

# Making Mealtime Memories

## DIY Frozen Yogurt Pops



These frozen yogurt pops makes the perfect, healthy summer treat! Try different fruit varieties based on what your child likes using banana, strawberries, blueberries or raspberries!

### Ingredients:

- 2 cups of plain greek yogurt
- 2 cups diced fruit
- 1-2 tablespoons of honey or maple syrup (for children over 1) \*optional

### Directions:

1. Place all ingredients in a blender and blend until smooth or use a potato masher to blend them by hand.
2. Divide the mixture into small paper cups or ice cub trays and cover with foil (you can put them on a cookie sheet to easily transfer them to the freezer).
3. Insert a craft tick or straw into the center of each pop and freeze 4-6 hours or until frozen.

### Notes:

- \*Berries and bananas work best for this recipe.
- \*Popsicles will keep well for about 2 weeks in the freezer.
- \*Every popsicle mold will differ. This recipe makes about 2 cups of popsicle filling. If you have more filling than space allows in your popsicle mold, you can keep the blended filling overnight in the refrigerator and refill the popsicle mold the next day with additional popsicles.



Newsletter created by: Maria Musser

Please contact Maria Musser, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060 or [mmusser@ofoinc.org](mailto:mmusser@ofoinc.org)



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# Healthy Living With Head Start

## Sweet, Safe Summertime!

As temps rise, outdoor activities become more abundant. Many children love being outside, so make sure to keep your children safe this summer as the explore the great outdoors!



**Protect kids' skin!** Kids are especially susceptible to sunburn. The American Academy of Pediatrics recommends that children wear sunscreen with at least 15 to 50 SPF and to reapply every two hours after swimming, sweating or toweling off. Sunscreen under six months is not recommended.

**Hydrate, hydrate, hydrate** by drinking plenty of water (avoid soda, energy drinks or fruit juice which may worsen dehydration). If you need something sweet, try adding some fruit to your water for natural flavor!

**Maintain healthy eating habits.** It seems like soda and ice cream multiply in the summer. Ensure that your child is getting the vitamins and nutrients they need to fuel summer fun by providing them with plenty of fruits, veggies, lean protein and dairy!

**Water safety.** Toddlers should be no further than an arm's length away from their guardian when they're around a pool or body of water. Empty buckets, bathtubs, coolers and wading pools immediately after use, and always use a life vest or floats for non swimming children when in water!

**Ride safely.** As kids head outdoors, make sure they are practicing bike safety by wearing a properly fitted helmet.

**Avoid bug and tick bites!** May-October is tick season, so be on the lookout! The Academy of Pediatrics recommends no more than 30% concentration of DEET in repellants for children over two months old.

**Make sure to cool off.** Retreat in the shade (or air conditioning) for a break or a sip or water every 20 or 30 minutes. This will help to avoid things like heat rash and dehydration.



# Enjoy Summertime Adventures

## Discover Healthy Summertime Treats

### Try this ..

- ☀️ DIY Frozen Yogurt Pops
- ☀️ Pita Chips or Veggie Sticks with Hummus
- ☀️ Fruit-Infused Water or Flavored Seltzer
- ☀️ Fresh Fruit Bites
- ☀️ Sandwiches or Wraps with Grilled Chicken

### Instead of..

- .....Ice Cream
- .....Potato Chips and Dip
- .....Fruit Juice or Soda
- .....Candy or Cookies
- .....Hamburgers and Hotdogs

## Local Outdoor Activities

**Wilber Park** features tennis and basketball courts, a playground, picnic pavilions, trails and a pool (opening June 27th!)

**Neahwa Park** has a skateboard park, playgrounds, multi-use fields, dog parks, trails and more.

**Gilbert Lake State Park (\$7 car entrance fee)** has a beach/swimming area, kayak and paddleboard rentals, camping, biking, fishing, disc golf and more.

**Glimmerglass State Park (\$7 car entrance fee)** has access to fishing, beach/swimming, bike paths, playgrounds, camping, hiking and more.

**Fortin Park** includes playgrounds, three pavilions, a volleyball net and horse shoe pit trails and water.

**Betty and Wilbur Davis State Park** has camping, hiking, and catch and release fishing available.



# DIY Picnic Basket

These DIY picnic baskets are the perfect addition for your family outing. Make your bags the day before to get your little one excited for a picnic the following day. Consider letting them pick out their own decorations (glitter, ribbons, etc.) and allow them to pick which snacks they want to bring. These are also great for parties.

### Materials:

- Paper Bags (1 per child)
- Scissors
- Glue
- Stapler
- Any decorations or designs you may want

### Instructions:

1. Cut the paper bag in 3 places as shown using scissors. The bottom portion will be the basket, the middle portion will be the handle and the top portion can be discarded (x shown in the picture.)
2. Fold over the top edge of the basket portion if desired.
3. Cut through the loop of the handle portion to create one long strip.
4. Fold over each end of the handle strip and glue to itself to create a thicker base to staple onto the basket.
5. Attach the handle portion onto the basket portion with a stapler.

### What to pack for a picnic:

- Picnic Blanket:** Use an old blanket, or table cloth that is big enough for you and your family
- Plenty of sunscreen and bug spray:** apply before you leave and bring backup just in case!
- Hats and Sunglasses:** protect you and your child from the sun.
- Paper plates, napkins and wet wipes** will help with an easy clean up!

