

Icy Bottle Sticks  
 Featured in July 2010 Issue  
 Disney Family Fun



**Healthy Fun**

**GET OUTSIDE**

### take a hike with friends

June 5 is National Trails Day, and the American Hiking Society wants you to celebrate — where else? — on the trails. For information about events around the country, go to [americanhiking.org](http://americanhiking.org).

For fun-in-numbers outings, consider starting a hiking club as the Wheelers of Katonah, New York, did. Every month, they gather a group of ramble-ready families with kids ages 2 to 10 for a gentle trek at a nearby recreational area. "It gets us all outside," says mom Sarah. "Connecting kids to the natural world is so important these days." She also relishes the combination of low-maintenance socializing (no meals, no hosting) with an outdoor fitness component. "It's a fellowship of nature lovers," she says. "And I just love the sight of all the kids running down the trail." For organizing tips, go to [FamilyFun.com/magazine](http://FamilyFun.com/magazine).

**WORLD'S HEALTHIEST FOODS**

## spectacular strawberries

Your kids may not need a reason to eat fresh strawberries, but the health benefits certainly sweeten the deal. Just consider: out of more than 1,000 foods, the berries were ranked third highest in antioxidant content per serving by the American *Journal of Clinical Nutrition*, behind blackberries and walnuts. Loaded with Vitamin C, strawberries are also a good source of potassium, manganese, and fiber. Now is the time to enjoy them at their prime.

**HEALTHY PRODUCT**

### ICE TUBES

"I love these trays! They make narrow, bottle-perfect icicles, so that my kids can take cold water to school, practice, or the beach — and I can quit trying to cram square cubes into round bottle necks." — Contributing editor Catherine Newman

**MAKE THIS NOW**

This refreshing **Strawberry Gelatin** has a kid-friendly texture that's a cross between jam and pudding. Mix 3 cups strawberries, ½ cup sugar, and 1 tablespoon lemon juice in a blender. Strain the mixture and pour the liquid into a small saucepan (discard the solids). In a bowl, pour 2 packets unflavored gelatin over 1 cup cold water and let the mixture stand for 5 minutes. Heat the strained liquid until it's just starting to boil, then stir it into the gelatin mixture. Pour the gelatin into an 8- by 8-inch glass pan and chill for at least 4 hours before serving.

**MAKE THIS NOW**

Here's an easy way to make your own **Strawberry Frozen Yogurt**. Freeze 2 cups fresh strawberries. Combine the berries with 6 ounces nonfat French vanilla yogurt in a food processor, then blend until smooth. Serve immediately.

**Did you know?** One cup of strawberries offers 140 percent of the RDA of Vitamin C for adults and kids ages 5 and up.

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**Icy Bottle Sticks by Progressive, 3 trays for \$4 at Bed Bath & Beyond**