

JULY. 2021 | ISSUE 1

HEAD INTO SUMMER

Parent Newsletter Olive Dining Ltd



SUMMER EDITION

Hello and welcome, Olive would like to introduce you to our Olive Dining Summer Newsletter. We hope you all have a great summer break. In our newsletter we have featured lots of tips and ideas to help you and your family keep healthy and enjoy a fabulous summer.

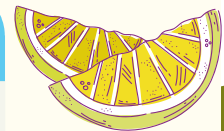
By: Chris-Ann Gayle

TOP TIPS TO KEEP YOU AND YOUR FAMILY HEALTHY IN THE WARM WEATHER

KEEP HYDRATED

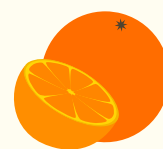
Carry a reusable bottle of water with you that you can refill throughout the day. You can add a wedge of lime or lemon to improve the taste.

Aim to drink 6 to 8 cups of fluid a day. The amount of fluid to drink depends on the child's age. 4-8yrs should have 1280ml of fluid, 9-13yrs 1680ml of fluid(Boys) & 1520ml of fluid(Girls). This can be milk, water & sugar free juices.



SNACK SMART

Swap crisps, biscuits, sweets & chocolate for healthier snacks such as chopped veggies, fruits, natural yogurt and plain rice cakes.



KEEP ACTIVE

Aim for an average of at least 60 minutes of moderate intensity physical activity a day.

This can be: walking, cycling, dancing or rollerblading



SET A DAILY LIMIT ON SCREEN TIME

Keep track of how much time is spent on the video console and watching TV. Instead try other activities like: painting, drawing, playing board games, reading and baking healthy treats



Did you know?

Coconut water is a natural isotonic drink. It contains electrolyte sodium and potassium which replace fluids (salt and sugar) lost through sweating, especially after a long day out in the heat. It is also a good source of magnesium, calcium, selenium, methionine, zinc, iodine, manganese, boron and antioxidant cytokinin. It may also lower blood pressure and total cholesterol.

OUT AND ABOUT- SUMMER PICNIC



FUN & EASY TO PREPARE PICNIC LUNCH IDEAS

- Cherry tomatoes, mature cheese and caramelised onions on toasted wholemeal bread
- Rice cakes with chunky peanut butter and raspberry jam
- Watermelon, strawberries and blueberry salad
- Carrots and hummus
- Fruit infused water - you can use strawberries, cucumber or lemon
- Roasted pumpkin seeds and dried cranberries

WATERMELON KEEPS YOU COOL

Watermelons are great as a juice or sliced up in a salad, perfect for the warm weather and low in calories.

A watermelon contains approximately 92% water & 7.55% carbohydrates out of which 6.2 % are sugars and 0.4% dietary fibres.

They are a rich source of Vitamin C, B-carotene, Vitamin B1 and B6, as well as minerals such as potassium and magnesium.



TOO HOT FOR YOU ?

TRY OUR FROZEN BERRY ICE LOLLIES RECIPE

Iced lollies are perfect for a hot summer day and packed with seasonal berries they are a delicious healthy treat.

INGREDIENTS- SERVE 6

- 150g Blueberries
- 150g Strawberries
- 100g Raspberries
- 100g Greek yogurt
- 50g Coconut milk
- 65g Honey



METHOD

- Add fresh or frozen strawberries, raspberries, blueberries, yogurt, and coconut milk into a blender
- Blend until the mixture is smooth
- Pour the mixture into the lolly mould
- Add your sticks onto your ice lolly moulds
- place in the freezer for at least 4 hour or overnight

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Did you know?

- You can use a plastic cup if you do not have a lolly mould
- Running your mould under warm water for a couple of seconds will help you to remove the lollies easier