



PreK4



Newsletter

Vol. 1 Issue 8
Summer Special Edition
June/July 2023

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Hello Summer

As the sun shines bright and the days get longer, it's time to embark on a delightful journey as a family. This summer, incorporate healthy choices and fun outdoor activities in your child's life. Make this summer a memorable family time that will last forever.



What can your children DO this summer?

Summer Camps!

Your local recreation division offers a variety of activities children can enjoy this summer. Activities include ballet, dance, tumbling, cheer, tennis, taekwondo and many others!



Navigate through these websites to find your child's summer activity interest.

Pharr Parks & Recs:

<https://pharr-tx.gov/parks-recreation/recreation-division/>

Palmview Parks & Recs:

<https://cityofpalmview.com/departments/parks-recreation/>

UTRGV Summer Camp:

www.utrgv.edu/urec/program/camps

Visit your local Parks and Recreation Centers for a list of summer camps.



EXPLORE OUTDOOR ACTIVITIES. VISIT THE WONDERS OF THE RIO GRANDE VALLEY LOCAL PARKS!



Quinta Mazatlan . (n.d.).

https://lh3.googleusercontent.com/p/AF1QipPhyX3HrW6xeVdWqF4Y90I2XffsfymeCwv_x40k=s680-w680-h510



**Quinta Mazatlan World
Birding Center**
600 Sunset Dr.
McAllen, TX 78503



Get the family together, put on your walking shoes,
and explore these beautiful natural hidden treasures.



**Santa Ana Wildlife
Refuge**
3325 Green Jay Road,
Alamo, TX 78516



Santa Ana Wildlife Refuge. (n.d.).

<https://www.americanforests.org/article/borderlands-refuge/>

TIPS FOR ALL OUTDOOR ACTIVITIES

1 APPLY SUNSCREEN

3 WEAR LIGHT CLOTHES

2 USE BUG SPRAY

4 KEEP ALL PARKS BEAUTIFUL

Crazy Hot summer... STAY hydrated!

DID YOU KNOW?...

Children should drink 1/2 cup to 2 cups of water every 15 to 20 minutes of **play or exercise**. (1 cup = 8 ounces)

Water intake in children in accordance to their age.

Age

of 8 oz cups

4



5



6



7



8



ADULTS, DO YOU KNOW HOW MUCH WATER YOU SHOULD DRINK?

Water intake recommendations per day:

MEN a total of 13 cups (about 3 liters).

WOMEN a total of 9 cups (a little over 2 liters).



Source: The institute of Medicine (IOM)

<https://www.webmd.com/diet/how-much-water-to-drink#:~:text=For%20men%2C%20the%20Institute%20of,breastfeed%20need%20about%2012%20cups.>

4th of July

RED, WHITE and BLUE foods that are healthy for you.

Fruits

RED foods:

Cherries, Cranberries, Pomegranates, Red Apples, Red Grapes, Raspberries, Strawberries, Watermelon.

WHITE foods:

Bananas (after we peel them!), White peaches.

BLUE foods:

Blackberries, Blueberries.

Vegetables

Beets, Radish, Red Potatoes, Red beans, Tomatoes.

Cauliflower, Mushrooms, Parsnips, Potatoes, Turnips, White corn.

Blue corn, Blue potatoes.

Red, White and Blue Parfait

Ingredients:

Plain/vanilla yogurt

(A: Adult

C: Children)

(A: 1 cup

C: 1/2 cup)

Blue/red fresh fruits

(A: 1 cup

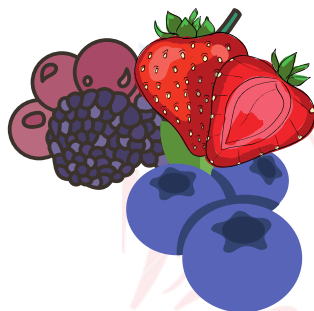
C: 1/2 cup)

Granola/cereal

(A: 1/4 cup C: 2 Tbsp)

Instructions:

- Place yogurt in a bowl/cup
- Decorate with berries.
- Sprinkle with granola/cereal



BienStar Adult Healthy Lifestyle Program

NEW
NEW
NEW
NEW

The UTRGV STEPS project is now collaborating with the DHR Institute for Research & Development to offer a **FREE** adult health program to help families learn to live a healthier lifestyle.



The program name is **The BienStar Adult Healthy Lifestyle Program (BAHLP)**



Adult Health Program

When looking for health programs to address obesity, trust in the Social...

sahrc.org

<https://sahrc.org/adult-programs/>



ABOUT

FREE health program opportunity that encourages physical activity and healthy eating

Who can Join?

- Adults 18 years and older.

What will I learn?

- Ways to make my eating habits healthier.
- Ways to increase my physical activity.

For more information Contact
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UTRioGrande Valley

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