



HEALTHY EATING

- Isabella and Joel's favorite snacks are fruits and veggies! They try to avoid processed, packaged, and fast foods when possible. They also use reusable containers when packing water and snacks! This decreases the amount of chemicals in your body and waste for the planet.



- Before eating fresh fruits and vegetables, wash them using cold, running water to remove germs that could make you sick. Choose metal or glass containers when possible, and avoid microwaving food in plastic!
- **Did you know?** Some crops are treated with pesticides that can get into the foods you eat. Eating a lot of different foods is not only more nutritious, it can help to reduce exposure to pesticides. The *Environmental Working Group* has a list of "Clean 15" foods that are grown with low levels of pesticides. Choose foods from that list when possible!

WEEKLY GOALS

- Try a new fruit or vegetable! Eat it raw, add it to a smoothie, or try a new recipe.
- Become a food detective! Take a trip to your neighborhood farmers' market and find out where and how your food was grown. Supporting local farmers is good for you and the environment.

ACTIVITY



Summer "nice cream" - a delicious treat! Blend frozen fruit together with a little liquid (milk, almond milk, coconut milk, etc.) until it's a thick, smooth, soft-serve consistency. Then, top it with nuts, more fruit, cacao nibs, or seeds to make healthy "sundaes"!

Try melting dark chocolate with coconut oil to make a chocolate shell topping for your "nice cream". Experiment with different flavors, for example: peanut butter-banana, pineapple-strawberry, peach-blueberry, or mango-raspberry!

Join me next week for my fourth challenge!

