

FOOD & FUN FOR EVERYONE

Eating right and staying active can be challenging with COVID still around. Here are some ideas to help you keep your family healthy while having fun!

Summertime Healthy Tips

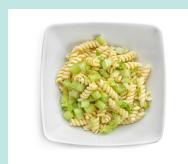
- Try to eat a variety of fruits and vegetables. There are so many different kinds! If you have a picky eater try cutting up vegetables and serving it with dip. Our Creamy Ranch Dip is always a hit with both kids and adults. See recipe below.
- Summertime brings all sorts of farm fresh fruits and vegetables. Mix up the colors you eat to have a rainbow of fruits and vegetables. It's what is best for your body. Help stay healthy from your heads to your toes.
- Add fruits and vegetables to every meal! What's your favorite vegetable? Start a tasting chart and give stars to the favorites! What vegetable will win at the end of the summer?



Healthy and Delicious Kid-Friendly Recipes

Chicken Pasta Salad

- 2 cups whole wheat pasta, uncooked
- 1 cup shredded carrots
- 1 cup chopped celery
- 2 (5 ounce) cans of chicken, drained
- ¼ cup Italian salad dressing



1. Cook pasta according to directions on box. Chill pasta in fridge for 1 hour.
2. In large bowl, combine cooked pasta, carrots, celery, and chicken. Mix together.
3. Pour salad dressing over the top and mix well. Enjoy!

Creamy Ranch Dip

- ⅓ cup mayonnaise
- ⅓ cup non fat plain yogurt
- ¼ teaspoon dill weed
- ½ teaspoon celery salt
- 3 cups of your favorite cut-up vegetable



1. In a small bowl, stir together the mayonnaise, yogurt, dill, and celery salt. Blend until creamy.
2. Serve with baby carrots, celery sticks, cucumber slices, cherry tomatoes, or any other fresh veggies.

Flip over to find out about summer food programs!

Summer Farmers Markets

Farmer's markets are open throughout the state! Check the sites in your town and nearby for fresh fruits and vegetables along with incentives to increase your produce purchased. Visit <https://guide.farmfreshri.org> to find a market near you!



Use your **SNAP benefits** at many farmers markets to get a **100% bonus to spend on fruits and vegetables!**

Farm Fresh RI's **Healthy Food, Healthy Families program** can be found at the markets listed below:

Mondays: Neutaconkanut Park in Providence
Tuesdays: 559 Dexter St in Central Falls
Tuesdays: Thundermist in Woonsocket
Thursdays: Armory Park in Providence
Saturdays: 807 Broad St in Providence

Healthy Food, Healthy Families is a multicultural, bilingual nutrition education and incentive program that Farm Fresh RI offers at local farmers markets during the summer. It includes hands-on activities for families, weekly snacks made from locally grown ingredients, and recipes for preparing fresh produce in a kid-friendly way. For each week of participation, families receive \$10.00 in bonus coupons to purchase fresh fruits and vegetables at the farmers market.

FREE Summer Meals for Kids

Many schools, parks, and splash pads around Rhode Island provide free meals to kids in the summer. Anyone 18 years old and under can just show up and get food! Some sites also have fun activities and enrichment programs.



Find a site to get **FREE grab & go meals** for your children

Visit <https://covid.ri.gov/public/food-sites-children> or **Call 2-1-1**



A few more ideas for summer fun!



Enjoy a day at the beach! The RIPTA beach bus is back in service this summer: <https://www.ripta.com/beach-service/>



Check out your local library for free passes for parks and museums throughout the state. Many museums also have certain times where entry is free.