



July

SNAC News

Wyoming Nutrition Action Coalition

Breakfast a Go-Go with a Watermelon Twist

Ingredients:

1/3 cup low-fat granola
3/4 cup de-seeded watermelon chunks
5 ounces low-fat banana yogurt

Directions:

In a large glass, create the following parfait by adding the above ingredients in layers. Start by adding a layer of granola on the bottom, then add chunks of watermelon, then banana yogurt, granola, chunks of watermelon, and top it off with another layer of banana yogurt. Garnish with a slice of banana on top.

1 serving

Watermelon and Water – Why in July!?



Shopping Tips

Look the watermelon over. You are looking for a firm, heavy for its size, symmetrical watermelon that is free from bruises, cuts, or dents.

Turn it over. The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun. Wash in cool running water before cutting the melon.

Whole melons can be stored in the refrigerator for a week.

Source: <http://www.watermelon.org>

Nutrition Benefits

- Watermelons are high in vitamin A, C, and B6
- You can't be sad eating a watermelon
- Watermelon is 92% water
- Drinking water helps keep you alert
- When it is hot your body needs more water

Activity Ideas/Comments

- Get a water buddy in your life to encourage each other to drink more water!
- Have a watermelon seed spitting contest and measure how far the seed goes. Learn to put the results on a graph.
- Make guesses about the number of seeds in a whole watermelon or slice of watermelon.
- Water relay. Make teams. Fill a plastic cup and run to a bucket and pour it out. Run back and have the next person do the same. The winning team is the first one to fill up its bucket.

Source: <http://www.safetyathome.com/environmental-safety>
<http://www.kinderthemes.com/Watermelon.html>

Conversation Starters

A human is about 67% water.

The human brain is about 85% water.

Adults need 8 to 12 glasses of drinking water daily, as an adult will lose 16 cups of water a day. 1 ½ cups of water is lost just from breathing.

In the United States, 75% of adults are chronically dehydrated.

Losing 4 to 5 percent of your body's water makes your work performance drop by 20 to 30 percent.

Lack of water is the number one cause of daytime tiredness.

Dehydration can occur in any season.

Water helps digestion and regulates body temperature.

Source: <http://www.healthdrinkingwaterblog.com>

For more information call:

Supplemental Nutrition Assistance Program 800-457-3659

Wyoming Department of Education Nutrition Programs 307-777-6263

University of Wyoming Cent\$ible Nutrition Program 877-219-4646

Wyoming Department of Health Women, Infant, and Children (WIC) 800-994-4769