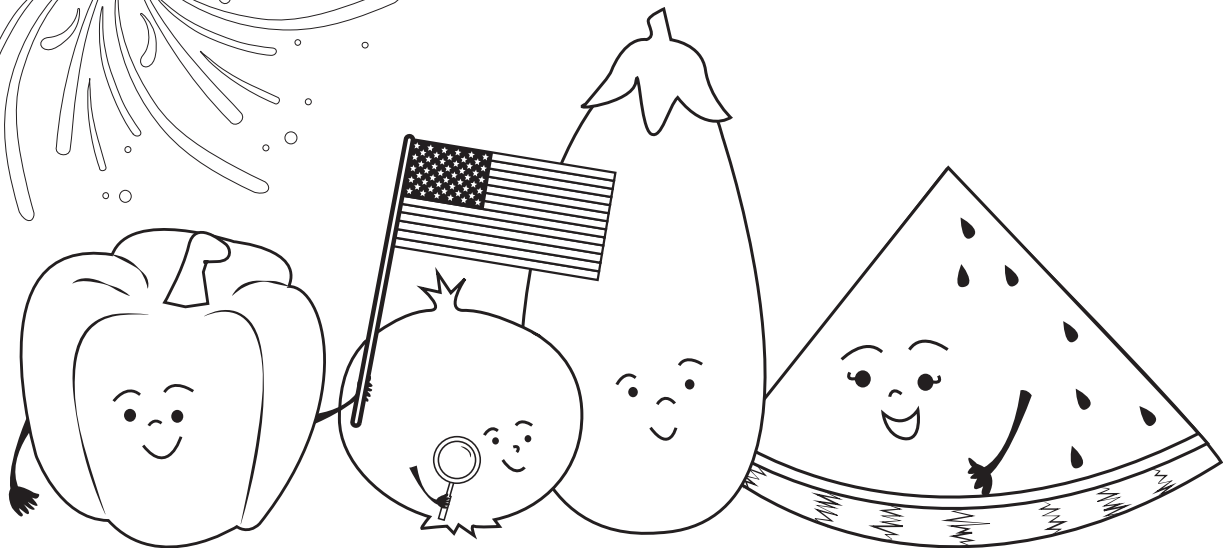


Let's have a

BLAST!

Fill your Fourth of July with fireworks, fun and fantastic healthy ideas!



All-Star Activity: Patriotic Scavenger Hunt

Searching for a fun, kid-friendly activity?
Find these USA-related items!

1. A nickel in honor of Thomas Jefferson
2. A **red** cup
3. A white napkin
4. A **blue** flower
5. A penny in honor of Abraham Lincoln
6. Something star-shaped
7. Watermelon
8. Popsicle stick
9. Something with an eagle on it
10. Something with the number 4 on it

Red-White-And-Blueberry Water

INGREDIENTS

- *For the red and blue:* 1 cup mixed fresh or frozen strawberries, raspberries and blueberries
- *For the white:* Water and ice
- *For garnish:* 1 sprig fresh rosemary

INSTRUCTIONS

Place all ingredients in a pitcher. Refrigerate for at least 1 hour to allow flavors to infuse. Enjoy!



Find more healthy activities and healthy recipes for kids at ShapeYourFutureOK.com.