

HELP KIDS STAY STRONG!

Dear Parents and Caregivers,

Join your kids as they take positive steps to stay strong. It has been a challenging year for children and families. By nurturing the mind, body, and spirit with fun activities, your family members can support each other and practice good habits to stay resilient through everyday ups and downs.



Here are some ideas to try as a family to “stay strong” together:

- Make a “Stay Strong smoothie” to help your child get the calcium they need. Here’s a quick, easy, and delicious recipe for a chocolate banana smoothie:

Ingredients

1 teaspoon, vanilla extract
 1 very ripe banana, peeled, frozen
 1 cup, fat free white milk or chocolate milk
 Optional 1 teaspoon, unsweetened cocoa powder
 (if made with white milk)
 Alternate options: Use whatever fruit you have on hand

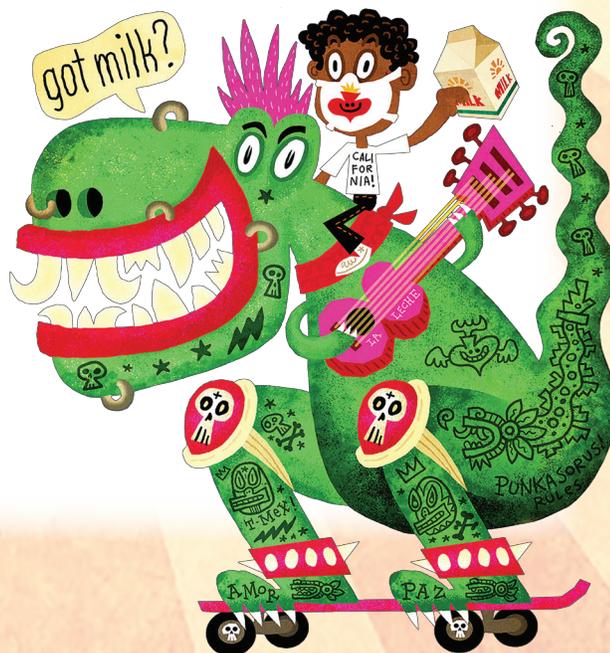
Directions

- In a blender, combine all ingredients.
- Cover and blend until smooth. Serve immediately.



This recipe is an easy and filling breakfast choice with protein and calcium to have at home or on-the-go. It also makes a delicious snack. For more recipes to help keep your family strong, visit www.gotmilk.com/recipes.

- Select an upbeat song — or make up one of your own — and create a family dance. Pick a song that reminds you of a fun family memory like a road trip or party. Or choose a song that you know your family won’t be able to resist getting up and moving to. Host a dance off for even more fun!
- Host a scavenger hunt to locate things around the house that make you feel strong, positive, and happy. Take turns explaining why you selected your chosen items.
- Take family nature walks with a twist — call them “rainbow” walks — and challenge each member of the family to find one thing outside that represents each color of the rainbow.
- Create a wall of funny pictures that make you laugh or feel happy so that you can look at them when you feel stressed or anxious.
- As a family, come up with a list of things you all like to do that can help keep you strong every day. Post the list on the refrigerator for quick reference to help support your body, mind, and spirit.



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