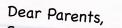
# From Classroom to Family







Summer is around the corner. Staying healthy takes a village. Check out page 2 for tips and resources.

## Start by signing up for Text2LiveHealthy

- Receive weekly texts that include:
  - \*Strategies to set health goals \*Fun recipes
  - \*Ideas to stay active as a family
  - \*Ways to drink more water
  - \*Tips to drink fewer sugary drinks
  - \*Local events and resources

### **Bunny Wrap**

Makes 2 servings

### **Ingredients**

- 2 small whole-wheat tortillas
- 1 cup baby spinach
- 4 tbsp shredded carrots
- 1 red bell pepper, sliced in strips
- 2 tbsp hummus/low-fat cream cheese Tooth picks

#### Directions

- Spread hummus on tortillas
- Add spinach, carrots & bell pepper
- Roll up tightly, secure with tooth picks & cut into thirds

Next time try it with different veggies!



# Text2LiveHealthy

Fun tips to keep your family healthy

### Sign up Today!

Text the word "FOOD" to the number 21333



### DON'T FORGET!

Respond to the first 3 texts to personalize your messages

### Healthy Summer Goals and Food Assistance for the Whole Family

Healthy Goals	Drink water instead of sugary drinks	Be active with your family	Eat a variety of fruits and veggies
Monday	Fill up your water bottle 3 times a day	Take a 30 minute walk with your family	Red: Red bell pepper, tomato, raspberry, strawberry
Tuesday	Say no to soda! Don't keep any sodas at home	Take the stairs	Orange: Carrot, sweet potato, orange, peach
Wednesday	Drink water instead of sports drinks	Create a tradition to have a 5 minute dance party before dinner	Yellow: Corn, yellow squash, grapefruit, pineapple
Thursday	Flavor your water with orange and lemon slices	Play tag with your kids	<b>Green:</b> Cucumber, spinach, grape, green apple
Friday	Drink water with every meal or snack	Walk 6 extra blocks	Blue/Purple: Eggplant, purple cabbage, blueberry, plum
Saturday	Start your day with a glass of water	Jog in place while watching TV	White/Brown: Mushroom, cauliflower, pear, banana
Sunday	Write your own:	Write your own:	Write your own:
CNIAD	VA/T <i>C</i>	CMC	Summon Food

#### SNAP

Food assistance for eligible families

Call 855-855-4626



### WIC

Food and nutrition help for pregnant, breastfeeding women and kids under 5 Call 800-688-7777



#### CMC

Learn to shop and cook healthy food on a budget

Call 303-892-8480

Cooking Matters Colorado



### Summer Food Kids and teens eat free

all summer long

Call 855-855-4626 or go to

www.kidsfoodfinder.org





www.TheNutritionProgram.org & www.cowpprogram.com





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