



# KID'S KORNER

## Seminole I.S.D. Food Service

### The Parent Survival Guide to Summer Break How summer break can be enjoyed by kids and parents!

Kids crave structure. When school lets out for the summer, all that unscheduled time ahead can feel overwhelming - for kids and their parents. To help you cope, we've collected some survival tips to help you endure - and even enjoy! - summer with your kids.

#### 3 Food that Taste Best in Summer:

In season foods grown locally taste amazing! Explore fruits and veggies with your children at a farmers' markets or harvest them from your own garden.

- **Tomatoes:** During the height of summer, tomatoes can be found in numerous shapes, sizes, and colors! A ½ cup serving is also a good source of antioxidants, including vitamin C.
- **Raspberries:** Bright and delicious raspberries are packed with vitamins, minerals, and fiber.
- **Summer squash:** A ½ cup serving of these tasty and abundant yellow squashes are a good source of vitamin C and a fun way to eat more veggies.

#### Inexpensive, Guilt-Free Summer Fun

- **Make chores fun!** Assigning points to each task. When kids reach point milestone (like 500 points), they receive a prize. Unloading the dishwasher? 20 points. Sweeping the floor? 25 points. And so on.
- **Go on a library excursion:** Challenge your kids to go on a library scavenger hunt for books on various subjects. When all the books have been found, check them out and enjoy family reading at home.
- **Explore board games.** Get all the benefits of video games like problem solving, hand/eye coordination - without the drawbacks - by pulling out a board game! There are numerous games for kids of all ages. Find a new family favorite.

#### Eat Well All Season Long

Starting June 1st - find a nearby meal site and hours of operation.

- Call 211
- Text FOODTX to 877-877, or
- Visit SummerFood.org

No form of identification is required, kids simply show up. The Summer Food Service Program (SFSP) is administered by the Texas Department of Agriculture.

Check out this Month's menu: <http://seminoleisd.nutrislice.com/menu/>

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