



The Sweet Surprise of Prunes

Prunes are an often-overlooked naturally sweet fruit, but they pack an impressive nutritional punch. Naturally rich in fiber, antioxidants, and important vitamins and minerals, prunes can help support digestive health, strong bones, and heart health. June 15th is National Prune Day, making it a fun opportunity to introduce this nutritious fruit to your kids in creative ways. Try incorporating prunes into kid-friendly recipes like:

- [Energy Bars](#)
- [Chocolate Breakfast Cookies](#)
- [Carrot Cake Muffins](#)
- [Chocolate Truffles](#)

Or keep it simple with [original dried prune snack packs](#) for an easy, fiber-rich snack!

Dining Out without the Drama

Eating out with kids can be a fun family outing and a great chance to build lifelong healthy habits. For some families, though, restaurant meals can feel stressful when kids are nervous about trying new foods or stick to a short list of favorites. The good news? [Dietitians share simple strategies](#) to help make dining out more relaxed and enjoyable for everyone. With a little planning and patience, eating out can become a positive experience that supports both family connection and healthy eating for your school-aged kids.



Summer Produce Spotlight

Farmers markets are a fun outing for the whole family, offering outdoor space for kids to play while parents stock up on seasonal produce. They're also a perfect way for kids to learn about nutrition and the foods they eat — and [this scavenger hunt, created by USU's Extension](#), makes it even more fun! Once you've picked up some yummy fruits and veggies, try one of these simple recipes at home:

- **Beets:** [Pink Beet Pancakes](#) — a naturally sweet, colorful breakfast kids love
- **Berries:** [Triple Berry Crisp](#) — perfect for strawberries, blueberries, or blackberries
- **Cucumbers:** [Homemade Pickles](#) — a crunchy snack kids can help make
- **Mangos:** [Homemade Mango Popsicles](#) — a refreshing summer treat
- **Peaches:** [Grilled Peaches with Yogurt](#) — sweet, simple, and full of summer flavor
- **Cherry Tomatoes:** [Mini Caprese Skewers](#) — tomatoes, mozzarella, and basil on a toothpick
- **Zucchini or Summer Squash:** [Zucchini Muffins](#) - a kid-friendly way to enjoy veggies
- **Sweet Corn:** [Fresh Corn & Avocado Salad](#) - colorful and great for family dinners

Recall Ready & Food Safety

Food recalls happen more often than many families realize, but staying informed can help keep your household safe. The [USDA's Food Safety and Inspection Service maintains an easy-to-use page](#) where you can check the latest food recalls, report any food safety concerns you encounter, and learn safe food handling practices for your kitchen. You'll also find guidance on proper cooking temperatures and preparation tips to reduce the risk of foodborne illness at home. It's a simple tool every parent can bookmark to help protect their family's health.



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About the author



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Abbie Hebron is a Registered Dietitian, specializing in pediatric nutrition (Certified Specialist in Pediatric Nutrition). She graduated with her Bachelor of Science in Dietetics from Missouri State University, and then attended the University of Rhode Island where she earned her master's degree. She is a member of the Academy of Nutrition and Dietetics and was the recipient of South Carolina's Recognized Young Dietitian of the Year Award in 2022. In her free time, Abbie enjoys baking, traveling, hiking, and playing tennis with family and friends.

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