

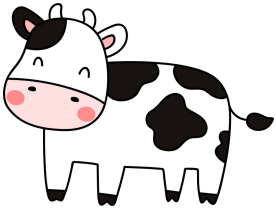
SUMMER NUTRITION CLUB SUPERHEROES

MISSION 3:

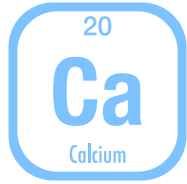
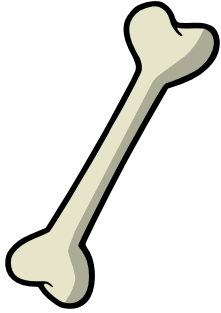
DASHING DAIRY



GLEANNERS



DASHING DAIRY



Dairy foods contain **calcium** and **vitamin D** that help your body build strong bones and keep you healthy!

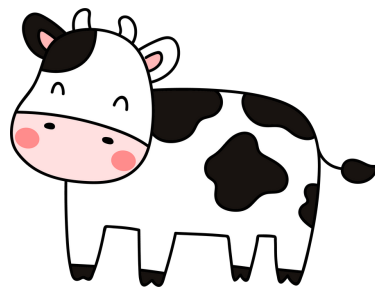
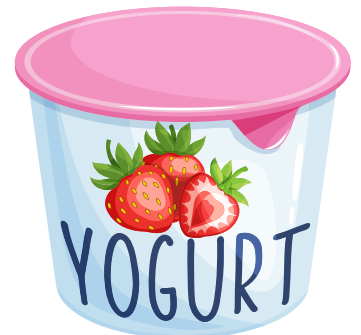
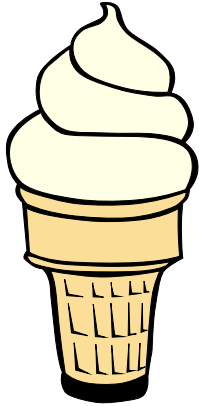
Milk, cheese, yogurt, and ice cream are all foods from the dairy food group.



Look for **plain, low-fat or fat-free** milk, yogurt, and cheese options.



DAIRY BINGO



ADDED SUGAR

Added sugar refers to any type of sugar that is added to a food or beverage.



As we go through the amount of added sugar in these drinks, number these drinks from 1 (least added sugar) to 6 (most added sugar) underneath.



SMOOTHIE DIRECTIONS

Ingredients

1 cup fresh, canned, or frozen fruit

1 cup fresh or frozen vegetables

1 cup plain Greek yogurt

1-2 cups liquid

1/2 cup oats



Directions

1. Wash your hands or use hand sanitizer and plug in your blender.
2. Measure each ingredient and add to blender.
3. Once all ingredients have been added, blend until desired thickness and no lumps remain.
4. Pour into cup and enjoy!

SMOOTHIE HACKS

Try to incorporate as many food groups in your smoothies as you can!

Fruits

Choose your favorite fruit or any fruit you have on hand. Fresh, frozen, or canned fruits will work!

Vegetables

Spinach
Cauliflower
Kale
Beets
Sweet Potato
Butternut Squash

Protein

Greek yogurt
Nut Butters
Protein Powder
Silken Tofu
Cottage Cheese
Chia Seeds

Grains

Oats
Cooked Rice
Cooked Quinoa

Dairy

Plain, Fat-Free Milk
Yogurt
Milk Alternatives

Smoothie Too Thick??

Add in a liquid to help thin your smoothie! Try milk, almond milk, soy milk, juice, water, etc.!

Smoothie Too Thin??

Frozen fruits, banana, avocado, oats, yogurt, or ice can be added to make a smoothie thicker!



**THANK YOU FOR
PARTICIPATING IN
SUMMER NUTRITION CLUB!**

**SCAN THE QR CODE OR VISIT THE LINK
BELOW FOR MORE NUTRITION
INFORMATION AND ACTIVITIES!**



**[gleanersnutritionhub.org/
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