



# JULY 2026

## WELLNESS NEWSLETTER

ROCKY MOUNT PREP  
CHILD NUTRITION DEPARTMENT

### Summer Strong, Jaguar Proud!

July is a time to relax, recharge, and make healthy choices while enjoying all the fun that summer has to offer! Let's stay active, hydrated, and fueled for a bright future!



#### NUTRITION FOCUS

##### Sweet Choices for Healthy Days!

- Enjoy a variety of fruits and vegetables daily.
- Choose whole grains, lean proteins, and low-fat dairy foods.
- Limit sugary drinks and snacks.
- Try fresh, seasonal produce in your meals.
- Keep healthy snacks on hand for summer adventures!



#### SUMMER PRODUCE PICKS



Watermelon



Blueberries



Peaches



Corn



Tomatoes



Cucumbers

#### SUMMER SAFETY REMINDERS

- ✓ Always wear a helmet when biking or scootering.
- ✓ Swim only with a responsible adult.
- ✓ Apply and reapply sunscreen.
- ✓ Wear bright clothing when outdoors.
- ✓ Know your emergency contact information.

#### HEALTHY HABITS THIS MONTH



##### STAY HYDRATED

- Drink water throughout the day.
- Keep a water bottle with you.
- Choose water over sugary beverages.
- Add fruits like lemon, berries, or cucumber for a tasty twist!



##### BE SUN SMART



- Wear sunscreen (SPF 30+).
- Wear a hat and sunglasses.
- Seek shade during the hottest parts of the day.
- Wear light, breathable clothing.



##### STAY ACTIVE

- Swim, walk, bike, dance, or play outside.
- Try a new activity as a family.
- Limit screen time.
- Move your body for at least 60 minutes each day.



##### GET ENOUGH REST

- Keep a consistent bedtime.
- Aim for 8-10 hours of sleep.
- A well-rested body helps you stay energized and happy!

#### FUN DAYS IN JULY!

JULY 7

WORLD CHOCOLATE DAY



JULY 16

NATIONAL FRESH SPINACH DAY



JULY 18

NATIONAL ICE CREAM DAY



JULY 24

NATIONAL PARENT'S DAY



JULY 28

NATIONAL WATERPARK DAY



#### FAMILY WELLNESS TIP

Make a Summer Wellness Bucket List!

- ✓ Try a new fruit or vegetable
- ✓ Have a family picnic
- ✓ Go for a nature hike
- ✓ Visit a local park or pool
- ✓ Read a book together
- ✓ Do a "no screens" day
- ✓ Volunteer in your community



#### CONTACT INFORMATION



Ms. Shamika Gardner  
Child Nutrition Coordinator &  
Local Wellness Plan Director



shamika.gardner@rmprep.org



252-443-9923 ext. 101

## WE ARE JAGUARS!