



August Family Newsletter



Choosing Healthy Habits Planner Theme: Energy Balance

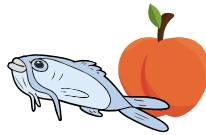
The amount of calories consumed is considered as energy in and the amount of calories you burn is considered as energy out. One way to keep your energy balanced is by eating **three** vegetables and **two** fruits and exercising at least **60** minutes a day.

*Check out page 43 in the *Choosing Healthy Habits* planner for more on energy balance.



Healthy Habits Celebrations

- ✓ Catfish Month (protein)
- ✓ Peach Month (fruit)



Virtual Learning Resources

HealthMPowers is providing virtual learning resources for families to improve healthy eating, handwashing and physical activity behaviors to improve health and fitness.

Check it out!

www.healthmpowers.org/services/resources/

Harvest of the Month: Watermelon

Fun Facts

- ✓ Watermelon is 92% water.
- ✓ Watermelon is a good source of vitamin A (*improves vision*).
- ✓ One cup diced or one small (1-inch thick) slice counts as one cup of fruit.



Buying Tips

- ✓ Select watermelons that are symmetrical and heavy for their size.
- ✓ Store whole watermelons at room temperature; refrigerator cut pieces for up to five days.

Watermelon Strawberry Shake

Ingredients:

- 8 ounces lemon nonfat yogurt
- 2 cups watermelon, cubed
- 1 pint fresh strawberries
- 1 medium banana, peeled and sliced



Instructions:

1. Combine all ingredients into a blender.
2. Blend until smooth.
3. Enjoy!

*Makes 4 servings. For more information, click here!