

HEALTH TIPS

from Rosie Roo



Hi Friend,

IT'S SUMMER! And in between meals, you might get a little hungry while you play. I want to make sure you snack healthy! So here are some healthy options for when you need a quick bite.

RAW FRUITS AND VEGGIES

Whether you're getting them from the store or growing them in a garden, fruits and veggies are great healthy snack options! They're tasty and a great source of vitamins and nutrients. Your body needs those to grow and stay healthy.

SMOOTHIES

Smoothies are tasty and great for your body! They have all the same benefits as fruits. And you can make them in all kinds of flavors! You can use strawberries or blueberries. Or you could use bananas or limes. Just remember that when you use a blender you should always get an adult to help you out! Here's an idea for a healthy snack you can make!

YOGURT PARFAIT

Ingredients

- Your favorite fruits
- Vanilla yogurt
- Granola

Directions

1. Put your yogurt in the bottom of a cup.
2. Add granola and your favorite fruit.
3. Repeat the first two steps to make layers.
4. ENJOY!



ASK (About Special Kids)

MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746. Find out more at aboutspeakkids.org.



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