

July is National Picnic Month



Picnics bring family and friends together for a fresh meal and fun activities, all while enjoying the outdoors. Visit a local park or beach, or get creative in your own backyard.

Picnic Packing Checklist

Food: Choose a variety of foods from each food group. Grill chicken sausage, shrimp kabobs or lean beef or turkey burgers and serve with whole-grain buns. No grill? No problem! Make sandwiches instead. Don't forget nutrient-rich sides such as fruit salad, crudites (raw vegetables) with yogurt dip and cheese with whole-grain crackers. Enjoy a healthy dessert such as calcium-rich banana pudding!

Drinks: Stay hydrated by bringing plenty of water and fat-free chocolate milk to recover from all the fun activities.

Activities: Bring bikes, balls or hula-hoops or fill balloons to have a water balloon fight!

Don't forget: Cooler (for food safety and freshness), ice, utensils, paper goods, basket, blanket and sunscreen.

Get your picnic checklist from [Real Simple](#).

Recipe of the Month

Easy Low-Fat Southern Banana Pudding (8 servings)



Ingredients:

- 3 $\frac{3}{4}$ cups cold fat-free Milk, divided
- 2 packages (4 servings each) vanilla flavor fat-free sugar-free instant Pudding
- 32 reduced-fat vanilla Wafers
- 2 Bananas, sliced
- 2 cups thawed fat-free whipped Topping

Make it:

Pour 3 $\frac{1}{2}$ cups of milk into a large bowl. Add pudding mixes. Beat with wire whisk two minutes or until well blended. Let stand five minutes.

Arrange layer of wafers on bottom and side of two-quart serving bowl; drizzle with two tablespoons of the remaining milk. Add a layer of banana slices; top with $\frac{1}{3}$ of the pudding. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread whipped topping over pudding.

Refrigerate three hours or until ready to serve.

*Tip: To keep bananas from browning dip into lemon juice.

Recipe and picture from [Kraft Recipes](#).

Move of the Month

Seat Sits

Stand a few inches away from a bench with your back toward it. Sit down, barely allowing your weight to rest on the bench, and then stand up again quickly, lifting with your legs. Sit down and stand up as fast as you can for three sets of 20 repetitions.

Images and exercise credit to [Total Body Results](#).

