

Summer Nutrition Tips for Healthy Kids



Seasonal fruits and veggies keep your family eating healthy this summer and beyond.

By the Numbers

1 in 5



One in 5 kids and teens **does not drink water** during the day, and half of school-aged kids are underhydrated.*

2.7 million



The Summer Food Service Program **provided meals** to 2.7 million children every day in July 2022.**

\$120 a month



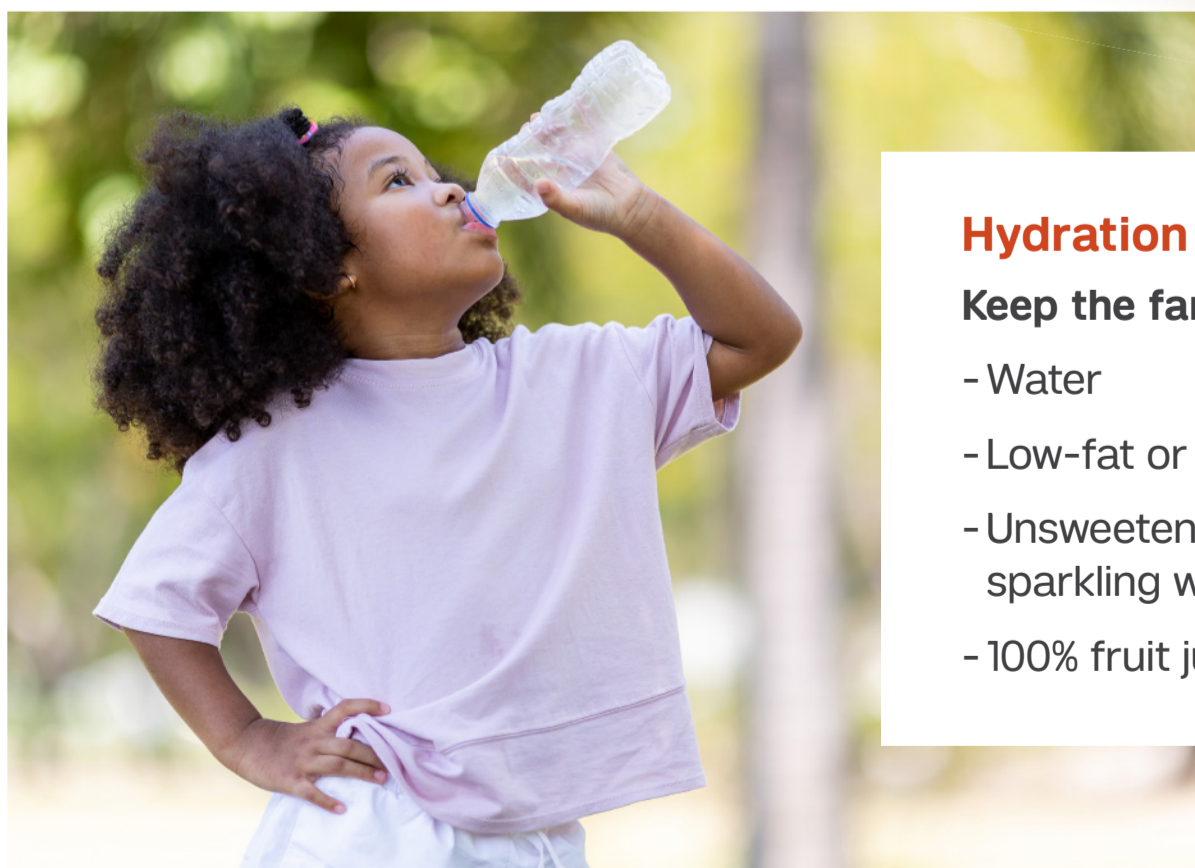
Families can receive \$120 a month per eligible child to **purchase food during the summer months.****

Sources: *CDC, **USDA

Empower Your Kids With Colorful Options

Children like making choices, so offer them a variety of bright, nutritious fruits and vegetables that are easy to snack on. Take the whole family to a local farmers market, grocery store or community garden this summer to pick out colorful, in-season options like these:

- Green cucumbers
- Orange bell peppers
- Purple carrots
- Red tomatoes
- Yellow squash



Hydration Heroes

Keep the family hydrated with:

- Water
- Low-fat or fat-free dairy milk
- Unsweetened seltzer or sparkling water
- 100% fruit juice (only occasionally)

Find a pediatrician to support your kids' nutrition needs at weillcornell.org/doctors