



Summer Quick Tips

July 2025

Cornell
Cooperative
Extension

Healthy Snacks for a Busy Summer!



Summer can be a busy time for families - filled with sports, day camps, reunions, picnics, and other fun activities. But being on the go doesn't mean you have to skip out on healthy snacks. With a little planning, bringing your own can be simple and satisfying! Here are some easy, nutritious snack ideas:

1. Veggies and Dip - Choose your family's favorite vegetables. Wash, cut, and pack them in reusable containers along with a low-fat dip. Add an ice pack to keep them fresh.
2. Infused water - bring reusable water bottles and add a slice of orange, lemon, or another fruit for a refreshing twist!
3. Whole Fruits - Fruits like apples, bananas, or grapes make great grab-and-go snacks. Wash them ahead of time and pack in a reusable bag.
4. Homemade Popcorn - Pop popcorn on the stove or in an air popper. Try fun toppings like grated parmesan, salt and pepper, or your favorite spice blend. Pack individual portions in reusable containers.



Farmer's Markets

During July, there is a bounty of fresh vegetables and fruit available at your local farmer's market. Look for beets, broccoli, green and yellow beans, lettuce, fresh herbs, cherries, peaches, and blueberries. Don't forget to use your WIC fruit and vegetable benefit, Farmer's Market Nutrition Program checks, and your EBT card.



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Building Healthy Habits Recipe

Fruit Pizza

Serving size ½ muffin plus fruit

Ingredients

- 1 English muffin - try whole grain
- 2 tablespoons reduce-fat cream cheese (see notes)
- 2 tablespoons sliced strawberries
- 2 tablespoons blueberries
- 2 tablespoons crushed pineapple

Directions:

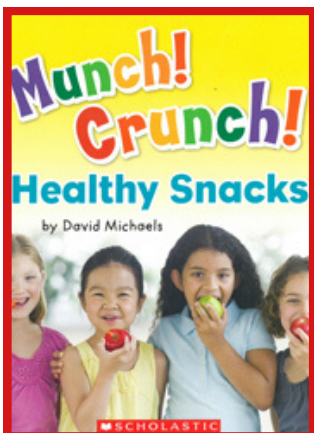
1. Wash hands with soap and water.
2. Rinse fresh fruits under running water before preparing.
3. Split open the English muffin and toast the halves until lightly browned.
4. Spread cream cheese on both halves.
5. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
6. These are best when served immediately.
Refrigerate leftovers within 2 hours.

Notes:

- Use any combination of fruit for topping the pizza, such as apples, raisins, pears, or peaches.
- No cream cheese? Try peanut butter or sunflower seed butter.
- Sprinkle with nuts or seeds for added crunch.



Nutrition Facts: Serving size: ½ muffin plus fruit, 23% calories from fat; calories: 120; total fat: 3g; saturated fat: 1.5g; sodium: 170mg; total carbohydrate: 19g; added sugars: 0g; Protein: 4g; Calcium: 114mg; Potassium: 149mg, Vitamin C: 8mg Vitamin A: 25mcg
Source: FoodHero.org



Kids' Book Nook

With your child, visit your local library and borrow "Munch, Crunch, Healthy Snacks" by David Michaels. This book encourages kids to enjoy tasty, healthy snacks. After reading together, discuss with your child their favorite healthy snack!

Meet Your Educator

Name:

Extension:

Contact information:

