



HELP  
YOUR KIDS  
BEAT the  
"Summer  
Slump"





# HELP YOUR KIDS BEAT the "Summer Slump"

For a complete listing of Summer Fun Café Programs call the 211 Info Line or the Mexican Consulate at 619 308-9929.



School is out for summer and kids begin their blissful break from the pressures of homework and tests. For many kids, summer also is a break from healthy habits.

"Adults might imagine summer as a healthy and active time for kids but this often isn't the reality. That's why we're encouraging parents to help their kids overcome the 'summer slump' and get them involved in the fun activities happening at local community youth organizations," said Joanne Tucker, Food Services Marketing Coordinator for San Diego Unified School District.

Kids gain weight more than twice as fast during the summer as they do during the regular school year.

To help kids and parents beat the summer slump, the Network for a Healthy California—Children's Power Play! Campaign (Network) in partnership with the San Diego Unified School District and City of San Diego's Park and Recreation Department has created the Summer Lunch Café as a way for youth



to "Power Up Their Summer!." The "Power Up Your Summer" Challenge was created to empower kids to add more active play and eat healthier this summer. Summer Lunch Café is part of the Summer Lunch Program and provides free lunches, snacks, and physical activity opportunities to all kids, ages 2-18 years, regardless of income, at school sites and Park and Recreation sites around the San Diego Unified School District.

"There's no enrollment, no paperwork and no income qualifications," said Gary Petill, Director of the District's Food Services program. "All they need to do is be at one of the locations. Just because it's summer vacation doesn't mean lunch is any less important." said Petill.

As part of the Summer Lunch Café's ", every Park and Recreation site holds a community BBQ and a Fiesta throughout the summer to bring families and community members together and to encourage youth to participate in festive physical activity games such as the strawberry relay and lime toss. Lunch dates and times vary depending on the school or Park and Recreation site schedule. To learn more about the "Power Up Your Summer!" Challenge, and for resources, tips and recipes, go to [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For more information about the Summer Fun Café, go to [www.sandi.net](http://www.sandi.net) - select School Meals.

Help your kids participate in the "Power Up Your Summer!" Challenge by:

- Identifying safe outdoor places for kids to play, such as parks, recreation centers and pools. [Insert information about your Physical Activity Resource Guide, if desired.]
- If kids can't get outside, encouraging active indoor play. Even simple things like turning on their favorite music and dancing, cheerleading, skipping or playing freeze dance, limbo or hide-and-seek can get them moving and avoiding the "summer slump."
- Incorporating physical activity into your family's routine such as a daily walk or bike ride together.
- Adding delicious summer fruits and vegetables to every meal.
- Limiting screen time to less than two hours per day. Time spent watching television, playing video games or surfing the Internet is time away from active play.