



Summer Meals
For Kids!



Nutrition
for a
Healthy
Body



Reading
for a
Healthy
Mind



Summer Meals
For Kids!



Run.
Skate.
Jump.
Dance.
Climb.
Bike.

For a
Healthy
Body and
Mind



Summer Meals
For Kids!



Apples
Carrots
Berries
Oranges
Melons



Nutrition
for a
Healthy
Body



Parent Tips for a Healthy Summer

-  Volunteer: Promote a Summer Food Service Program in your school or neighborhood.
-  Serve meals or supervise activities.
-  Read with your child.
-  Talk to your child about good nutrition.
-  Join your child in a physical activity.



For more information, call:

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