

EAT BETTER FOR LESS

Bored? There's a Cure for the Summertime Blues

"I'm bored!" It's the phrase everyone hates to hear and can't stand to bear. Maybe that's why July is National Anti-Boredom Month. It was created to encourage people to identify what makes them bored and to find ways to battle it. Here are some of our favorite ways to combat boredom:

Try something new

- Go bowling with friends or family: kidsbowlfree.com/
- Explore national parks in person (free for 4th graders at www.everykidoutdoors.gov/index.htm or for free from your home by visiting <https://www.nps.gov/kids/parks-through-your-screen.htm#onthisPage-2>.)
- Host an indoor campout and make your best fort
- Try a new hobby



Choose Your Own Adventure

Create a list of "boredom busting" activities for those dull moments. The more creative we are, the better we will get at it. Finding things to do when bored is the way kids learn to be on their own, find out what interests them and what isn't boring.



By learning to think creatively, solve problems, visualize outcomes and develop self-discipline, we help improve our chances of happiness and anti-boredom in the long run.



Start the fireworks early with a cool, delicious patriotically-themed breakfast.

Berry Blast Off

Ingredients

- 1 cup sliced strawberries
- 1 cup low-fat granola
- 1 cup blueberries or other fruit
- 1 cup plain, low-fat yogurt

Directions

1. Get four small glasses. Wash all fruit.
2. Divide the strawberries among the glasses.
3. Sprinkle granola over the strawberries.
4. Divide blueberries and place on top of granola.
5. Spoon the yogurt on top of the blueberries.

Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.

Resources: <https://food.unl.edu/healthy-bites-may-national-salsa-month>, myplate.gov/recipes/mango-salsa1



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