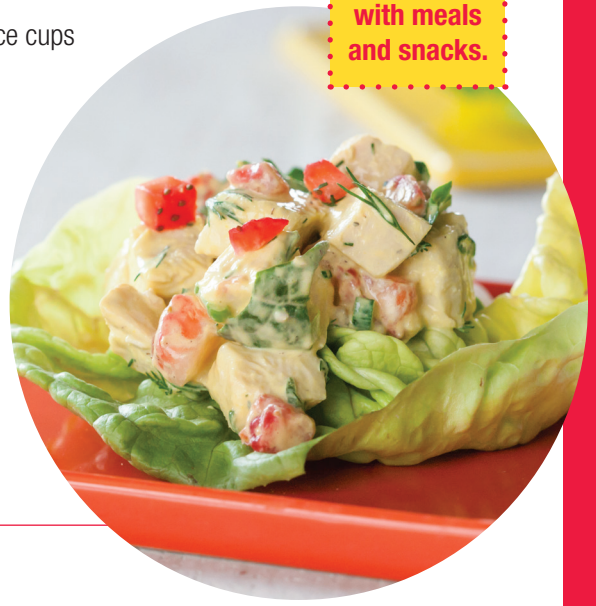
BE THE CHEF! **PREP TIME: 15 MINUTES**

Fruity Fun Chicken Salad Cups

This chicken salad, served in cute lettuce cups, helps make summer fruits and vegetables fun to eat.

Eat fruits and veggies with meals and snacks.

Servings: 6 | **Serving Size:** 2 lettuce cups



INGREDIENTS

- 1 10-oz can all white meat chicken
- ½ cup strawberries, diced
- ½ cup fresh spinach, chopped
- ¼ cup green onions, thinly sliced
- ¼ cup fat-free sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dry oregano leaves OR dry dill weed
- ¼ teaspoon ground black pepper
- 12 small Romaine lettuce leaves or Bibb lettuce leaves

DIRECTIONS

1. Drain canned chicken.
2. In a medium bowl, combine chicken, strawberries, spinach, and green onions.
3. In a small bowl, mix together the sour cream, yellow mustard, oregano or dill, and black pepper.
4. Gently fold the dressing into the chicken mixture.
5. Measure ¼ cup of chicken salad into each lettuce leaf.

OPTIONS

- Use 1½ cups of any cooked white meat chicken in place of canned.
- Consider adding blueberries, diced peaches, or grapes for a fruitier chicken salad.
- Instead of serving in lettuce cups, serve over 1½ cups of leafy greens like torn or chopped Romaine to make it a salad.

NUTRITION INFORMATION

Amount per serving: 2 lettuce cups; **Calories:** 58; **Total Fat:** 2 g; **Saturated Fat:** 0 g; **Sodium:** 121 mg; **Potassium:** 145 mg; **Total Carbohydrate:** 4 g; **Dietary Fiber:** 1 g; **Sugars:** 1 g; **Protein:** 7 g; **Vitamin A:** 1368 IU; **Vitamin C:** 10 mg; **Vitamin D:** 0 IU; **Calcium:** 35 mg; **Iron:** 1 mg.

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Let's Celebrate Summer Meals!

ACTIVITY GUIDE FOR FAMILIES

Your Guide to Healthier Summer Parties

Are you ready to celebrate? This summer, it's easy to fill your parties with with fruits, vegetables, activities, and lots of fun.

SUMMER FOOD SUMMER MOVES

TEAM NUTRITION USDA

Look inside for:

- Delicious dishes for the Fourth of July
- Games to get the whole family moving
- A festive recipe with the flavors of summer

The 4 Healthy Moves

Have a blast while caring for those you love by making these 4 Healthy Moves part of all your summer celebrations. Your kids will learn healthy habits as they eat smart, exercise, and have fun.

Choose more fruits and vegetables.

DRINK SMART TO PLAY HARD

Choose drinks with less added sugar. Teach kids how to recognize drinks that are high in added sugars. Encourage them to choose water instead of sugar-sweetened beverages. Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.

CHOOSE MORE FRUITS & VEGGIES

Offer kids fruits and vegetables during meals and snacks. Try new fruits and veggies together as a family.

LIMIT SCREEN TIME

Help kids discover fun ways to stay busy and active this summer. Limit TV and video game time to no more than 1-2 hours a day.

GET ACTIVE

Kids need at least 60 minutes of moderate to vigorous physical activity each day. Help your family get moving with games, dancing, and more.

Invite Fruits & Vegetables to the Party

5-Ingredient Side Dishes

Mix up:

- Sliced summer squash, basil, vegetable oil, ⅛ teaspoon of salt, and red pepper flakes
- Jicama and cucumber spears, lime juice, ⅛ teaspoon of salt, and chili pepper
- Shredded cabbage and carrots, parsley, vegetable oil, red wine vinegar, and ⅛ teaspoon of salt

Grilled Desserts

These fruits taste great grilled for 3-5 minutes:

- Thick pineapple slices
- Peaches cut in half (brush cut sides with a little vegetable oil to keep from sticking)
- Strawberries — make sure you put them on a skewer first!

4th of July Fruits and Vegetables — Make your Independence Day party fun and festive. Offer red, white, and blue fruits and vegetables for a patriotic feast!

	RED	WHITE	BLUE/PURPLE
FRUITS	Cherries Raspberries Strawberries Watermelon	Bananas Pears Apples	Blackberries Blueberries Black Grapes Plums
VEGETABLES	Beets Radishes Red bell peppers Red onions Tomatoes	Cauliflower Jicama Mushrooms Potatoes White corn	Eggplant Purple cabbage Purple potatoes

Choose water instead of sugary beverages.

Water Sparklers

These sparklers are delicious and refreshing, without any added sugars. Start with sparkling water and ice, and add a splash of **100% fruit juice (with no added sugars)**. Toss in a few slices of fruit. Cheers!

Sparkling water, squeezed orange slices, strawberries

Sparkling water, splash of 100% grape juice, blueberries

Sparkling water, splash of 100% apple juice, watermelon cubes

Games and Activities To Get the Whole Family Moving

Move more, sit less!

These classic picnic games are a great way to get family members involved in the party!

Sack Race:

Provide pillowcases, burlap sacks, or garbage bags. Players have to step into the sacks, hold them up with their hands, and hop across to a finish line.

Toy Hoop Contest:

See who can go the longest.

Jump Rope Sing-Along:

You may be surprised at the jump-rope rhymes that you remember, even as an adult! Teach each other jump-rope rhymes while jumping along.

Disc Golf:

Put toy hoops down on different locations on the ground as "goals." Players have to toss their discs at the hoops. Players get 5 points for landing inside the hoop, 2 points for landing on the edge of the hoop, and 1 point for landing within a step of the hoop. Set up obstacles and toss discs from farther away to make it more challenging. The first person to get to 20 points wins.