

JULY

Star Fruit Summer Favorite

1 cup low-fat vanilla yogurt
1/4 cup fresh orange juice
1 large star fruit, peeled and seeded
2 large mangoes, peeled and seeded
1/2 cup pineapple, cubed
1 cup fresh baby spinach, stems removed

Put all ingredients in a blender. Blend until smooth. Serve!



The Star Fruit

Fruit is naturally a perfect food packed with vitamins, minerals, and fiber necessary for healthy living. Low in calories, fruit is often America's go-to on-the-run food, and rightly so. But how about becoming more adventurous and getting out of the banana/apple/orange rut? Today's global marketplace makes it possible to serve many exciting and new-to-you fruits such as Kumquat, Kiwi, Guava, or Ugli fruit. Go ahead. Give them a try.

Stars and Stripes

Have your children paint five red and four white wood craft sticks. After drying, glue them to vertical craft sticks making the stripes of the flag. Cut a square of blue construction paper about 1/4th the size of the flag and have your kids use white crayons or glitter paint to draw in stars. Glue that to the striped craft sticks for your very own Grand Ole Flag. You can also add one extra craft stick to the left side of the flag for the pole.



Reach for the Stars

Tell your children it's time to go on a pretend trip to outer space. They can pretend to pack all necessary items, put on their uniforms and get into a spaceship. As you blast off into outer space together, explain what the lack of gravity will mean and its relationship to movement. Challenge the children to walk, run, skip, hop, gallop, leap, and crawl through space in an exaggerated zero-gravity slow-motion movement.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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