Recess!

Do you think back fondly to recesses when you were a school child? It was a chance to run and play and enjoy being active after being confined to our desks in the classroom.

With our summer topic, we hope to inspire a new idea of recess. On each day of the week, try to give yourself a physical break, a time to move and be active. It can be as short as 10 minutes as long as it gets your heart beating just a bit faster.

Adults are recommended to fit in 30 minutes of physical activity on most days of the week to promote good health.

Children are recommended to have twice that amount, one hour of active play each day.

Our discussions at check up all summer long will have ideas on how to be active at any age. Remember, our children look to us and follow our example. If they see us being active, they are more likely to adopt that as part of a healthy lifestyle.

Our daily recess can be as simple and as low cost as taking a walk down the street, around the block or at a park. It can even be a special time to reconnect as a family. Mark your calendars!

Quick WIC Kitchen

Lemon Velvet Supreme

2 cups vanilla yogurt, fat-free
3 TB instant lemon pudding mix
8 squares graham cracker, crushed
1 can (4oz) **mandarin orange slices** , drained (or your favorite **fresh summer fruit**)

Combine yogurt and pudding mix. Layer bottom of serving dish with crushed graham crackers. Pour pudding mixture over crumbs. Top with fruit pieces.

***WIC Food**

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