FREE

SUMMER LUNCH

FOR ANYONE 18

AND UNDER!

PVHS CAFETERIA

JUNE 10 - JULY 31

MONDAY-FRIDAY*

LUNCH SERVED

11:30 am - 12:30 pm

NO OBLIGATION TO SIGN UP - JUST DROP BY

***CLOSED JULY 4TH, INDEPENDENCE DAY**

Nutrition Notes

Summer, 2013

Make Vegetable Eating Fun

Wouldn't it be wonderful to your child say "Yeah! We are having broccoli again?"

- Do you have finicky eaters?
- Do you struggle with your children in eating their vegetables?
- Have you ever thought about having your own vegetable garden?

A great way to teach children about vegetables is to start a child's garden; in fact you might even turn those finicky eaters into real veggie lovers.

Vegetable gardens can come in many different sizes and shapes. You don't have to have a large piece of land or even a yard, but you do need good soil, plenty of sunshine, and a water source. Vegetables can grow in containers right on your patio.

The more children are involved in planting, tending and helping with the harvesting of their garden, the more likely they are to enjoy eating the "fruits of their labors." Good vegetables for Blythe are Tomatoes, Squash and Peppers.

Summer Fruits & Veggies

Find the fresh summer fruit and veggies. Words can be written forwards, backwards or diagonally.

Blueberry	Mango
Cherry	Peach
Corn	Plum
Cucumber	Strawberry
Green Bean	Tomato
Lettuce	Watermelon

Raspberry & Cream Banana Ice Cream

To make this, blend in a food processor:

1 1/2 frozen banana

1/2 cup frozen raspberries

1/3 cup vanilla yogurt

Blend until smooth and creamy. Eat immediately or place in the freezer for a harder consistency. This flavor is creamy and delicious, but also refreshing!

Kids in the Kitchen

It won't be long before school's out, so now is a great time to get children excited about cooking. Here are some kid- friendly cooking tips parents and grandparents can try:

- **Take kids grocery shopping** and have them help choose the ingredients for the night's dinner menu.
- **Stay safe**. Tie back long, have kids wear clothes that that won't get in the way and watch out for hot and sharp objects.
- **Before cooking, make sure hands are washed and dried**. Sing the entire ABC song with little ones while they scrub for thoroughly clean hands, then dry completely.
- **Spills will happen**. Have a damp cloth on hand to clean them up quickly. Instill good habits by having children help tidy up the kitchen while they work.