



Eat Right, Feel Great!

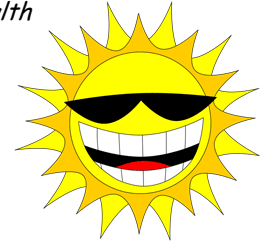
Captain 5 A Day Newsletter

Spring 2009

*In partnership with the College of Agriculture: Department of Allied Health Science,
University of Connecticut, and Connecticut Department of Public Health*

Drink up!

As the weather gets warmer, staying well hydrated is important.



- Hot temperatures and warm weather can quickly dehydrate the body, making it important to drink water throughout the day.
- Try to drink eight, 8-ounce glasses of water every day, and even more if you are physically active.
- If you spend a lot of time outside in the sun, your body may need more water.
- Beverages that best quench your thirst include water, 100% fruit juices, sugar free beverages, milk or caffeine-free coffee or tea.
- Carrying a water bottle makes it easy to remember to drink. Plus they are easy to refill!
- Water is a very inexpensive way to keep your body hydrated!
- Freeze 100% fruit juice into popsicles for a refreshing warm weather snack.



For more easy recipes visit our website at:

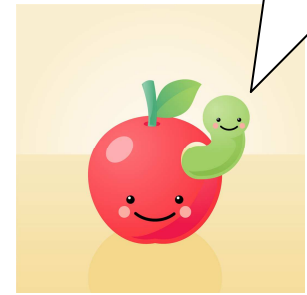
www.captain5aday.org

Grow Your Own Garden

Planting your own vegetable garden is a fun activity to do with your kids. This is a great way to get your kids to eat their veggies.

1. Remove all Weeds from the garden area.
2. Start growing food early in the spring.
3. Make sure your vegetable garden is in a sunny place.
4. Place the garden near your kitchen.
5. Keep planting all summer long so something fresh and tasty is always ready to harvest.

VISIT OUR WEBSITE
AT:
www.captain5aday.org



Fun and Refreshing Snacks for the Warm Weather

Fun Spring Activities to Do With Your Kids

- Plant a garden
- Baseball
- Walk the dog
- Swimming
- Bike ride
- Fishing
- Wash the car
- Hike
- Throw a Frisbee
- Hopscotch
- Go to a farmers market
- Berry picking
- Mow the lawn
- Make a picnic
- Canoe
- Go camping

Cool off with these fun snacks.
Great to make with your kids!

Yogurt Ice Pops

Ingredients:

- 1 cup plain low fat yogurt
- 1 small can frozen orange juice, 100% juice
- 2 tsp. vanilla

Prep:

Stir together and freeze in ice pop trays.

Fruit Popsicles

Ingredients:

- 1 cup 100% orange juice
- 1 cup 100% grape juice

Prep:

Combine together and freeze in ice pop trays



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