



## SLURP YOUR WAY INTO SUMMER WITH A GREEN STRAWBERRY SMOOTHIE



June is strawberry season and farms in Connecticut are bursting with spring greens like kale and spinach! Celebrate the 90 dairy farm families and many produce growers in Connecticut with a delicious smoothie!

### Materials:

Blender or large jar with lid,  
CT Grown ingredients, glass & STRAW!

### Ingredients:

3/4 cup Kale or spinach  
1 cup strawberries  
1 1/2 cups milk or yogurt, any combination  
2-4 Ice cubes

### Combine...

all ingredients in blender & blend till desired consistency OR use an immersion blender in a jar or just **SHAKESHAKESHAKES**.

Pour and **SLURP!**

This recipe has been adapted from Hartford Public Schools, FCNS - 2018  
Meal Pattern Contribution: 1 M/MA & 1/2 cup Fruit Allergens: Dairy

**Kale Strawberry  
Smoothie**  
Makes two 8 oz servings



## Red and Pink Drinks for JUNETEENTH

Red Food and drink have a long history in African American culture and are especially celebrated on Juneteenth!

Learn More!

[kidsconnect.com/history/juneteenth](http://kidsconnect.com/history/juneteenth)  
[atlasobscura.com/articles/what-is-juneteenth](http://atlasobscura.com/articles/what-is-juneteenth)

[putlocalonyourtray.uconn.edu](http://putlocalonyourtray.uconn.edu)  
[newenglanddairy.com/dairy.farm.to.school](http://newenglanddairy.com/dairy.farm.to.school)



## June is National Dairy Month!



**GET TO THE BOTTOM OF IT!**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

**COLOR  
ME IN!**

**JUNE**  
**6th- 10th**

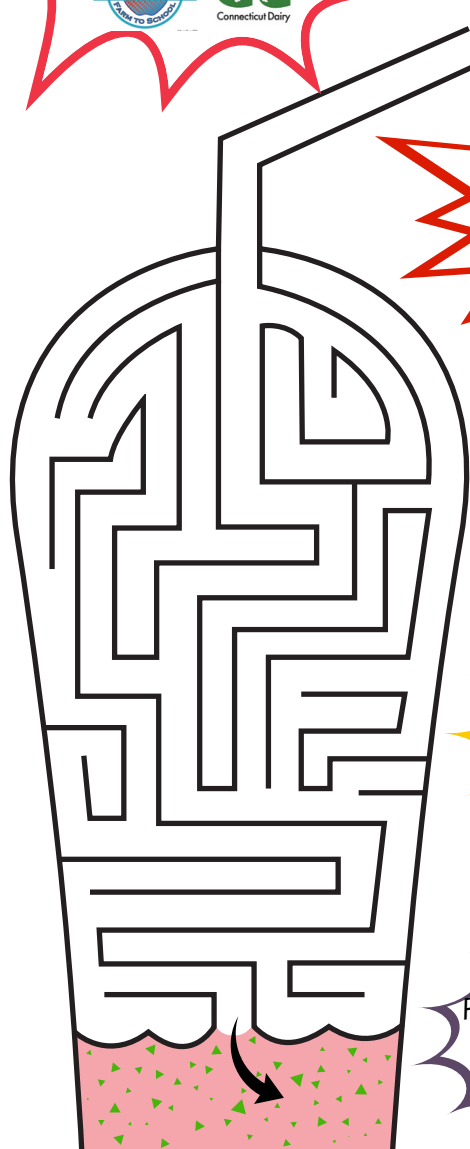


# THE GREAT SMOOTHIE SLURP!

## JOIN THE #GREATSMOOTHIESLURP

- Find Local!
- Make It! Smoothie recipe on back!
- SLURP IT! How loud can you slurp and get to the bottom
- Share it! Post your a photo or video on your school social media...

**CAN YOU GET TO THE BOTTOM OF THE SMOOTHIE?**



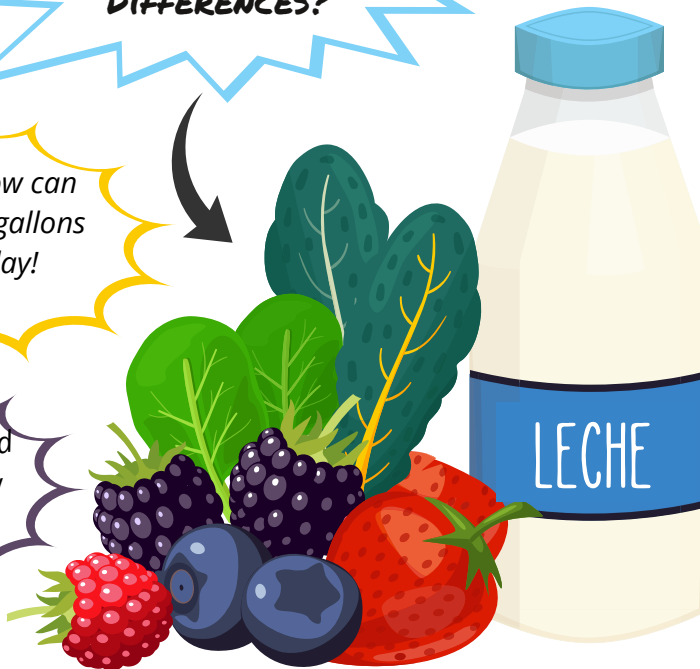
**CAN YOU SPOT AND CIRCLE FIVE DIFFERENCES?**



**Q:** What game do cows play at parties?  
**A:** MOO-sical chairs!

*Fun Fact: A cow can make up to 7 gallons of milk a day!*

*Fun Fact: Kids should eat 2 cups of leafy greens A WEEK!*



**Q:** Why are spinach leaves never lonely?  
**A:** Because they come in bunches!

**Q:** Why were the strawberries upset?  
**A:** Because they were in a jam!