

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN AUGUST

FRUIT » PLUMS



HEALTH BENEFITS: Plums are a small juicy, sweet-tasting fruit with over 100 varieties in the U.S. They are high in two unique phenols that act as super antioxidants neutralizing particularly dangerous oxygen radicals. The dried version of plums are called prunes, which are well known for their fiber and digestive health benefits.

SELECTION / STORAGE: Ripe and ready to eat plums will yield gently to thumb pressure. Avoid those with puncture marks and bruising. Store ripe plums in the refrigerator for a few days; unripe plums can be left at room temperature to ripen.

EATING / PREPARATION: Always wash before cutting or eating. Plums make a great snack as is. For maximum flavor and juiciness let the fruit reach room temperature before eating. To remove the pit, slice the plum in half, twist both sides, and remove. Plums also make a great addition to cold cereal or yogurt.

VEGETABLE » ZUCCHINI

HEALTH BENEFITS: Zucchini is a summer squash, which ranges in color from yellow to deep green. Zucchini also provides you with lutein and zeaxanthin, two phytonutrients that belong to the carotenoid family. They filter light rays entering your eyes to ensure that harmful rays can't damage your eye tissue. Zucchini is also a very good source of vitamin C, potassium, magnesium, and B vitamins.

SELECTION / STORAGE: Select zucchini with deep bright skins; make sure they are firm, particularly at the stem. Refrigerate in a plastic bag 3-5 days.

EATING / PREPARATION: Zucchini is a versatile vegetable, you can grill, roast, steam, or eat it raw! Wash it and slice into sticks for dipping in hummus. Another delicious way to prepare is by roasting - slice zucchini and yellow squash in coins; thinly slice a red potato in coins. Layer the vegetables standing up in an olive oil coated baking dish. Sprinkle with parmesan cheese and roast at 425 F for about 25 minutes; enjoy!



ACTIVITY » PACK A PICNIC!

ACTIVITY: It's almost time to head back to school, so end this great summer in the great outdoors. Eagle Point Park is a wonderful place to enjoy a picnic (it's National Picnic Month afterall!). Or take a walk to your neighborhood park or even visit a new one. Don't forget a Frisbee for some fun activity and to work up an appetite. It improves hand-eye coordination and the running builds endurance and strength. So get out there and enjoy some time outside before classes begin again.