



August Family Newsletter



Choosing Healthy Habits Planner Theme: **Energy Balance**

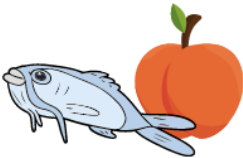
The amount of calories consumed is considered as energy in and the amount of calories you burn is considered as energy out. One way to keep your **energy balanced** is by eating **three** vegetables and **two** fruits and exercising at least **60** minutes a day.

*Check out page 43 in the *Choosing Healthy Habits* planner for more information.



Healthy Habits Celebrations

- ✓ Catfish Month (protein)
- ✓ Peach Month (fruit)



Virtual Learning Resources

HealthMPowers is providing virtual learning resources for families to improve healthy eating, handwashing and physical activity behaviors to improve health and fitness.

Check it out!

www.healthmpowers.org/services/resources/

Harvest of the Month: **Watermelon**

Fun Facts

- ✓ **Watermelon** is 92% water.



Buying Tips

- ✓ Select **watermelons** that are symmetrical and heavy for their size.

✓ **Watermelon** is a good source of vitamin A which help improves vision.



symmetrical and heavy for their size.

✓ Store whole **watermelons** at room temperature; refrigerator cut pieces for up to five days.

Watermelon Strawberry Shake

Ingredients:

- 8 ounces lemon nonfat yogurt
- 2 cups **watermelon**, cubed
- 1 pint fresh strawberries
- 1 medium banana, peeled and sliced



Instructions:

1. Combine all ingredients into a blender.
2. Blend until smooth.
3. Enjoy!

*Makes 4 servings. For more information, click [here](#)!



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Source: <https://fruitsandveggies.org/recipes/watermelon-strawberry-shake-2/>

