

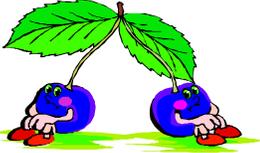
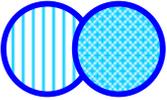
# True Blue - Yummy Too



## Family Message

True Blue - Yummy Too  
--Blueberries!

Try this fruit - Is it new for you?



## Family CHALLENGE-

Time to talk?

How much time do you spend talking with other people compared to time talking and listening to family members? Challenge your family to take at least 5 minutes a day to listen and share with each other about the day.

## Family Time Activity Ideas!

### B

Talk about the number "two", color blue, circle shape and letter "B".

Live from YOUR house...

Use a large appliance box and create your own prime time large screen TV. Let kids be TV stars and perform with musical instruments, vocal solos, commercials, and even healthy messages for eating and activity from their favorite stuffed animals!

**Bowl Me Over!**

With your kids, draw favorite fruits on paper and place in paper cups. Place cups in the formation of bowling pins. Use a small ball to make a BOWL for healthy eating and talk about what fruits BOWL you over!

## True Blue Tasty Idea!

### Blueberry Smoothie

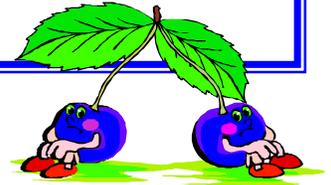
2 cups blueberries frozen  
1 cup pineapple juice  
8 oz. low fat vanilla yogurt  
2 tsp. sugar

Slightly thaw frozen blueberries.

Blend berries, juice, yogurt, and sugar in mixer or blender until smooth.

Makes 6  $\frac{1}{2}$  cup servings

Recipe by North American Blueberry Council



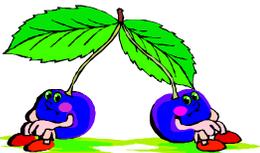
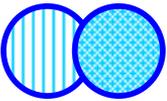
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