June is upon us, and the warm weather came with it. Now is a great time to go outside and enjoy what Northern California has to offer us. Studies have shown that a walk at a park refreshes our attention span to return to work with a clear mind as well as giving us greater focus. Walking is also a great way to improve your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.
Melon Cooler

Cool off this month with this Melon Cooler!

READY IN: 10 MINUTES
SERVES: 4

Ingredients:
- 2 cups chopped Melon
- 2 cups of cold water

Directions:
1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition Facts
- Calories 27
- Sodium 15mg
- Total Carbohydrate 7g
- Dietary Fiber 1g

ADAPTED FROM THE U.S. DEPARTMENT OF AGRICULTURE, SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM. TO FIND OUT MORE, CONTACT (877) 652-0731. USDA DOES NOT ENDORSE ANY PRODUCTS, SERVICES, OR ORGANIZATION. USDA IS AN EQUAL OPPORTUNITY EMPLOYER. SNAP-ED IS A PROGRAM PROVIDED BY NVCS. SOURCES: EATFRESH.ORG