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# PLAY YOUR WAY!

one hour a day!



## Keep Active this Summer!

Beautiful weather outdoors definitely makes it easier to get in physical activity. Take advantage of all your community has to offer. Make a summer bucket list full of local parks, aquatic centers and splash pads, summer reading activities at the library, hikes on local trails and creative games in the yard.

Kids will look forward to the activities and checking them off the list. Remember that kids need at least 60 minutes of physical activity every day, all year long!



## Summer Meals

Soon students will celebrate the end of the school year. It's an exciting time as kids move on to the next grade and take a break from the normal routine. Healthy lunches don't have to end with the school year, however. Most communities offer free lunches to all children age 18 and under during the summer. These meals meet nutrition guidelines and help ensure kids don't go hungry.

Look for information from your school about where and when meals will be served. You can also text "Food" or "Comida" (for Spanish) to **877-877**. Or, go to [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks) and enter your address to find the nearest location.

Many meal sites offer fun activities for the kids to do before or after the meal, such as a game, art project, gardening or special program.

Fuel  
your  
fun.  
Eat fruits  
and veggies.



Pick a better snack™  




## RADISH

- Enjoy this root veggie while in season. It grows well (and fast!) in Iowa in the spring or fall when it's not too hot. It's ready to harvest 3-5 weeks after planting.
- Like spicy foods? Radishes vary in spiciness depending on the variety. The red ones you find in the grocery store are moderately spicy as far as radishes go. Cook them and they become milder.
- Try another kind of radish popular in Asian dishes. The daikon radish is a longer, white radish that is sweet and mild compared to the small, round red radish.



## TURNIP

- Did you know that turnips are also a root vegetable? Like radishes, turnips grow underground and are the root of the plant. (You may eat other root veggies, like carrots and potatoes.)
- Choose smaller turnips, which are more tender and taste better.
- Eat them raw in slaws, salads or with a dip. Or, cook them in a variety of ways, such as microwave, bake, roast or sauté.