



Host a Bone Healthy Barbeque

August: Host a Bone-Healthy Family BBQ

August is National Picnic Month. While in recent days, we have been reminded to mingle only with family and close friends who are vaccinated, there is still time to gather and enjoy the summer sunshine. NOF suggests a bone-healthy family BBQ with a delicious meal and plenty of exercise and fun. Throughout the years, picnics have brought families together to take pleasure in an outdoor repast – this time, the meal has a bone-healthy twist. Ask the kids to put down their devices and join in on some volleyball, hiking or just plain ole running around while safely soaking up some vitamin D. This could also be the perfect time to talk to the children about the importance of good bone health early in life. You can get them started with the promise of a treat -- a mouth-watering Mango Smoothie (see recipe below).

The recipes below are from NOF's [Healthy Bones: Build Them for Life Cookbook](#).

Appetizer

- [Grilled Pesto Pizza with Sweet Potatoes and Kale](#) Let your grill do double duty with this flavorful appetizer. It's – literally -- an outside-the-box culinary treat.

Kids' Treat

- This [Mango Smoothie](#) is a refreshing way for kids (and adults) to sneak in some calcium and vitamin C.

Main Course

- [Bison Burgers](#) are a nutrient-dense protein and taste just like beef but with far less fat and cholesterol.

Side Dishes

- [Melon Cucumber Salad](#) is perfect for a hot summer day. Both fruits are rich in water and mineral salts and are refreshingly tasty.
- [Four Bean Salad with Lemon and Tarragon](#) The many colors of the beans reflect the nutrients that can protect your bones. Tangy and zesty, this salad is hearty and filling.

Dessert

- [Bittersweet Chocolate Loaf Cake](#) This easy-to-serve loaf cake pairs especially well with a fresh berry compote for an extra burst of healthy flavor.