

# SUMMER SPLASH

NUTRITIONAL DEVELOPMENT SERVICES SUMMER MEALS PROGRAM

## DID YOU KNOW...<sup>ooo</sup>

that while blueberries may be a popular summer treat, they can be eaten all year round? Blueberries provide us with many health benefits. Blueberries contain Vitamin K, which is needed for blood clotting and prevents excessive bleeding. Did you know that by eating blueberries regularly for just 2 weeks, you can reduce cell damage by 20%? That's incredible! Reducing cell damage helps to keep us healthy and can even reduce our risk of cancer. Additionally, blueberries are beneficial for heart health as regular consumption can help reduce blood pressure. Not only are the health benefits of blueberries incredible, but this versatile fruit can be eaten in many ways! This summer, check out some of the fun ways to incorporate blueberries into your daily meals:

- Raw
- As a yogurt topping
- Juiced
- Frozen
- Covered in chocolate
- In a smoothie
- Dry
- As a cereal/oatmeal topping
- In baked goods - muffins, pies, etc.

MENU HIGHLIGHT: You'll also find blueberries in our Mixed Berry Applesauce!

## Blueberry Jokes & Riddles

1. What do you call a sad strawberry?  
a. *A blueberry.*
2. What do you call it when a group of blueberries play music together?  
a. *A jam session.*
3. Who scared the strawberry?  
a. *The BOOberry.*
4. What did the blueberry pie say to the pecan pie?  
a. *You're nuts!*
5. What did the blueberry say when it was given a gift?  
a. *Thank you berry much!*

## REMEMBER

BE SURE TO FILL OUT THE **POINT OF SERVICE (POS)** SHEETS DAILY & SEND THEM VIA EMAIL OR FAX TO DATA MANAGEMENT.

**EMAIL:**  
DATAMANAGEMENT@  
NDSARCH.ORG

**FAX:** (215) 895-0830

FOR QUESTIONS OR TROUBLE SENDING IN POS, PLEASE CALL THE OFFICE AT (215) 895-3470, OPTION 1

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