

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN JUNE



FRUIT » CHERRIES

HEALTH BENEFITS: Cherries are one of the top antioxidant-rich foods and contain melatonin which helps you get a restful night's sleep. They are also a good source of fiber and vitamin C.

SELECTION / STORAGE: The popular Bing cherries are dark in color and sweet. Select cherries that are glossy, plump and firm. Store them refrigerated in a plastic bag or container. They will keep for about a week.

EATING / PREPARATION: Wash prior to eating. Remember that Bing cherries have pits in them so you will want to de-pit them prior to adding to recipes or giving to children. A tasty summer snack, cherries are perfect on the go. Get creative at breakfast by making a delicious cherry sauce for your waffles and pancakes or toss into your yogurt and oatmeal. And don't forget to try a chocolate cherry milkshake for a refreshing summer drink that's high in protein.

VEGETABLE » GREEN PEAS

HEALTH BENEFITS: Green peas contain fiber, protein, vitamins and minerals. Few foods provide such a substantial amount of fiber and protein together, which help regulate digestion and stabilize blood sugar levels.

SELECTION / STORAGE: Frozen peas retain color, texture and flavor compared to canned. Next to fresh peas, frozen are the preferred choice. When fresh, look for pods that are smooth, firm and medium-green in color. Avoid pods that are yellow and have grey speckles. Store refrigerated.



EATING / PREPARATION: Green peas are easy to serve if you buy them frozen. If you buy them fresh, start by washing and de-shelling them since the pod is not edible. Peas go well in salads, pasta dishes, soups and even mashed potatoes! Green peas also make a great fresh snack, as do sugar snap peas which can be eaten in the pod.



ACTIVITY » GET OUTDOORS

ACTIVITY: Regular outdoor exercise is proven to improve physical and mental health. With National Get Outdoors Day on June 11, the start of summer is a perfect time to get moving! Explore your neighborhood by taking regular walks or head to the woods for a hike as a family. Outdoor activity helps kids maintain a healthy weight, boosts their immunity and bone health, and lowers stress. Just remember to practice sun safety and drink plenty of water to stay hydrated!