flavor! Try them in soup, salad, pasta, stir fry, and omelets. You can garnish your hamburgers with a fresh slice of onion or even try mixing it in your ground beef before throwing those burgers on the grill!



ACTIVITY » HOP TO IT

ACTIVITY: Did you know that jumping rope is a competitive sport in over 38 countries? It can also burn 800-1000 calories an hour. Woah! This type of activity can improve balance, endurance, and coordination. There are even ways to make your workout benefit others, too. Jump Rope for Heart raises money for the American Heart Association through donations collected by individuals or teams. This is a great way to help out children with special hearts while learning about yours as well. So whether you jump rope for fun or Jump Rope for Heart, don't forget to keep bouncing!