July means Independence Day! It also means summer heat! Join SuperKids Nutrition with fun ways to celebrate the 4th, stay cool, and beat the heat!

Let’s get together! July is a time when family, friends, and neighbors celebrate together, play together, eat together, go places together and do some grillin’ and chillin’!

School’s Out! Now what? Suddenly our children are everywhere we look! We parents look for ways to keep them busy. But kids are actually less active in summer time. Did you know the CDC states that kids experience more weight gain in the summer?

Stay Cool! How do we escape the summer heat, stay active and still stay cool as a cucumber? Other than heading to the nearest ocean or lake, how about a game of water balloons, water gun fights, catch or dodge ball using soaking wet sponges? Also try a DIY slip-n-slide with a piece of heavy duty plastic and garden stakes! Check out more fun water games.

Throw some veggies and fruit on the “bar-bie” please! That’s right fruit! Veggies on the grill are delicious but fruit is forgotten. Try these sweet grilled peaches. Meal preparation is fast and easy as 1-2-3. Try out this simple recipe and see for yourself:

- Fish Kabobs- Slice your favorite veggies and skewer with 2” cubes of salmon or cod (thick flesh fish) and brush on your favorite marinade.
- Fruit kebabs can be favorite fresh fruit skewered into a colorful display. Slice a pineapple into 1/2” thick slices. In a bowl whisk 2 tbsp honey, tsp olive oil, 1 tbsp fresh lime juice, 1 tsp cinnamon. Place pineapple on grill, brush with marinade, after 2-3 minutes turn, and repeat until golden brown. Serve warm and pair with your favorite fish. Mmmm!
- Food Safety! Remember when it’s hot, be extra careful with food safety precautions!

Parent Power Tips from SuperKids Nutrition Founder

Summer is the peak season for grilling food. SuperKids Nutrition would like to offer healthy grilling tips for you and your family based on AICR.org cancer prevention resources.

Take the Challenge: Try and reduce the amount of red meat and chicken you grill this summer by switching to fish, vegetables, and fruit as often as you can. See if you can reduce red meat to once or twice a month. If you find it difficult, try not to get too discouraged. It takes practice! You can do this!

Healthy Grill Tips: When possible, grill lean meat, chicken or fish in the center of the grill and turn frequently to avoid charring from flames. Cut into small pieces to cook faster! Be sure to use a citrus marinade to help minimize cancer forming substances.

Who knew? The AICR states that fruits and vegetables are identified as decreasing the risk of cancer. Did you know that grilled veggies and fruits do not produce carcinogens, which are substances linked to cancer. Do you hear the words, “Can I have more please?”

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