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EXTENSION

# Family Matters

*Improving Health Together*

## June 2025 Newsletter

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## Cool Down with 100% Juice Popsicles!

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Popsicles are a fun and refreshing treat for kids and adults alike, especially on warm days. However, many store-bought options are packed with added sugars, artificial flavors, and unnecessary ingredients. By making your own popsicles at home using 100% fruit juice, you can enjoy a healthier alternative that is both delicious and easy to prepare. They're also a great way to satisfy your sweet tooth.



Juices made from 100% fruit provide natural sweetness, essential nutrients, and hydration. While fruits do contain some naturally occurring sugars, they also contain many vitamins and minerals to support our health. In addition to using 100% juice, you can also incorporate whole fruit pieces into your popsicles. By making your fruit popsicles at home, you can enjoy a nutrient-packed snack that's better for your health and allows you to taste the fruit's natural flavors.

### Tips for Success

Making homemade popsicles is easy with a few tips:

- **Choose the Right Juice:** Look for labels that say "100% juice" without added sugars. Popular choices include orange, apple, grape, and pineapple juice.
- **Mix It Up:** Combine different juices for fun flavor combinations. For example, mix orange and cranberry for a tangy twist.
- **Add Fruit:** Drop small pieces of fresh or frozen fruit, like small berries or diced mango, into the molds before pouring in the juice. Choose fruits in a variety of colors for a variety of nutrients.
- **Use the Right Molds:** Popsicle molds are ideal, but small paper cups with wooden sticks work too.
- **Don't Overfill:** Leave a small gap at the top of each mold for the juice to expand as it freezes.
- **Wait Patiently:** Allow popsicles to freeze for at least 4-6 hours or overnight for the best results.
- **Get Kids Involved:** Let them pick the juice or add fruit pieces to the molds themselves. This can make them more excited to eat their homemade creations.
- **Store Safely:** Keep popsicles in the freezer until ready to eat and consume them within a week for the best flavor and texture.

*Helping families increase physical activity and enjoy healthy foods ...*

## Let's Talk

When talking to very young kids about making healthier choices, keep it simple and engaging. Here are a few ideas:

- **Explain the Benefits:** Try saying, “These popsicles are made from fruit juice. That means they’re sweet and healthy, like eating fruit!”
- **Encourage Creativity:** Use questions like, “What’s your favorite color? Should we make popsicles that color? What fruits come in that color?”
- **Model Healthy Habits:** Show excitement with phrases like, “I love making these with you! Healthy treats are so much fun to eat.”
- **Praise Their Efforts:** Say, “Thank you for helping make these. Let’s taste them together!”
- **Talk About Choices:** Use simple examples like, “We’re choosing juice without extra sugar because it’s better for our teeth and bodies.”

## Recipe for Health

### Easy 100% Juice Popsicles

#### Ingredients:

- 2 cups of 100% fruit juice (your choice).
- 1/2 cup small fruit pieces (i.e. berries, diced mango, or kiwi slices)

#### Food Safety Tips:

- Wash your hands and work surfaces with soap and water.
- Use clean utensils and molds to prevent contamination.
- Wash all produce under running water before cutting or adding to the molds.

#### Instructions:

1. If using fresh fruit, wash under running water.
2. If adding fruit pieces, distribute them evenly into the popsicle molds.
3. Pour the juice into the molds, leaving about 1/4 inch of space at the top.
4. Insert popsicle sticks into the molds.
5. Freeze for 4-6 hours or until solid.
6. Run warm water over the outside of the molds for a few seconds to release the popsicles.

Enjoy these popsicles as a refreshing snack or dessert that’s both fun and nutritious for the whole family!



For more information, ideas and recipes visit the Colorado State University Food Smart website at: [foodsmartcolorado.colostate.edu](http://foodsmartcolorado.colostate.edu)

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