

Summer Meals Newsletter

Healthy Lincoln County

Healthy Home Tips to Pass Along!

July 20-31st
Weeks 5&6

Encourage children to drink more water!

Fun ways to make water more appealing to kids

- 1) Use ice cube trays that make fun shapes and use those ice cubes in kids' water
- 2) Float slices of fruit (such as lemons or limes) in a pitcher of water
- 3) Have them pick out a special 'water cup'

Remember to set a good example and drink water your-



Warren meal site during one of their lunches; they loved their salads!

Statistics

4,354 Lunches & 2,394 Breakfasts
Have been served so far by our SFSP volunteers and prepared by our cooks, Dawn M. and Dawn H.

Reminders

- Please encourage the use of the share bowl. We don't want to waste any food that can feed kids who are still hungry after their first lunch.
- Make sure to keep the lunches refrigerated in coolers on field trips.
- Double check milk expiration dates to ensure we are not serving spoiled milk.