



FAIRFAX COUNTY  
PUBLIC SCHOOLS

Department of Financial Services

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Food and Nutrition Services has developed monthly Energy Zone articles that schools are welcome to use in your monthly parent newsletters. Below, you will find an article for your June newsletter.

## NUTRIFAX

### TIPS FOR A HEALTHY SUMMER!

During the “fun” time of summer vacation it is very easy to forget our healthy school year practices. Remember to make the following healthy tips a part of each day.

- Eat Breakfast
- Eat at least five servings of fruits and vegetables
- Make wise snack choices such as crackers, cheese, milk shakes, yogurt and pudding
- Limit consumption of soft drinks and candy
- Drink at least eight glasses of water
- Exercise at least 60 minutes each day
- Wear sunscreen

