

From Classroom to Family



Dear Parents,
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



Text2LiveHealthy
Fun tips to keep your family healthy

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!**



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	Green: 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:

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



CONNECT WITH US

www.TheNutritionProgram.org & www.cowpprogram.com



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