

Family Fun Activity ~~~~~

Family Scavenger Hunt – Make a list of commonly used items (scissors, tape, screwdrivers, markers, magnifying glass, envelopes, etc.) See how long it takes to gather all the items. Next, put the items back “where they belong.” Have the hunt again and see how much quicker things can be found when they are put back in place.

Exercise together - It’s fun to walk, bike, or play active games together and it’s also good for you health.

Catch a balloon – Have a water balloon catching contest. How many times can you toss and catch it before it breaks?

Vegetable Dipping Sauce

Supplies:

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey (children under 1 year of age should not be given honey)
- 2 teaspoons spicy brown mustard

What to do:

1. Mix together all ingredients
2. Serve with your favorite fresh vegetables.

Fruit Dipping Sauce

Supplies:

- 1 cup nonfat or low fat sour cream
- 2-3 Tablespoons skim milk
- 1/3 cup apricot or peach preserves

What to Do:

1. Combine sour cream and preserves in a small mixing bowl. Mix well.
2. Stir in enough milk to make mixture of dipping consistency.
3. Chill and serve with assorted fresh fruit.