



# BUCKEYE FAMILIES

VOLUME 1, ISSUE 3

APRIL—JUNE 2014

## INSIDE THIS ISSUE:

Soldier & Family Trainings	3
Military OneSource Updates	4
JSS Volunteer Hours	5
JSS Volunteer	5
FRSA & Resource Information	6
TFAC Information	7
Youth & Family Events Information	8
Spring & Summer Safety Tips	10

## Spring Time Updates from CPT Doug Franz—State Family Programs Director

“It’s spring fever. That is what the name of it is. And you’ve got it, you want-oh, you don’t quite know what it is you do want, but it just fairly makes your heart ache, you want it so!”

- Mark Twain

Spring has arrived and so has the time to register for one of our programs or events. There are a lot of opportunities available and most events have open

registration at this time. Due to popularity, some of our events have already been filled to capacity. If you find an event is full, please add your name to the wait list. If Family Programs is fortunate enough to receive additional funding in the last quarter of the year, we will add events based on the amount of people on the wait lists. We look forward to seeing

you at our events, outside, enjoying the nice weather!

CPT Douglas Franz  
State Family Programs  
Director—FRWS



## “Good Idea Fairy” - Project Assistance Needed



Greetings Ohio Families! We need your assistance and help for the coming years. We are looking for new ideas and locations for camps, events, and programs in the areas where you live (*Yes, that means places that you enjoy going with your family that are close to home*)! Ideal venues would be low cost,

easily accessible, community based and offer a variety of activities or programs.

We know these places exist and we need your help finding them. Please take time to share your ideas with us. Who knows? Your contribution might be the next big success story that fills

these pages! Please click on the following link to submit your idea:

[https://  
www.surveymonkey.com/sl/  
GoodIdeaFairy](https://www.surveymonkey.com/sl/GoodIdeaFairy)

Your idea may just be the first official recipient of the “Good Idea Fairy Award!!

# Greetings from the Senior Family Readiness Support Assistant (SFRSA)—Janet Corbi

Greetings Families and Service members of the Ohio National Guard.

Spring is finally upon us as evidenced by the weeds at my house, already, and it is time to start planning your summer activities. You should have recently received in your mailbox the Family Readiness and Warrior Support Program book. Please take a few minutes to look through it. There are opportunities for everyone. Just to name a few of the events: Youth Camps, Troop and Family Camps, Volunteer Opportunities, Resiliency Training, and Marriage Enrichment weekends. If you haven't received a copy of the book please reach out to your Troop and Family Assistance Coordinator (TFAC) in your region. They will be more than happy to get you a copy.

During the weekend of April 5-6th, the Family Readiness Group Leadership Teams, Unit Commanders and Military Liaisons traveled to Columbus for the Family Readiness and Warrior Support Professional Development Workshop. Over 375 people were in attendance. It was a weekend of family readiness training, guest

speakers, and award presentations.

The 2013 Family Readiness Awards were presented to the following:

## Family Readiness Commander of the Year

- CPT Chad Apple, 837<sup>th</sup> EN Co

## Family Readiness Military Liaison of the Year

- SFC Margaret White, 285<sup>th</sup> Medical Co

## Family Readiness Family of the Year

- Army—SGT Melodi Ward and Family, 147<sup>th</sup> RTI
- Air—Mr. and Mrs. Elbert Amert, 179<sup>th</sup> Airlift Wing

## Family Readiness Volunteer of the Year

- Army—Mrs. Sherise Thompson, 1-137<sup>th</sup> AV HHC
- Air—Mrs. Donna Baki, 179<sup>th</sup> Airlift Wing

## Family Readiness Group of the Year

- Army—1-137<sup>th</sup> AV HHC
- Air—179<sup>th</sup> Airlift Wing

Congratulations to all of the recipients of the 2013 award and a huge thank you to the attendees for taking time to attend the workshop. We look forward to seeing you next year!

~Janet Corbi, Senior FRSA



**“Volunteers do not necessarily have the time, they have the heart.”**

This quote says a lot; especially when you take the time to think of military family readiness volunteers and how busy they are with their own families, jobs,

## Thank you for being a Volunteer

community, and their FRG! You may not have all the time in the world, but the little that you give to your FRG means so much more than what you think it does to your military families. After all they are your extended family. Keep up the great work!!!!

# Training Opportunities for Service and Family Members



## Wellbeing Workshops—

Soldier and Family wellbeing is a continued focus of the OHARNG resiliency programs. The emphasis of the wellbeing workshops is to give Commanders and families another tool to improve connections, readiness and quality of life. A description of each workshop is listed below. Each workshop also qualifies as military training.

- **Financial Workshop**—Personal Financial Consultants will teach a variety of finance topics as well as help Soldiers and Families create an effective budget to meet their needs.
- **Education & Employment Workshop**—Designed to help achieve education goals, career goals, prepare for SAT/ACT testing, and resume building.

- **Operation Lets Roll Workshop**—Consist of submission grappling and Military Combative classes. These are designed to promote resilience, fitness, health, and teach valuable self-defense skills.

**Who:** Any Service/Family member can attend these courses.

**When & Where:**

May 17-18th, Operation Lets Roll, Columbus TBD, Education and Finance, Columbus.

**How to Register:**

Service Members—contact your unit  
Family Members—contact Janet Corbi, Senior FRSA for OH (614)-356-7918

## Resiliency Training Assistance (RTA) Course

The RTA Course, is a DA program based on the principals of positive psychology. Service members and Families will enhance resilience competencies of Self Awareness, Self Regulation, Optimism, Mental Agility, Strengths of Character, and Connection.

**Resiliency Outcomes:**

- Improved Soldier performance and readiness
- Improved Communication and Listening Skills
- Courage to stand up for one’s beliefs
- Compassion to help others

- Stronger relationships
- Maximized Potential
- Confidence to lead

**Who:** Service/Family members can attend these courses

**When & Where:**

May 15-17th, Columbus  
June 12-14th, Columbus

**How to Register:**

Service Members—contact your unit  
Family Members—contact Janet Corbi, Senior FRSA for OH (614)-356-7918



## Applied Suicide Intervention Skills (ASIST)

Losing a military service member to suicide is a devastating loss, and education the military family and community is one piece of the prevention puzzle. This training prepares caregivers to recognize individuals who are at risk and how to intervene to prevent the risk of suicidal thoughts/behaviors. ASIST focuses on suicide first aid, on helping a person at risk stay safe and seek help.

**Who:** Service/Family members can attend

**When & Where:**

May 14-16th, Columbus  
June 10-11th, Columbus

**How to Register:**

Service Members—contact your unit  
Family Members—contact Janet Corbi, Senior FRSA for OH (614)-356-7918

## MAY is Spouse and Partner Appreciation



**UPDATES**  
800-342-9647

Please take some time out of your busy schedule to think about your spouse or partner, with busy schedules and never-ending to-do lists, it can be easy to forget what's most important in life. This month, we want to take the time to recognize the sacrifices and hard work of our military spouses and partners. These men and women support our service members through the challenging times while maintaining the household, raising children and managing

their own careers. Military OneSource has resources and tools designed to meet your needs including information on portable careers, education benefits, career planning and much more!



<https://www.militaryonesource.mil/monthly-focus?month=may|year=2014>

## JUNE Focus is Summer Fun & Fitness

Family Fun is one of our main focus points, after all we are Family Readiness & Warrior Support and without fun you risk losing communication between your family and friends. Summer fun especially is a great way to distress and allow for better communication and connection.

With the warm weather here to stay, it's time to plan your summer of fun. Military OneSource has several great ideas and

resources to help you and your family make this summer a special one. Find a camp for your kids (utilize the great youth camps that the Ohio National Guard Youth Programs host, see page 5), plan a family vacation and create a summer to remember for you and your family. Let Military OneSource help you get started.



<https://www.militaryonesource.mil/monthly-focus?month=june|year=2014>

## Military Saves **TOOLKIT**—MOS 1 stop shop

Military OneSource has compiled all of the information they have on money management into one page for easy access. It contains information in regards to financial planning, money- saving tips, personal financial management programs, and many more tips on how to save and budget your money!

MOS has included CDs and DVDs on taking care of your money. Get advice on saving money, paying off debt, coping financially during major changes, balancing your budget, and more. Just create a free MOS account to order the CDs or DVDs.

<http://www.militaryonesource.mil/pfm/military-saves-toolkit>

# Volunteer Watch—**WE NEED YOU!!**

When it comes to building community, Ohio National Guard units provide a unique challenge to Family Readiness Groups (FRGs), because unit members are spread out all over the state. This is where you, the family member or FRG Leader, can step up and volunteer or help recruit volunteers. Volunteering gives family members an opportunity to share their talents and spend time with other military families. Contact your Brigade (BDE) Family Readiness Support Assistant (FRSA) to get started. Volunteering can be very rewarding and a boost to your resume through the skills and training one develops, as well as the hours spent volunteering for your FRG. (see page 6 to view your BDE FRSA's contact information)

Record Volunteer Hours at [www.jointservicesupport.org](http://www.jointservicesupport.org)



## Reporting JSS **VOLUNTEER HOURS**

Does your generously donated time matter? Does it even need to be tracked? The answer is YES, The National Guard Bureau determines funding to each State's Family Programs by the total number of volunteer hours reported on JSS. This funding pays for volunteer and leadership team trainings, travel reimbursement, and hotel accommodations for Statutory volunteers (FRG Leader, Assistant Leader, Secretary, and Treasurer). All hours are to be reported on [www.jointservicesupport.org](http://www.jointservicesupport.org) under Tools→Volunteer Activity Tracker or submit them via email to your BDE FRSA. Please include the activity, hours, date, and description so that your FRSA may log your hours on JSS for you. Please contact your BDE FRSA for further questions and assistance in regards to JSS.



## JSS Webinars & ELearning for **PROFESSIONAL DEVELOPMENT**

Attention Volunteers, if you are brand new or are a seasoned Family Readiness Volunteer check out the wonderful webinars and eLearning Lessons that JSS supplies at not cost to you! All that you need to do is set up a JSS or log into your existing JSS account to get started. The JSS Forums and Webinars are located under the Get Involved Tab located along the tool bar at the top of the web page→Click on Forums in the 3rd Column→Scroll down to JSS Webinars, click on any of the webinars to learn more about various JSS, Volunteer, and Family topics. Check out the JSS Videos under the Get Involved Tab as well! JSS has Informational videos on Behavioral Health, Family, Finances, Volunteers, Youth, and Holiday Videos. The eLearning section of JSS (<https://www.jointservicesupport.org/MyTraining/LaunchCourse.aspx>) gives you access to online courses that are available, which to name a few, conflict management & Resolution, Effective Communication/Leadership, Family Finances, etc.

# Family Readiness Support Assistants (FRSA)



The FRSA mission is to provide day-to-day support, guidance, and assistance to Commanders in their Family Readiness Programs. They provide administrative assistance to the Family Readiness Groups (FRGs) and their Leadership Teams. Please reach out to your Brigade (BDE) FRSA for assistance with your Family Readiness Program.

## Contact Information for BDE FRSA:

- 16<sup>th</sup> EN BDE—Lisa Mann | 614-336-6352 | [lisa.m.mann18.ctr@mail.mil](mailto:lisa.m.mann18.ctr@mail.mil)
- 174<sup>th</sup> ADA BDE—Danny Dicaire | 614-336-6000 x2039 | [danny.r.dicaire.ctr@mail.mil](mailto:danny.r.dicaire.ctr@mail.mil)
- 37<sup>th</sup> IBCT—Lezlie Garcia | 614-356-7912 | [lezlie.a.garcia.ctr@mail.mil](mailto:lezlie.a.garcia.ctr@mail.mil)  
Billy Madden | 614-336-6855 | [billy.g.madden.mil@mail.mil](mailto:billy.g.madden.mil@mail.mil)
- 73<sup>rd</sup> Troop Command—Sherise Thompson | 614-336-6589 | [sherise.k.thompson.ctr@mail.mil](mailto:sherise.k.thompson.ctr@mail.mil)  
Candy Stephenson
- 371<sup>st</sup> SUST BDE—Melissa Davis | 614-336-7681 | [melissa.r.davis54.ctr@mail.mil](mailto:melissa.r.davis54.ctr@mail.mil)
- Special Troops Command (STC) - Emily Cunningham | 614-336-7314 | [emily.l.cunningham2.ctr@mail.mil](mailto:emily.l.cunningham2.ctr@mail.mil)
- Senior FRSA—JFHQ—Janet Corbi | 614-356-7918 | [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil)

## State & Local Resources

### Finance/Employment/Transition

- **Jobs and Family Services**  
Phone: 877-852-0010 or 614-466-2100  
Website: [www.jfs.ohio.gov/](http://www.jfs.ohio.gov/)
- **AMVETS**  
Phone: 614-431-6990  
Website: [www.ohamvets.org/](http://www.ohamvets.org/)
- **ESGR**  
Phone: 614-336-7444
- **Employment Support Services**  
Phone: 614-336-7152
- **ONG Transition Assistance Advisors**  
Phone: 614-336-7349 or 614-336-4192
- **Ohio Department of Veterans Services**  
Phone: 614-644-0898  
Website: [www.dvs.ohio.gov/](http://www.dvs.ohio.gov/)
- **Military Pay**  
Phone: 614-336-7225  
Website: <https://mypay.dfas.mil/mypay.aspx>
- **Personal Financial Counseling**  
Phone: 614-336-4212
- **ONG Education Office**  
614-336-4165
- **American Red Cross**  
Phone: 877-272-7337

### Medical

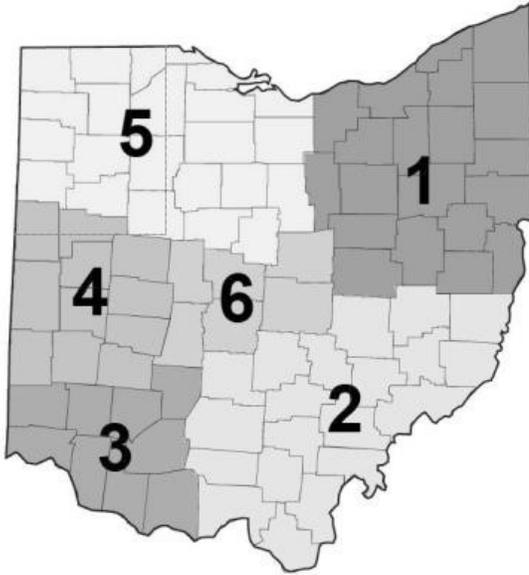
- **TRICARE Benefits Assistance**  
614-336-6000 Phone: ext 1778
- **OHARNG Health Services**  
Phone: 614-336-4194 or 614-336-7271
- **Drug/Alcohol Abuse Prevention Coordinator**  
Phone: 614-336-6444
- **Military OneSource**  
Phone: 800-342-9647  
Website: [www.militaryonesource.mil](http://www.militaryonesource.mil)
- **Sexual Assault Response Coordinator**  
Phone: 614-336-7159
- **JAG Office – Legal**  
Phone: 614-336-7022
- **DEERS/ID Cards**  
Phone: 614-336-7087
- **OHARNG Retention Office**  
Phone: 877-687-7660
- **Sexual Assault Hotline**  
Phone: 877-751-5628
- **Librarian – Military Records**  
Phone: 614-336-7038

### Behavior/Mental Health

- **Military Family Life Consultant**  
Phone: 614-336-7479
- **OhioCares**  
Phone: 800-761-0868
- **Chaplain Services**  
Phone: 614-336-4117
- **Director of Psychological Health Army National Guard**  
Phone: 614-336-7246
- **Director of Psychological Health 178<sup>th</sup> Air National Guard**  
Phone: 1-800-851-4503 x 2583
- **Veteran Crisis Center**  
Phone: 800-273-8255 Press 1
- **Resiliency Programs**  
Phone: 614-336-7192



# Troop and Family Assistance Centers (TFAC)



## Region 1 TFAC- North East Ohio-Canton/Akron

Joyce Stingel [joyce.e.stingel.ctr@mail.mil](mailto:joyce.e.stingel.ctr@mail.mil) 614-336-6337

Rita Stahl [rita.a.stahl.ctr@mail.mil](mailto:rita.a.stahl.ctr@mail.mil) 614-336-4310

## Region 2 TFAC- South East Ohio- Chillicothe/Portsmouth

Jennifer Moore [jennifer.l.moore2.ctr@mail.mil](mailto:jennifer.l.moore2.ctr@mail.mil) 614-336-6943

Joe Hanood [joseph.l.hanood.ctr@mail.mil](mailto:joseph.l.hanood.ctr@mail.mil) 614-336-4311

## Region 3 TFAC- South West Ohio- Cincinnati/Hamilton

Lauren Martinez [lauren.a.martinez.ctr@mail.mil](mailto:lauren.a.martinez.ctr@mail.mil) 614-336-6550

## Region 4 TFAC- Western Ohio- Dayton/Kettering

Phyllis Miller [phyllis.a.miller3.ctr@mail.mil](mailto:phyllis.a.miller3.ctr@mail.mil) 614-336-6357

Ashton Houseman [ashten.o.houseman.ctr@mail.mil](mailto:ashten.o.houseman.ctr@mail.mil) 614-336-4483

## Region 5 TFAC- North Western Ohio- Toledo/Bowling Green

Margret Szymanski [margret.r.szymanski2.ctr@mail.mil](mailto:margret.r.szymanski2.ctr@mail.mil) 614-336-4312

Patricia Markowski [patricia.markowski.ctr@mail.mil](mailto:patricia.markowski.ctr@mail.mil) 614-336-6615

## Region 6 TFAC- Columbus Ohio- Columbus

Syreeta Long [syreeta.d.long.ctr@mail.mil](mailto:syreeta.d.long.ctr@mail.mil) 614-336-4232

Heather Smith [heather.d.smith3.ctr@mail.mil](mailto:heather.d.smith3.ctr@mail.mil) 614-336-7358

## What is a TFAC?

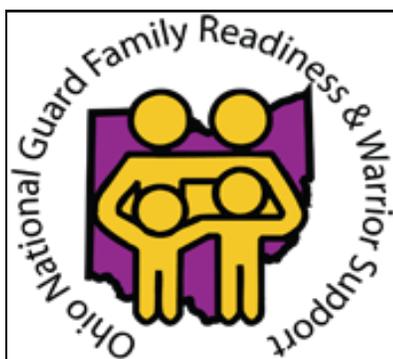
Our regional Troop & Family Assistance Specialists (TFACs) are highly trained professionals who provide information, resources, referrals and assistance to all Service Members and Families before, during and after deployments or whenever there is a need for help.

TFACs also hold quarterly monthly RISFAC meetings. Regional Inter-Service Family Assistance Committees (RISFACs) that venture to generate local partnerships

that include leadership from local military units and family readiness volunteers, local governmental and non-governmental agencies, volunteer organizations, and local chapters of Veteran Service Organizations (VSOs).

**\*\*Check out the ISFAC website for more information and events going on in your Region this month at:**

**<http://www.homefront.ohio.gov/>**



## RISFAC Meetings

### **Region 1 RISFAC**

July 24, 2014-Akron

### **Region 2 RISFAC**

July 16, 2014-Chillicothe

### **Region 3 RISFAC**

July 29, 2014-Cincinnati

### **Region 4 RISFAC**

July 22, 2014-Dayton

### **Region 5 RISFAC**

July 15, 2014-Findlay

### **Region 6 RISFAC**

July 9, 2014-Columbus

# Youth & Family Programs



OHNG Youth Programs and Operation: Military Kids (OMK) in Ohio reaches out to youth with a deployed family member/s to create community support networks through a variety of educational, social, and recreational program:

- Camps for military youth, teens, and families are a highlight throughout the year.
- Hero Packs made by 4-H members and other youth groups are distributed to youth when their parent is deployed.
- The Speak Out for Military Kids Team is a group of youth who are getting the message out about the situations faced during deployment.
- Training programs on needs of military youth are available. A Mobile

Technology Lab is available for military youth programs.

**Troop & Family Camps**—Welcome entire families from babies to grandparents and everyone in between! Families had a chance to get away from it all and enjoy the thrills of flying on a giant swing, sailing on Lake Erie, playing ga-ga ball, and making everlasting memories!

**Hero Camps**—Offer short-term experiences for 6-12yr olds, each with a specific focus, such as science or healthy living.

**Strong Family Workshops**—Concurrent with Hero Camps that share tips and tools for raising healthy resilient kids.

**Teen Leadership Camps**—Through hands-on activities teens explore what it takes to be a strong leader no matter what the setting. Teens discover more about themselves and how change, influence, communication, and problem solving skills can assist them in life.

## Contact Information:

**Andrew Seward**

Lead Child & Youth Program Coordinator  
614-336-7274

[andrew.j.seward.ctr@mail.mil](mailto:andrew.j.seward.ctr@mail.mil)

**Theresa M. Ferrari, Ph.D.**

State 4-H Military Liaison  
614-247-8164

[ferrari.8@osu.edu](mailto:ferrari.8@osu.edu)

## Camps & Events for Everyone

### May

**17<sup>th</sup> Hero Camp**—Cleveland Playhouse, Lights, Camera Action  
Cleveland, Ages 5-12  
Cost \$25/youth  
[www.regonline.com/HCClev](http://www.regonline.com/HCClev)

### June

**6-8<sup>th</sup> Camp Joy** (Entire Family)  
Clarksville, Cost \$50 for first 4 family members and \$10/person above 4  
[www.regonline.com/TNFCjoy](http://www.regonline.com/TNFCjoy)  
**22-27<sup>nd</sup> Teen Nautical Adventures Camp**  
Ages 14-18, Sandusky, Cost \$30/teen  
*\*Limited to 15 campers*  
<https://www.regonline.com/Register/Checkin.aspx?EventID=1512439>  
**26-30<sup>th</sup> Teen Leadership Camp**  
South Bloomingville, Ages 12-17  
Cost \$50/camper

### July

**6-11<sup>th</sup> Teen Adventure Excursion Camp**, New River Gorge, WV  
Ages 14-18, Cost \$30/teen  
*\*Limited to 30 campers*  
<https://www.regonline.com/Register/Checkin.aspx?EventID=1512483>  
**20-25<sup>th</sup> Military Teen Adventure Camp**, Buelah Beach, Vermillion  
Ages 14-18, Cost \$30/teen  
<https://www.regonline.com/Register/Checkin.aspx?EventID=1512495>  
**24<sup>th</sup> Hero Sports Camp**, Columbus, Ages 6-12, Cost \$20/youth  
[www.regonline.com/HCSports](http://www.regonline.com/HCSports)  
**27<sup>th</sup>—Aug. 1<sup>st</sup> Teen Whitewater Adventure Camp**, Ohioopyle, PA  
Ages 14-18, Cost \$30/teen  
<https://www.regonline.com/Register/Checkin.aspx?EventID=1512517>

### August

**4-8<sup>th</sup> Kelleys Island Teen Camp** Ages 12-15  
Cost \$65/camper  
[www.regonline.com/CKIteen14](http://www.regonline.com/CKIteen14)  
**4-8<sup>th</sup> Kelleys Island Junior Camp** Ages 9-11  
Cost \$60/camper  
[www.regonline.com/CKIYouth14](http://www.regonline.com/CKIYouth14)  
**22-24<sup>th</sup> Camp Patmos Family Camp** (Entire Family)  
Kelleys Island, Cost \$75 for the first 4 family members and \$10 thereafter  
[www.regonline.com/TNFCpatmos](http://www.regonline.com/TNFCpatmos)  
**22-24<sup>th</sup> Buelah Beach Family Camp** (Entire Family), Vermillion,  
Cost see above camp  
[www.regonline.com/TNFCbuelah](http://www.regonline.com/TNFCbuelah)



# Stay connected with Ohio Military Kids

We want to interact with Ohio's military families to find out how we can serve you better!

Use the social media links below to access up-to-date events, resources, and photos.



## ONG Family Readiness Program Youth Programs

Lists all youth opportunities available to ONG families.

[http://www.ong.ohio.gov/frg/FRG\\_youthprograms.html](http://www.ong.ohio.gov/frg/FRG_youthprograms.html)



## Ohio 4-H Youth Development

For all of your month of the military child resources, program information and volunteer opportunities.

<http://www.ohio4h.org/omk>



## Facebook

For upcoming OMK event info

[Facebook.com/OhioOperationMilitaryKids](https://www.facebook.com/OhioOperationMilitaryKids)



## Twitter

For immediate fun military kids activities to do and resources for your family.

[@OhioOMK](https://twitter.com/OhioOMK)



## You Tube

For a glimpse into some of the crazy good times offered through OMK.

<http://www.youtube.com/user/OhioOMK>



Instagram

## Instagram

For photos that inspire you about military family life.

[#OMKOHIO](https://www.instagram.com/omkOhio)



## Operation Military Kids 4-H Fund , Fund Number: 311984

Supports Various Youth Development Projects being Coordinated through 4-H's Partnership with the Military

<https://www.giveto.osu.edu/igive/onlinegiving>

# Grilling Safety Tips just in time for Summer



## Grilling Safety—

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything

that can burn is a fire hazard. They can be very hot, causing burn injuries.

Follow these simple tips and you will be on the way to safe grilling.

## Tips:

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.

## Summer Safety Reminders

- Have kids wear a properly fitted helmet when riding a bike, skateboard, scooter or rollerblading.
- Keep a shock absorbing surface under and around home playground equipment. Always supervise kids on play equipment.
- Use caution with outdoor grills when children are present.
- Install window guards to prevent children from falling out of windows. Install in any room where young children spend time.
- Never depend on screens to keep children from falling out of windows.
- Limit sun exposure for kids and infants.
- Apply sunscreen, even on cloudy days, and reapply every two hours, or after swimming.



## Refreshing Summer Corn on the Cob

### Chile Lime Corn Recipe: (serves 4)



- 4 ears of corn
- 1 lime
- 1 tsp salt
- 1 tsp chile powder

**Directions**—Put a large pot of water on to boil. Shuck corn. When water is boiling add corn and cook for 4min. Remove and place on plate, slice lime into 4 quarters and mix salt and chile powder in a small bowl. Dip lime into chile-salt mixture. Squeeze lime onto cooked corn and enjoy!

# Food, Fun & Sun! Summer Food Programs



The USDA Food and Nutrition Service, hosts a Summer Meals Program. Families can contact the toll free number, 1-866-3-HUNGRY, and find sites where meals are served in their local area.

There is no eligibility requirement for participation in this program. If a family lives in an area that is served by one of the meal sites, the children in that family can participate. Also, it is good to know that the parent, grandparent, other

adult caregiver can take the child to the site and, for \$2.00, eat with their child(ren). To download the summer food rocks flyer please visit the website.



<http://www.whyhunger.org/findfood>

## Easy tips for Kids on Eating Healthy

Take a look at what your favorite foods are, pizza, fruit, or sandwiches? The foods we choose to eat everyday play a big role in how healthy we are and in how much energy we have to do the things we love! In order to do the things we love we need to be giving our bodies the right fuel so that we have energy. Follow these easy steps to better fuel for your body, which will lead to a better you!

- Snack on healthy foods instead of candy bars.
- Drink water or milk before you reach for another sugary drink.
- Eat when you're hungry.
- Eating right also means eating enough, your body needs enough good calories for you to grow.
- Eat a variety of foods.
- Take some time to learn the terminology on labels and ingredients.
- Make smart choices.



<http://apps.militaryonesource.mil/MOSI/?p=MYOM:HOME2:0>

## Frozen Chocolate Banana Bites!



Cold treats are a delight for kids during the hot summer months. Summer treats don't have to be filled with sugar for them to taste delicious. Check out the link below for 6 summer treats that are not only kid pleasers, but parents love them too. Each only takes minutes to prepare, and they're filled with nutrients, not sugar.

We are highlighting chocolate covered banana bites.

**Directions:** Take the bananas and chop into 1 inch bite size pieces and freeze on wax paper. After frozen, then dip bananas into melted chocolate (dark is best!), roll in nuts or coconut for added flavor. Then return to freezer for 1-2hrs.

<http://healthdecide.orcahealth.com/2012/06/26/6-healthy-summer-snacks-to-stay-cool/>