Summer Fruit on the Grill:
Grilling is a favorite activity in the summer. Instead of serving traditional desserts, try grilling up some colorful fruits. Fruits on the grill are another great way to encourage your children to consume a variety of colorful produce. Try pineapple, bananas, peaches, nectarines, mango topped with pureed raspberries - cook in tinfoil, figs and even watermelon! See this recipe for grilled peaches.

Here are three tips for grilling fruit and making frozen treats:
- Baste with canola oil for neutral flavoring, and to withstand high temperatures without oxidizing
- Position over indirect heat
- Keep a close eye on it (fruit cooks quickly!)
- Have left over fruit? Make it into popsicles and add some fresh mint for flavor.

Stay Hydrated in the Summer heat
- Drink wiser. Infuse your water with tasty combinations like strawberry, mint, and lime. Take a look at these refreshing drink options your child can enjoy. Also remember to send a reusable water bottle in your child’s backpack on school days.
- Eat your water by boosting your fruit and veggie intake. Foods like tomatoes, lettuce, radish, watermelon and cucumber are high in water content.
- Drink before you’re thirsty! If you’re feeling parched, you’re already getting dehydrated.
- Know your family’s fluid needs - check out our article on hydration.
- Is your teen playing sports during the summer? Fluid needs are even more important now!
- Use homemade popsicles as a natural way to boost hydration.
- Check out the mango fruit whip and watermelon popsicles on the Super Crew activities.

Parent Power Tips from the SuperKids Nutrition Founder -Set Activity Goals this Summer!
When the heat rises, it’s easy to spend too much screen time. Sit down with your children and make an activity list together - the collaboration will help ensure their participation. Some suggestions include:
- Search for a local hike together, and if possible, try to find one by a nearby lake so that you can refresh yourselves afterwards!
- Go to a farmers market and purchase seasonal produce to make a healthful meal to fuel your day to day activities.
- Set a goal for the amount of biking miles you would like to reach by the end of the summer.
- Go to a local beach and learn how to body surf or play paddle ball on land.
- Set up a volleyball net in your backyard or at a local park and learn how to play so that you can invite neighbors for some friendly games

Hang up your activity in a prominent place in house to serve as a reminder.

Visit us at SuperKidsNutrition.com, Instagram, Pinterest, Facebook & twitter for healthy and tasty inspiration!