

**Kid-friendly Veggies and Fruits**

**10 tips for making healthy foods more fun for children**  
from myplate

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

**Smoothie creations**

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

**Delicious dippers**

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



**Caterpillar kabobs**

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

**Personalized pizzas**

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up veggies or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

**Veggies and Fruits (cont'd)**

**Fruity peanut butterfly**

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.



**Frosty fruits**

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

**Bugs on a log**

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!



**Homemade trail mix**

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

**Potato person**

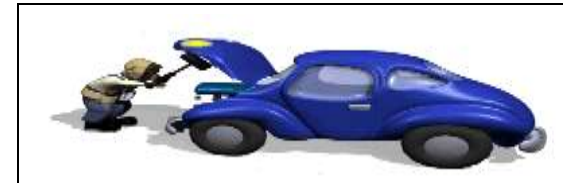
Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

**Put kids in charge**

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

**Cost of Unexpected Auto Repair of \$350**

from Your Money, Your Goals: A financial empowerment toolkit



**Which one will you choose?**

**Emergency Savings**

**Amount needed:** \$350  
**Annual Percentage Rate (APR):** none  
**Repayment terms:** none  
**Total interest and fees:** none  
**Time to repay:** none  
**Total cost of auto repair:** \$350

**Credit Card**

**Amount needed:** \$350  
**Annual Percentage Rate (APR):** 15.99% APR  
**Repayment terms:** Must pay at least a certain amount each month. For the purposes of this example, we are choosing a fixed monthly payment of \$25.  
**Total interest and fees:** \$40 over 16 months  
**Total cost of auto repair:** \$390

**Payday Loan**

**Amount needed:** \$350  
**Annual Percentage Rate (APR):** \$15 for every \$100 borrowed for 14 days. This means a 391% APR.  
**Repayment terms:** Must pay back loan amount (\$350) plus fee (\$52.50) within 14 days.  
**Total interest and fees:** \$52.50 for each 14 days  
**Time to repay:** 14 days  
**Total cost of auto repair:** \$402.50

**FAIR HOUSING IS YOUR RIGHT!**

If you believe that you have been a victim of housing discrimination, please call  
**1-800-440-8091.**

**Rent Payment Hours**

**Monday:** 8:00 - 5:30  
**Tuesday:** 8:00 - 5:30  
**Wednesday:** 8:00 - 2:00  
**Thursday:** 8:00 - 5:30

**Office Hours**

**Monday:** 7:30 - 6:00  
**Tuesday:** 7:30 - 6:00  
**Wednesday:** 7:30 - 2:00  
**Thursday:** 7:30 - 6:00

**Word of the Month -**

*Enrich your vocabulary*

**anodyne (an-ə-dīn)**

not likely to provoke dissent or offense; inoffensive, often deliberately so.

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**Manatee County Housing Authority**  
5631 11<sup>th</sup> Street East  
Bradenton, FL 34203  
Phone - (941) 756-3974



Fair Housing: It's Your Right!

### GRILLING SAFETY

From Southern Manatee Fire & Rescue District Newsletter

*There is nothing like grilling outdoors. But a grill placed too close to anything can burn and be a fire hazard! Here are some simple safety tips for summer fun:*



- Use grills and Charcoal BBQ grills only outdoors. Place grill away from home, decks or overhangs.
- Keep children and pets away from grill. Never leave grill unattended.
- Always make sure gas grill lid is open before lighting it. Never use starter fluid, use charcoal starter.
- Let coals completely cool before disposing in metal container.
- Keep matches and lighters out of reach from children.

### Think About It . . .



The first great gift we can bestow on others is a good example.  
*Thomas Morrell*

Don't worry that children never listen to you; worry that they are always watching you.  
*Robert Fulghum*

If you want to change attitudes, start with a change in behavior.  
*William Glasser*

Children pick up attitudes like a vacuum cleaner inhales dirt.  
*Howard G. Hendricks*

Children have never been good at listening to their elders, but they have never failed to imitate them.  
*James Baldwin*

Bear with the faults and frailties of others, for you, too, have many faults which others have to bear. If you cannot mold yourself as you would wish, how can you expect other people to be entirely to your liking? For we require other people to be perfect, but do not correct our own faults.  
*Thomas Kempis*

### Quotable Quotes (on children)

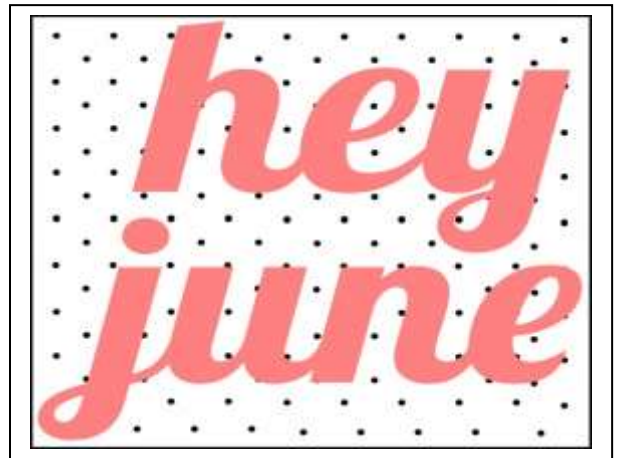
Let us sacrifice our today so that our children can have a better tomorrow.  
--A. P. J. Abdul Kalam

The greatest legacy one can pass on to one's children and grandchildren is not money or other material things accumulated in one's life, but rather a legacy of character and faith.  
--Billy Graham

It is easier to build strong children than to repair broken men.  
--Frederick Douglass

#### Numbers to Remember:

- MCHA : (941) 756-3974**
- Lynn Reinhard/Maintenance x 129
- Susan Cayer/Property Manager x 123
- Blanca Ramirez/Public Housing Specialist x 132
- Helen Garner/FSS x 136
- Lori Hostetter/ROSS x 227



June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 MCHA closed Rent due	2
3	4 Summer food program begins	5 food bank delivery	6	7	8 MCHA closed Rent late \$10	9
10	11	12 food bank delivery	13 10:00 a.m. Plant-a-Pail (Lake Terrace)	14 Flag Day 3:00 p.m. - elementary age financial education	15 MCHA closed	16
17 Father's Day	18	19 food bank delivery	20	21 Summer begins RA meeting	22 MCHA closed	23
24	25	26 food bank delivery	27	28	29 MCHA closed	30