

Pick a better snack™

# FAMILY NEWSLETTER



## Be a Mindful Eater

With our busy schedules, it can be easy to eat on the go or hurry through a meal. We often eat while working, driving or in front of a screen. There is a better way!

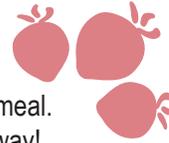
Food is not just fuel for your body; it should be savored and satisfying. Being a mindful eater makes you aware of the food you put into your body, how it tastes and how it makes you feel.

Some ways you and your family can practice mindful eating are:

- ◆ Slow down when eating your food.
- ◆ Notice the smell, taste, and texture of food.
- ◆ Have technology-free meals—no phones or TV.
- ◆ Recognize when you are full; eat when you are hungry.
- ◆ Avoid multitasking when eating.

Healthy eating is not just what you eat but also how you eat.

Adapted from <https://www.uwhealth.org/nutrition-wellness/could-mindful-eating-help-you-lose-weight/32950>.



Fuel  
your  
fun.  
Eat fruits  
and veggies.



## Hydration Challenge

Summer months mean more fun in the sun! Through the **Play Your Way** campaign, we've encouraged you to be active for 60 minutes every day. We sweat more while playing outside in the heat, which means we should be drinking more water! Challenge yourself to 1 hour of physical activity and at least 1 liter of water every day to stay healthy and hydrated all summer long!



## Berries

**Select:** Choose berries that are firm, plump, and rich in color. Avoid berries that are shriveled or wet.

**Store:** Refrigerate berries in a ventilated container. Raspberries will keep only 1-2 days, strawberries for up to 3 days, and blueberries up to one week.

**Wash:** Rinse berries under cool running water right before eating. Don't rinse before refrigerating.

**Eat:** Berries taste great fresh by themselves, or add them to yogurt, a smoothie or lettuce salad.

These tips are adapted from Iowa State University's Spend Smart. Eat Smart.®



## Summer Meals

Free lunches are served to children age 18 and under in most communities during the summer. Many locations also have fun activities, like gardening, crafts and games, that your kids can do before or after they eat. To find a meal site near you, text "Food" or "Comida" (for Spanish) to **877-877** or visit [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks).

