

**Edition 1**

# healthmpowers™

## August Newsletter

### Drink more water & less sugary drinks every day!

- Drink water instead of sugary drinks
- Water on the go
- Drink your fruits and vegetables
- Record your water intake



### Harvest of the Month: Watermelon



#### Benefits:

- **Watermelon** is 92% water.
- **Watermelon** is a good source of vitamin A, which helps improve vision.
- **Watermelon** contains a variety of nutrients, such as potassium, magnesium, and vitamin C.

#### Buying Tips:

1. Select **watermelons** that are symmetrical and heavy for their size
2. Store whole **watermelons** at room temperature; refrigerate cut pieces up to five days

#### Harvest of the Month Recipe:

#### Watermelon Strawberry Shake



#### Ingredients:

- 8 ounces lemon non-fat yogurt
- 2 cups **watermelon**, cubed
- 1-pint fresh strawberries
- 1 medium banana, peeled and sliced

#### Instructions:

- Combine all ingredients into a blender.
- Blend until smooth.
- Enjoy!

*Share your watermelon strawberry shakes on social media!*



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This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.