

Would You Prefer NEBLINE E-Newsletter?

Nebraska Extension in Lancaster County has a web- and mobile-friendly version of the NEBLINE newsletter!

Sign up at lancaster.unl.edu/nebline

You have the option to subscribe/unsubscribe to the print and/or online versions.

Nebraska Extension in Lancaster County & Lancaster Extension Education Center Conference Facilities

444 Cherrycreek Road, Ste. A
Lincoln, NE 68528
402-441-7180

lancaster.unl.edu

Email: lancaster@unl.edu • Fax: 402-441-7148

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

We assure reasonable accommodation under the Americans with Disabilities Act; for assistance call 402-441-7180.

UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

ADMINISTRATIVE SERVICES OFFICER

Jenny DeBuhr

EXTENSION EDUCATORS

Tracy Anderson, Sarah Browning, Kait Chapman, Kayla Colgrove, Jaci Foged, Emily Gratopp, Alyssa Havlovic, Kristen Houska

EXTENSION ASSOCIATES

Soni Cochran, Mary Jane Frogge, Kristin Geisert, Becky Schuerman, Jim Wies

EXTENSION ASSISTANTS

Kyleah Bowder, Calvin DeVries, Courtney Eitzmann, Brie Frickenstein, Vicki Jedlicka, Meredith Kuca, Kate Pulec

SUPPORT STAFF

Shannon Boyer, Deanna Covault, Heather Odoski, Konnie Robertson, Chris Rosenthal, Karen Wedding

NEBLINE

The NEBLINE is published monthly (except December). It is mailed to nearly 11,000 households in Lancaster County. E-newsletter and PDF versions are online at <http://lancaster.unl.edu/nebline>.

Copyright ©2020

Photo on front page flag and page headers by PRANGE Aerial Photography

NEBLINE articles may be reprinted without special permission if the source is acknowledged as "Nebraska Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Nebraska-Lincoln is implied.

The Nebraska Library Commission's Talking Book and Braille Service records the NEBLINE for individuals with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to www.nlc.nebraska.gov/tbbs or call 402-471-4038 or 800-742-7691.

NEBLINE subscriptions

You can manage your subscriptions at <http://lancaster.unl.edu/nebline> or mail this form to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

NEBLINE FREE E-NEWSLETTER:

Add my email address Remove my email address

NEBLINE IN THE MAIL:

Add my address Remove my address Change of address

Subscriptions to the NEBLINE via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683-, 684-, 685-, 68003, 68017 and 68065.

Name _____

Street address _____

City _____ Zip _____

Email address _____

Phone _____

We will only use your phone number in case there is a problem with your address.

ACTIVE FAMILY

continued from page 1



Kayla Colgrove via Camva.com



safe routes near you. Learn more about the trails in Lincoln at <https://lincoln.ne.gov/city/parks/parksfacilities/trails/>.

Build an Outdoor Obstacle Course

Kids love to run, tumble and jump. Put some organization to it and call it a game. This can be built with supplies you already have, or by purchasing a few inexpensive items. Choose items that will help kids learn to go under, over, around and through. Add a little competition

by timing each family member. A little friendly competition is a great way to sneak in extra effort and workout intensity.

Teach the Kids Some of Your Favorite Active Games Growing Up

Think back to what you used to enjoy playing. Maybe it was Hopscotch, Double Dutch Jump-Rope, Kickball, Red Light-Green Light, Simon Says, Freeze Dance, etc. Some of these classic games

will still get your heart pumping.

Be a Role Model

Show off your dance moves, model some yoga poses or teach them your favorite sport. This can be a great time to warm up the throwing arm, just in time for football season. When kids see you enjoying physical activity, they may want to try it too.

Sources:

- Move Your Way, U.S. Department of Health and Human Services
- 10 Tips: Be a Healthy Role Model for Children, Choose MyPlate

RECIPES OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster Co.

One of my favorite things about summer is eating fresh produce like watermelon, tomatoes and corn. Try one of these easy recipes from Nebraska Extension.

SIMPLY SUMMER FRUIT SALAD

- 1 cup watermelon, scrubbed with clean vegetable brush under running water
- 1 cup blueberries, gently rubbed under cold running water
- 1 cup diced kiwi, gently rubbed under cold running water
- 1 cup canned mandarin oranges, drained
- 1 cup pineapple chunks, fresh, frozen or canned

Wash hands with soap and water. Stir fruit together in a medium-sized bowl. Serve immediately or cover and store in the refrigerator.

Nutrition Information:

Serving Size (1 cup): Calories 77 Total Fat 0.4g Sodium 4mg Total Carbohydrates 19.4g Fiber 2.7g

Source: Nebraska Extension Food Dept.



Photo provided by Cami Wells

SUMMER VEGETABLE SALSA

(6 Servings)

- 1 medium zucchini, gently rubbed under cold running water, diced
- 1 medium white onion, scrubbed with clean vegetable brush under running water, diced
- 3 Roma tomatoes, gently rubbed under cold running water, diced
- 1 Jalapeno pepper (optional), scrubbed with clean vegetable brush under running water, minced
- 4 garlic cloves, minced
- 1/2 cup fresh cilantro or parsley, gently rubbed under cold running water, chopped
- 1/2 teaspoon salt (optional)
- 1/4 cup lime juice

Wash hands with soap and water. Put zucchini, onion and tomatoes in a medium bowl. Because the jalapeno can burn the skin, an adult should remove the seeds and mince it. Mince the garlic. Add jalapeno and garlic to the tomato mixture. Add cilantro, salt and lime juice to the tomato mixture. Stir well. Chill in the refrigerator at least 30 minutes before serving.

Nutrition Information: Serving Size (1/6 of recipe): Calories 25 Total Fat 0g Saturated Fat 0g Cholesterol 0mg Sodium 198mg Total Carbohydrates 6g Fiber 1g Total Sugars 3g Protein 1g Vitamin D 0% Calcium 2% Iron 0% Potassium 4%

Source: Nebraska Extension Nutrition Education Program

