

MATTERS OF THE HEART

FAMILY AND HEALTH EDUCATION NEWSLETTER



FAMILY FUN MOMENTS

Use the link under the photo to check out these 50+ Family Friendly things to do in Baltimore with kids, including: the Port Discovery, National Aquarium, Maryland Science Center, Maryland Zoo, B&O Railroad Museum, Fort McHenry, and more.

HEALTHY FAMILY

Google "[Healthy @ Home Creating a Family Shield](#)" and learn more about how you can have a healthy family on YouTube.

Also, watch a webinar on how to help those experiencing [intimate partner violence](#) (domestic violence) by a Community Educator of the **House of Ruth, Maryland**. To speak with someone now, please contact their 24-hour hotline at 410-889-7884.

FAMILY ROADTRIPS

[HTTPS://WWW.PARENTS.COM/FAMILYFUN-MAGAZINE/EASY-FAMILY-ROAD-TRIP-TIPS/? UTM_SOURCE](https://www.parents.com/familyfun-magazine/easy-family-road-trip-tips/?utm_source)

Whether you're driving to Grandma's for the weekend or planning a two-week epic summer trek, hitting the road with the kids is always an adventure! To make sure you get the most out of your trip, FamilyFun teamed up with Nissan to bring you "Miles of Smiles," a special downloadable guide.



50+ Family Friendly Things To Do In Baltimore With Kids

SOURCE: [HTTPS://SUNSHINEWHISPERS.COM/THINGS-TO-DO-IN-BALTIMORE-WITH-KIDS/](https://sunshinewhispers.com/things-to-do-in-baltimore-with-kids/)



DOWNLOAD THE GUIDE PACKED WITH ADVICE ON EVERYTHING FROM HOW TO KEEP THE KIDS BUSY —AND NOT FIGHTING!—IN THE BACKSEAT TO MUST-STOP DESTINATIONS IN EVERY STATE.



PLAYTIME



JOIN A VIRTUAL PARENTING GROUP
REGISTER @ [HTTPS://PREPAREOURYOUTH.ORG/THEPARENTGROUP](https://prepareouryouth.org/theparentgroup)



THE FOODS YOU CHOOSE TODAY WILL DICTATE
HOW YOU LOOK AND FEEL TOMORROW

NATIONAL NUTRITION MONTH

GOOD FOOD FUELS A GOOD LIFE

Nutrition is nourishment for the body and energy for the mind. Understanding the relationship between food and your body can lead to better choices and improved wellness.

[When you choose life-giving foods you will experience life-giving moods.](#)

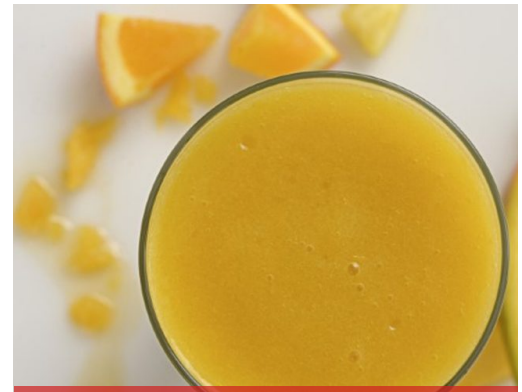
SMALL ADJUSTMENTS, BIG BENEFITS

Sherri Flynt, author and registered dietitian, offers these helpful tips for anyone wanting to make healthier food choices while maintaining a satisfying, yet balanced, diet.

- Watch portion sizes. Start the meal with small portions. Going back for seconds is fine, but controlling portion size can help to control calories.
- Use small plates. Small plates help you gain control over your portion size and trick your mind into thinking you've eaten more than you actually have.
- Slow down! Most adults and children not only eat too much, they eat too fast, even when they have time to relax and enjoy their food.
- Start light. Begin your meal with a vegetable soup, a fruit dish, or a salad.
- Eat variety. Variety is important because there is no single perfect food. Each food has its own unique combination of nutrients. If you vary what you eat every day, you are guaranteed a variety of nutrients.
- Be colorful. Pick foods with many different colors. Plant foods with lots of color — such as fruits and vegetables — are usually filled with health-giving phytochemicals. So pick natural foods that are bright red, yellow, green, orange, and purple.
- Have breakfast. Don't skip it. There's a reason it's called the most important meal of the day.
- Snack healthy. Keep a few items on hand for a fast, healthy snack during the day such as fresh fruit, ready-to-eat veggies, hummus, natural peanut butter, nuts, whole-grain crackers, raisins, or low-fat yogurt.
- Go spare. Serve desserts sparingly. Keep them for special occasions and see how much better you feel.
- Find better rewards. Resist the temptation to use food as a way to reward yourself. Food should remain a source of nourishment and enjoyment.



Source: <https://blog.creationlife.com/small-adjustments/>



PINEAPPLE MANGO
SMOOTHIE RECIPE

Serves: 8

Prep Time: 3 minutes

Ingredients:

- 2 cups mango chunks, frozen
- 1 cup pineapple chunks, frozen
- 1 cup ice water
- ¼ teaspoon vanilla extract (optional)
- 1 cup fresh orange juice

Instructions:

Place all ingredients in a blender and puree until smooth.

This CREATION Life featured recipe is brought to you courtesy of AdventHealth Press. Created by Executive Chef Edwin Cabrera, Copyright © AdventHealth Press

HEART HEALTH TIPS

1. Take a deep breathe
2. Eat protein first
3. Stand up and exercise more
4. Stop smoking
5. Drink water
6. Sleep more
7. Forgiveness (Forgive someone)
8. Send love (text caring messages to loved ones)
9. Know your numbers (healthy weight, blood pressure, blood sugar, cholesterol, triglycerides)
10. Eat one red food with each meal (apples, strawberries,, tomoatoes, red peppers, etc.)

Source: [AdventHealth \(Kim Bell\)](#)

[HTTPS://EDMONDSONSA.ORG/UPCOMING EVENTS](https://edmondsonsa.org/upcoming-events)