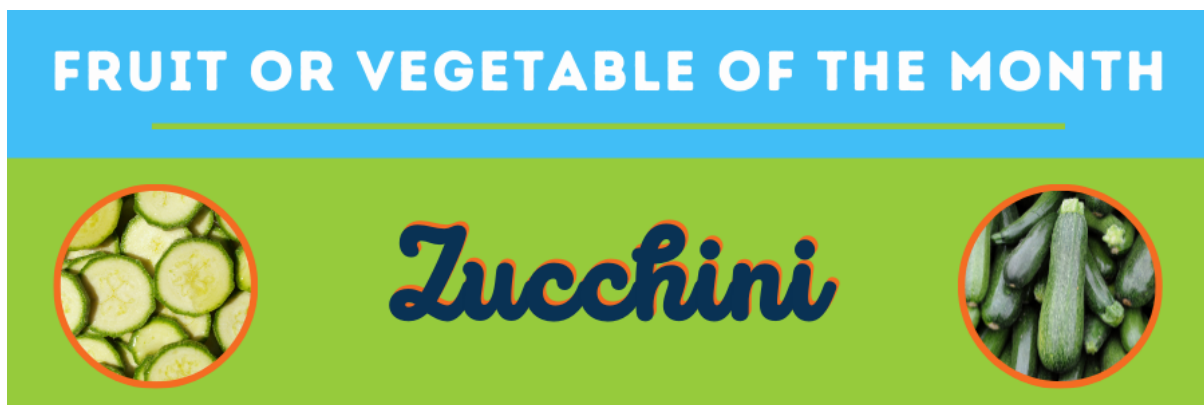




Hello Summer!

Eat Right Philly would like to wish everyone a healthy and happy summer. An important part of being healthy includes staying hydrated. Drinking water as the weather warms up can help avoid feelings of dehydration like headaches, tiredness and dizziness. Check out this month's featured highlight "Beat the Heat" for fun ideas to stay hydrated, especially tip number 3! Be sure to keep reading for this month's featured vegetable and movement breaks. As always, visit our website linked at the bottom for additional resources, videos, and fun online content.



What does a vegetable wear to the beach? That's right, a ZUCCHINI!

Zucchini is the most popular summer squash. Botanically, it is a fruit but considered a vegetable when it comes to MyPlate—this is due to the way we cook and prepare them. Unlike winter squash, zucchini is harvested and eaten before the rind or skin becomes hard. Zucchini has a short growing season and thrives best during warmer months. Did you know that zucchini can grow one inch per day!?! When it comes to harvesting zucchini, smaller sizes are best. You can eat all parts of this delicious green summer squash, from the skin down to the seeds. Did we mention those beautiful flowers? Yup! They're edible as well!

While they may be small, zucchinis are mighty in helping to build a strong immune system. Just a ½ cup contains a good source of vitamin C which helps to ward off germs and keeps our body healthy. Zucchini also provides manganese, a mineral that is involved in the formation of bone and connective tissue. Sounds like the perfect addition for a fun summer BBQ.

When purchasing zucchini, be sure to look for a smooth, shiny skin and one that feels heavy for its size. You can tell if a zucchini is ripe if it's firm and gives slightly to gentle pressure. Uncut zucchini can be kept in the refrigerator for up to one week. Once cut, it can last for three days in a sealed bag or container. There are so many ways to prepare and enjoy this low calorie, fat-free, sodium-free, and cholesterol-free veggie. You can bake, steam, stir-fry, grill, pickle or eat it raw. Add it to a salad or substitute it for pasta by spiraling zucchini into zoodles for spaghetti night or long thin slices for lasagna. If you're feeling a little adventurous, try zucchini pancakes or zucchini bread. The possibilities are endless!

So, the next time you run into this delectable veggie in the produce section, bring some home to put a fresh twist on your favorite recipes!

Check out our video for Zucchini Patties!



Scan this QR Code or click [here](#) to watch the video!

Zucchini Patties Recipe Card



Click [here](#) to download the recipe card!

Access all of our food tasting resources [here](#).



Summer is a great time to get outdoors and enjoy some physical activity. Whether it be daily walks, organized sports, yoga, or even yard work, we should strive to get 60 minutes of physical activity every day! As always, remember to stay hydrated by regularly drinking water when being physically active or spending time in the sun.

City parks are a great place to get active and enjoy the outdoors. Check out our list of parks throughout the city of Philadelphia organized by neighborhood:

- [Northeast Philadelphia](#)
- [South Philadelphia](#)
- [West Philadelphia](#)
- [Southwest Philadelphia](#)
- [Central Philadelphia](#)



Try this movement break with your class! Let students choose an exercise and perform it for as many times that corresponds to the date. For example, on June 4th, have students do 4 jumping jacks or other exercise of choice. And, on June 5th, have students do 5 jumping jacks or other exercise of choice.

Access all of our movement break resources [here](#).



Beat the Heat!

Stay cool and healthy this summer by drinking plenty of water to avoid the negative feelings of dehydration. Sweating is one way our body tells us that it is time for a refill. Need some inspiration to beat the perspiration? Try one of our refreshing ideas below:

1. **Ice Cold-** Fill up an ice cube tray halfway with water. Then, top it off with thinly sliced berries of your choice and freeze. Add the flavor infused ice cubes to your water bottle, glass, or even juice. Mix up the fruit to make flavor combos!
2. **Smoothie Bowls-** Swap out your cup for a bowl and a spoon! Freeze your favorite fruits to use as an ingredient along with low fat dairy and ice for a cold treat.



Always wash your fruit before you freeze it. Choose a mix of colors to boost up the nutrition.

3. **Freeze Pop-** Use frozen fruit as a cool snack by itself. For a fun twist, take a blended smoothie and freeze in molds or cups with a wooden craft stick to make popsicles!
4. **Water for the win!** - No matter if it's tap or bottled, drinking water when you're thirsty, moving, or sweating is the best choice to prevent dehydration. Check out the links for fun ways to jazz up your water routine.



For more water recipes and tips visit:

[Frozen Watermelon Popsicle Recipe](#)

[Smoothie Bowl Recipe](#)

[Razzleberry Shiver Popsicle Recipe](#)

[5 Simple Drinks Tips](#)

Check out our site (<https://sites.google.com/view/nutred4philly>) to see our resources and follow us on Instagram [@EatRightPhilly DRX](#) or Twitter [@EatRightPhl DRX](#).

Feel free to reach out to your nutrition coordinator or to nep@drexel.edu.

Stay Healthy!

The Drexel Eat Right Philly Team

Please email nep@drexel.edu to unsubscribe from future emails from Drexel Eat Right Philly.

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