



Wellness  
Nutrition

June 2019

Fun FaCts

## Outdoor Family Fun

Get the family outside and active with these fun family games!

### Take an alphabet hunt walk!

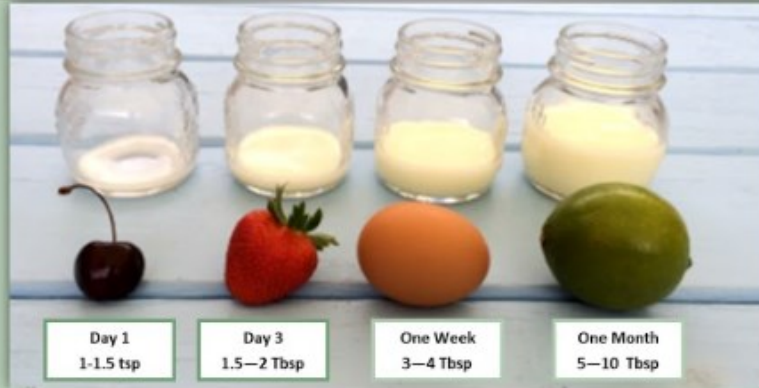
An outdoor alphabet search can help kids learn while having fun! As you take a walk have each person call out letters of the alphabet starting with "A" as they see objects that start with the letter.



### Go on a nature hunt!

Ask your child to find items while on a walk or even in your yard! You can name off things to find like a rock, dandelion, stick or leaf. Kids can collect the items in a small container if they want. You can continue the fun by having the kids draw pictures of what they find, or make a list of objects to find before-hand and let them count up how many things they could check off the list.

# Babies Are Born With TINY Tummies!



Your body has the perfect amount of newborn milk (colostrum) in the first few days following birth (before you start producing mature milk).

Breastmilk is used (metabolized) by baby's body really easily and quickly, so babies eat **really** often (8-12 times in 24 hours) Follow baby's lead and watch for early hunger cues.

## Delicious & Nutritious!

### Banana Peanut Butter Frozen Yogurt

4 servings

Prep 10 minutes

Freeze 2 hours

Recipe from [wichealth.org](http://wichealth.org)

#### Ingredients:

- 3 peeled, sliced, frozen bananas
- 1 cup plain yogurt
- 1 cup peanut butter
- ½ cup dark chocolate chips



#### Directions:

Wash prep area and your hands. Combine bananas, yogurt, and peanut butter in a food processor or high speed blender. Pour into a medium-sized, freezer-safe container or dish. Mix in chocolate chips and spread into an even layer. Freeze for 2 hours, or until frozen but still soft enough to scoop.

TIP: If freezing overnight, cover with lid or plastic wrap. Let sit out at room temperature for 5-10 minutes before serving.