



Physical Activity and Nutrition News

Summer in Vermont

I hope you are enjoying summer in Vermont (now that the weather has finally caught up to the calendar!) I wanted to note a couple of resources to share with those you work with.

- Summer lunch programs for kids. Summer is a vulnerable time for children who rely on the School Breakfast and Lunch program. There are summer lunch programs around the state to bridge this gap. Visit Hunger Free Vermont's [website](#) for more information.
- It is high season for fresh Vermont produce. There are a number of ways to get it including [farm stands](#), some of which have pick your own options, and [farmers markets](#), most of which will take EBT payments. Work your way toward five fruits and veggies a day with local produce!



Enjoy all that Vermont has to offer this summer. See below for more suggestions!

Vermont Trail Improvements

Around Vermont, communities are improving and showcasing amenities that increase opportunities for physical activity and connect recreation resources to downtowns, helping boost the local economy. [Check out](#) user-friendly improvements coming to Vermont trails.



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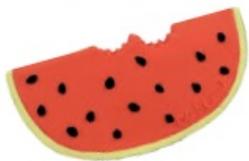
Green Commuting: Support Your Employees to Commute Smarter

Vermonters drive over seven billion miles a year. [Read](#) how your worksite can support employees in having a greener commute, and get more physical activity at the same time.



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Food Bites



By Rebecca O'Reilly, MS, RD

Ok, who's fallen into this trap: You decide to make some healthy behavior changes, including incorporating more exercise into your week, but find yourself eating more... either because, "you earned it," or, "you need more calories for fuel," or maybe you're just hungrier. [Read on](#) to learn more about fueling physical activity and exercise.

[Read more](#)



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