



## LIVE AND LEARN FAMILY NEWS JULY 3, 2017

### Upcoming Field Trips!

**Wednesday July 5th**

ALL Preschool: Walking Field Trip to Williams Barnard Farm  
9am - 10am

**Friday July 7th**

ALL Camp: Fort Foster Swimming and Field Day (Full Day  
Field Trip) 9:30am - 3:30pm

**Tuesday July 11th:**

OLDER Camp:

OLDER Camp: Fort Foster Swimming and Field Day (Full Day  
Field Trip) 9:30am - 4pm

**Wednesday July 12th:**

YOUNGER Camp: Bear Brook State Park (Swimming & Hiking  
8:30am - 12:30pm)

**Thursday July 13th:**

OLDER Preschool: Wildlife Encounters Madbury Town Hall  
9:45am - 11:45am

Kindergarten: Wildlife Encounters Madbury Town Hall



**Director/Owner**

Johanna  
Booth-Miner

**Co-Director**

Sarah Miner, M.Ed.

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# Gerry's Kitchen

## Red, White and Blue Parfaits

### Ingredients:

- ♥ 1/4 Cup Grape-Nuts Cereal
- ♥ 1/4 Cup Plain Yogurt
- ♥ 1/4 Cup Fresh Raspberries, chopped if desired
- ♥ 1/4 Cup Fresh Blueberries, chopped if desired

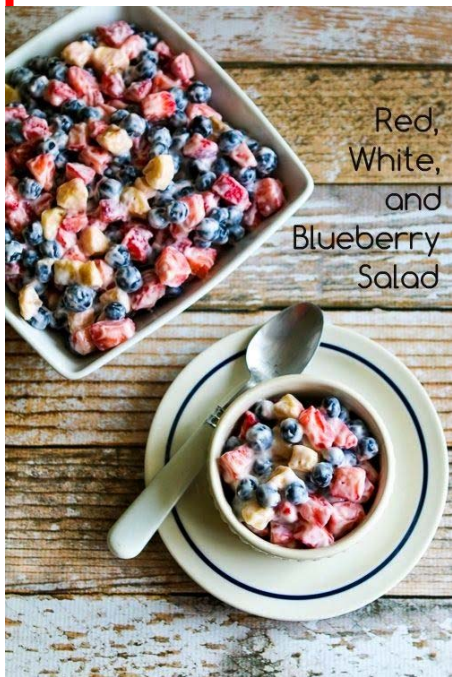
### Directions:

For each serving, layer in a glass:

- 1 Tablespoon Grape-Nuts
- 1 Tablespoon Yogurt
- 2 Tablespoons Blueberries
- 1 Tablespoon Grape-Nuts
- 1 Tablespoon Yogurt
- 2 Tablespoons Raspberries



## Red, White, and Blue Salad



### Ingredients:

- ♥ 1/2 Cup Diced Strawberries
  - ♥ 1/2 Cup Raspberries
- ♥ 1/2 Cup Diced Red Apples
  - ♥ 1/2 Cup Blueberries
  - ♥ 2 teaspoons Honey
  - ♥ 2 teaspoons Lemon Juice

### Directions:

Place all the ingredients in a bowl and toss to combine.