



Nutrition Nibbles

UA Nutrition Network

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More Nutrition Ideas from Your Summer Resource Kits for July!

We're on the web!

Activities, log forms, recipes, and much more are at:

uanutritionnetwork.org

eatwellbewell.org

[facebook.com/aznncordinator](https://www.facebook.com/aznncordinator)

Have you checked out all the great nutrition ideas in your summer resource kit for July? Here are a few to keep things fun and fresh this month:

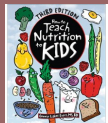
The Mystery Moo Juice: Through this activity, children will be able to become detectives by reading milk carton labels, learning about the differences in fat content indicated on the labels, and choosing the milk lowest in fat.

Calcium Tag: A designated tagger calls out each group and individuals of that group must run to the other side of the room without being tagged. The groups can be changed to combination foods high in calcium including cereal, fruit smoothies, and quesadillas.

Sandwich "Sense"ations - A variety of foods can be used to create a nutritious sandwich that appeals to all five senses. Learn about the five senses and how they help us appreciate food by creating your own sandwich using pictures of food.

Breakfast is the way to start the day – Participants are separated into groups where they create a "top ten" list of reasons why breakfast is the most important meal of the day. Together, the groups then discuss their lists as well as simple, healthy breakfast ideas like fruit and yogurt parfait, granola, pancakes, and waffles.

Purchase of the month:



How to Teach Nutrition to Kids is a great resource guide for your staff with nutrition worksheets, activity ideas, and much more! Available at [Health Edco](http://HealthEdco) for only \$19.99.

Website of the month:



Have you visited the MyPyramid tips page lately? The site has great quick information on nutrition basics and there's also an [interactive website](#) for kids!

Quick Question Corner

How much do the nutrition educational reinforcement ("incentive") items cost and how many can I order?

These items are free to your sites as a benefit of partnering with the UA Nutrition Network. The quantity of your order depends on the enrollment at your site and any special nutrition events or activities you have coming up. Please contact your [coordinator](#) if you have questions or to place an order.

Coming in August

Do you have a great idea about how to make our partnership even better? Are there resources that you'd like more of? Look for our inaugural feedback survey coming soon!



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