



**FOR SUMMER FUN**

**Eat Smart. Play Hard.™**

**Summer Fun Challenge Week Four:**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>60 Minute Series:</b> Swimming Safety	<b>My Plate Grocery Store Bingo with prizes</b> <a href="http://bit.ly/2jYmtQr">http://bit.ly/2jYmtQr</a>	<b>60 Minute Series:</b> Physical Activity circuit stations	<b>Fire Safety:</b> Hose off to stay cool all summer! Stay hydrated!	<b>FUN Friday:</b> Make & Fly your own kite
<b>Who Can Help?</b> Local swimming coach or instructor Lifeguard Parent YMCA staff	<b>Who Can Help?</b> Local grocery store owner or staff Local dietitian Extension staff Health Department Local church volunteer Teacher School Nutrition Staff Students	<b>Who Can Help?</b> High School students College students Student athletes PE teacher or coach Extension YMCA staff Parent	<b>Who Can Help?</b> Local Fireman or fire department Dietitian to talk about hydration	<b>Who Can Help?</b> Teacher Parent Local business owner, Kiwanis member Local retailer

**Complete: Send your photos to [sliewer@hungerfreeheartland.org](mailto:sliewer@hungerfreeheartland.org) Social Media #NESUMMERFUN**

