

Mark Your Calendars

June 3 National Egg Day
June 4 National Cheese Day
June 5 Ketchup Day
June 18 National Picnic Day

Visit your local farm or farmers market all month long for Jersey Fresh produce and support businesses in your community!

Fruit Popsicles

Ingredients

$\frac{3}{4}$ cup Greek yogurt
2 $\frac{1}{2}$ cups fruit of your choice
Honey as desired

Directions

Add all the ingredients into a blender and blend until smooth.

Evenly distribute the mixture into popsicle molds.

Secure the lid over the molds and freeze until frozen or overnight.

To remove the popsicle from the mold run the outside under warm water for a few seconds.

Enjoy your treat!

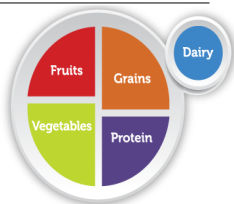
Written by Isabella Paz Baldrich,
Dietetic Intern/Saint Elizabeth
University

Maschio's Grab and Go Meals

Check out Grab and Go meals available in your district!

Many districts are offering free meals to students regardless of their meal status. Meals are also available for remote learning days!

Visit your district's food services page for details or call Maschio's Food Services at 973-598-0005 for details!



Vacation Hydration

Summer months are the best time to take a break, relax, and have some fun in the hot sun. However, heat-related illnesses rise as the temperature also rises. Staying hydrated is one important way to prevent getting sick from the hot weather.

Water is the best option for maintaining hydration. Drinking plenty of water allows the body to cool down on its own. It's important to drink throughout the day, not just when you get thirsty. Make sure you carry water for you and your family when doing outdoor activities during the hot months. Learn how much water you and your loved ones need to drink each day below:

Kids:

- Ages 4 to 8 need about 7 cups of water per day
- Ages 9 to 13 need about 9-10 cups of water per day
- Ages 14 and up need about 10-14 cups of water per day

- Women need about 9 cups of water per day
- Men need about 12.5 cups of water per day



Of course, fluid needs may vary depending on outside temperatures, humidity, and activity levels. Make sure to plan ahead to keep every body well hydrated! Some foods can also help with hydration. Certain fruits, like melons, have a higher water content. This means eating these foods can aid in daily fluid needs. These foods are great to enjoy on a hot day, not only to keep you hydrated, but they are tasty and healthy as well!

Written by Carolyn McCahill, Dietetic Intern, Montclair State University

References: <https://www.cdc.gov/nceh/features/trackingheat/index.html>

<https://www.eatright.org/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

<https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need>

Tips for Reducing Food Waste

What can we do to reduce wasted food?

1. The best way to reduce food waste is to not create it at all! Do not buy more food than your family will use until your next grocery trip.
2. Use all parts of the foods you buy. There are so many creative ways to reduce the amount of food being thrown out!

- Banana peels can be boiled with tea & used as a houseplant fertilizer
- Potato peels can be made into chips! Who doesn't love a good homemade potato chip? Blot with paper towels, drizzle with olive oil & spices, and then bake until crispy. Yum!



Written by Noel Payco, St. Elizabeth University

<https://www.usda.gov/foodwaste/faqs>