



Scoop Up Some Summer Fun

July is ***National Ice Cream Month***, making it the perfect time to enjoy one of summer's favorite treats! While traditional ice cream can certainly have a place in a balanced diet, it's also fun to experiment with homemade versions that add extra nutrition. Try a [banana](#), [blueberry](#), or [chocolate](#) recipe for a simple treat that kids can help make from start to finish. Let them customize their bowls with toppings like fresh fruit, chopped nuts, or whole-grain cereal for a cool treat that's both fun and nourishing.

Picking the Perfect Watermelon

Nothing says summer quite like a juicy watermelon! If you've ever wondered how to choose the sweetest one at the store, watch [this video](#) to get some good advice. Here are some key features to look for – [see more tips here](#).

- Large, Creamy-Yellow "Field Spot"
- Feel Heavy for its Size
- Dull (not Shiny) Rind

Let your kids help inspect and pick out the family watermelon this summer – it turns grocery shopping into a fun learning activity and may make them even more excited to eat it!



Road Trip Ready

Whether you're headed to the beach, the mountains, or Grandma's house, having nutritious snacks on hand can help keep hunger (and crankiness!) at bay during long travel days. Aim for snacks that



combine protein, fiber, and healthy carbohydrates for lasting energy. Some easy options include [whole-grain crackers with peanut butter](#), [trail mix](#), [roasted chickpeas or edamame](#), [applesauce pouches](#), [dried or dehydrated fruit](#), [popcorn](#), and [whole-grain cereal](#). Packing a small cooler with [yogurt](#), [cheese sticks](#), fruit, and cut vegetables can provide even more variety for the whole family.

Staying Active this Summer

Summer is a great time to encourage kids to stay active while school is out. Physical activity helps build strong bones and muscles, supports heart health, boosts mood, and can even improve sleep. The good news is that exercise doesn't have to look like organized sports – family walks, bike rides, scavenger hunts, swimming, dancing, and backyard obstacle courses all count! Focus on making movement fun, and your kids will be more likely to stay active all summer long.

Fun Summertime Challenge: See if your family can try one new outdoor activity each week this summer! [Find plenty of ideas here.](#)



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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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