



Wellness Wakeup Call Newsletter for K-5

Bonus: Summer Tips

Welcome to the Wellness Wakeup Call! This newsletter contains bonus messages to be read each morning in school over the loud speaker for morning announcements, in the last full week of school. You'll need to double up on the regularly scheduled messages to be able to fit the bonus messages in. This program is an easy way to help fulfill the requirements of nutrition education goals for the federally mandated *Local Wellness Policies*.

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- Each day, start the message with: **"Good morning, this is your Wellness Wakeup Call!"**
 - Then read the message for the day. End each message with **"Enjoy your summer, the healthy way!"**
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- Hot weather is a great time to enjoy fruit smoothies. You can use pure juice, frozen bananas, and other fresh or frozen fruits to make a delicious and refreshing drink. Try orange juice, frozen bananas (take the skin off first then freeze in a bag or container), and fresh or frozen strawberries. Or try your own combinations.
- There's nothing like picking your own produce! If you have a garden or can get to one, see how many different vegetables or fruits you can try. Sugar snap peas are such a great snack with sweetness and crunch! Try planting the seeds and pits from the fruits and vegetables you eat in a pot with some potting soil and watch them grow. Don't forget to water them!
- Frozen grapes are a fantastic treat. Freeze them on a baking sheet and then store them in airtight containers or zipper bags. Watermelon is a favorite summer treat. But it's also packed with a healthy punch, especially if you use it to do some weight lifting first!
- One of the great pleasures of summer is picking and eating strawberries or raspberries. Is there a place where you can do that? If not, why not suggest it to your parents or at your summer program?
- Don't forget to get outside and move around this summer. Did you know you'd have to walk 5 miles to walk off a medium sized order of French fries?

Enjoy your summer, the healthy way!