

Celebrate the 4th of July

PARENT ACTION
FOR HEALTHY KIDS

☆☆☆ *the Healthy Way!*

Physical Activity



Walk in a Parade

Does your town have a Fourth of July Parade? Consider walking or riding in it rather than watching it. It's a slower aerobic workout, but you will burn more calories walking it rather than watching it. You can dress up or decorate your bike in red, white, and blue and really be a part of the celebration!



Backyard Olympics

Create your own neighborhood Olympic games with relay races, ball throwing competitions, biking events or water sports. Create awards with fun and silly categories so that everyone is a winner!

Nutrition



American Flag Toast

This easy and quick breakfast is a great way to get in the holiday spirit and get a full serving of fruit. The only ingredients required are whole grain toast, strawberry jam or jelly, blueberries, and bananas!



Stars & Stripes Pasta Salad

This pasta salad will fit into the spirit of the day and be nutritious too. All you need is cooked macaroni, cucumbers, sliced cheddar cheese, pepperoni and lite Italian dressing. Use cookie cutters to cut the ingredients into stars and other fun shapes. Kids will enjoy helping to prepare it as much as they will enjoy eating it. The best part is it's just around 150 calories per serving.