



Sailing Into Summer 2015

Fun in the sun is here, Dear Friend!

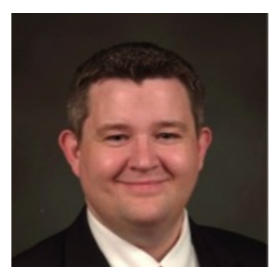


Helping Here.®

H-E-B Grant Awarded

We are thrilled to announce that H-E-B has awarded HealthStart a \$15,000 grant to support our child health programming. HealthStart has been piloting our **What Are YOU Feeding?** initiative at the University of Texas Elementary School. The support from H-E-B will help us develop the training materials and nutrition kit needed to take this innovative nutrition program into more schools. THANK YOU H-E-B!!

Meet the newest HealthStart board member, who was enthusiastically approved at our June meeting.



Jason McBride

Jason is the Chief Operating Officer at Superior Health Plan. In his work at Superior, Jason has come to realize that quality health comes in large part from being informed about choices and options in life. Jason's Mom was preschool teacher for 25 years and she consistently proved that the capacity for young children to learn, accept and modify their decisions is so much easier at a young age. These two things make HealthStart a natural fit for Jason. Welcome Jason!

The Importance of Water

There is no more important nutrient for our bodies than **water**. Did you know that the human brain is about 75% water?



You can go weeks without food but only 5-7 days without water. When the water in your body is reduced by just 1%, you become thirsty.

The most important way water regulates our body temperature is through sweat. Sweat is an important way for the body to cool itself down. Keep this in mind while having fun in the sun! Remember that staying cool this summer starts with a glass of H₂O.



Play and Win for HealthStart!

We are proud to partner with **Spin for Good**, a nonprofit online gaming company dedicated to providing innovative and cost-effective ways for charities to raise the donations they need to do good work.

From June 23rd to 30th, they're hosting their first ever **Give a Grand Tournament** where they throw in \$1,000 to start the pot. Each entry costs \$10 and goes directly into the tournament pot, on top of the \$1,000. With your help, we can raise the stakes of the tourney AND up our chances at winning the pot!

For more info and to start playing

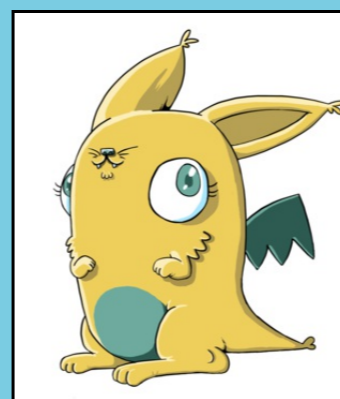
[Play Now](#)

Have a healthy, happy summer!

Sincerely, **All of your friends at HealthStart Foundation**

What's New at HealthStart?

Rabbat is the latest adorable monster friend from HealthStart's game app, **Monstralia**. Last month we asked for your feedback on its look, and the verdict is in! We did some tweeking and... (drumroll please!) Rabbat now has big, girly eyelashes. We hope you like what you see. Welcome to the HealthStart family, Rabbat!



Don't forget to check us out on **Facebook**, **Twitter** and **YouTube**. We have weekly updates, recipes, and more!



Summer Recipe Idea

Beat the summer heat with this fresh take on traditional popsicles! No mold? Try using an ice cube tray instead to add fruit and color to your water.

Watermelon-Blueberry Ice Pops

Ingredients:

3 3/4 cups chopped seedless watermelon

2 tablespoons lime juice

1-2 tablespoons sugar

1 cup fresh blueberries

Preparation:

Puree watermelon, lime juice and sugar to taste in a food processor or blender until smooth.

Divide blueberries among freezer-pop molds. Top with the watermelon mixture. Insert the sticks and freeze until completely firm, about 6 hours.

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Let Us Hear From YOU!