



# May Wellness Facts

Authored by Linnette Goard, FCS Educator, Lorain County  
For local information contact Melinda Hill, FCS Educator

OSU Extension , Wayne County  
428 W. Liberty Street  
Wooster, Ohio 44691  
330-264-8722 or hill.14@osu.edu



## Summer Produce

In the summer, everything comes in full bloom. It's the season to enjoy seasonal fruits and vegetables. They are inexpensive, at their peak of flavor, and rich in fiber and nutrients. Find them at your local grocery store, farm market, or roadside stand.

Choose:

- Broccoli and green beans that are bright green and firm.
- Corn that has fresh, small kernels.
- Tomatoes that are plump, red and feel heavy.
- Cantaloupe and watermelon that feel heavy for their size.
- Peaches and plums that are ripe and slightly soft.

Work on making changes to add more fruits and vegetables to your diet.

## Crunchy Vegetable Burrito Banditos

Ingredients:

- ½ cup shredded carrots
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 ounces shredded lowfat Cheddar Cheese
- ¼ cup nonfat ranch salad dressing
- ½ teaspoon chili powder
- 4 (7-inch) flour tortillas
- 1 cup torn iceberg lettuce, bite-size pieces

Directions: In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing, and chili powder.

Lay tortillas flat on the counter and spoon about 1/2 cup vegetable mixture. Wrap each tortilla around the vegetable mixture.

## Family Fitness Outings

At least once a week, plan to do some fun activity. Create your own personalized family fitness plan.

- Schedule a regular time each week. You are more likely to stay with it if you choose the same time and day each week.
- Take turns selecting the activity for your family to do as a group. It may be biking one week and swimming the next.
- Start a log of daily fitness activities for each family member.
- Help everyone find something active that makes them feel successful.

Remember: It does not have to cost a lot of money to be physically active.