



IMPROVE YOUR JUMP ROPE SKILLS

Jumping rope is a fun way to get exercise and spend time outside. Here's how to do it.

- 1. Adjust the rope's length.** Hold one handle in each hand and then step on the middle of the rope and pull the handles up toward your shoulders. The bottom of the handles should be at your armpits. If the rope is too long, pull it through the handles and then knot it.
- 2. Get in position.** Hold the handles about 10 inches from both sides of your body, and let the rope hang in a U shape in front of you. Step over the rope so it's behind your feet.
- 3. Try jumping.** Start by practicing swinging the rope up and over your body. Make circles with your wrists to swing the rope, instead of moving your whole arms. Once you have that down, swing the rope over your head and jump over it one time. Got that? Practice more by setting a goal to jump rope five times in a row, then 10, or jump to a favorite rhyme or song.



DID YOU KNOW?
Panzanella is a type of salad that includes cubes of bread as an ingredient. The word "pane" means bread in Italian.

WARNING!
Ask an adult's permission before using a knife or the oven.

Make watermelon panzanella

Ingredients

- One 12-ounce loaf ciabatta bread, cut into 1-inch cubes
- 5 tablespoons extra-virgin olive oil, divided
- Salt and pepper
- 12 ounces cherry tomatoes, halved
- 1 pound cubed watermelon
- 2 cucumbers, sliced
- 4 ounces feta cheese, cubed
- 3 tablespoons white balsamic vinegar
- 1 tablespoon minced fresh basil, plus more for garnish

Instructions

1. Preheat oven to 400°F. Toss the bread cubes with 2 tablespoons olive oil and season with salt and pepper to taste. Spread cubes in a single layer on a baking sheet, then toast until golden and crisp, tossing once halfway through, about 10 minutes. Remove from oven and let cool 5 minutes.
2. In a large serving bowl, combine the tomatoes, watermelon, cucumber, and feta cheese. Add the cooled bread cubes to the bowl and toss to combine.
3. In a small bowl, whisk together the vinegar, 3 tablespoons of olive oil, and minced basil. Season the dressing with salt and pepper to taste. Drizzle dressing over the salad and toss well until everything is coated.
4. Let the salad sit for at least 20 minutes so the bread can soak up all the flavors from the dressing and the juices of the watermelon, tomatoes, and cucumbers. Serve bowls of the panzanella with torn pieces of fresh basil on top. Makes 4 servings.



ECO TIP OF THE WEEK CLEAN WITHOUT PAPER TOWELS

Grabbing a paper towel can be a convenient way to wipe up a mess or spill on the kitchen counter. But because paper towels are disposable, they add to the waste in landfills, which is harmful to the environment. Instead, try cleaning up with dishcloths and rags, which can be washed and reused. Keep clean dishcloths in one drawer. Whenever one gets dirty, place it in your family's laundry basket to be washed. Once clean, return it to the drawer. It's OK to keep paper towels on hand for times when they're necessary. To avoid overusing them, store them out of sight, such as in a cabinet under the kitchen sink.

Choose cloth towels when you can.

