



Summer Fun!

TRY New Foods and Fun Moves
at a Summer Picnic or BBQ!



Summer Fun for Everyone

Looking for ways to have some serious Summer Fun? Plan a Summer Picnic or Family BBQ and TRY New Foods & Fun Moves! From cool drinks and creative snacks to great games to get out and play on the grass, here you'll find some new ways to keep your summer humming with fun!



Jump In and TRY It at: Disney.com/TRYIt

TRYing New Foods this summer is fun with these easy-to-bring recipes:

Did You Know?

Watermelons are more than 90% water—that's how they got their name! Ancient travelers used them as a source of transportable water.

WATER-POPS

Fresh or frozen, this exciting summer food adds life to the party and keeps you cool—turning a simple hunk of watermelon into something snack-tastic!



Ingredients

- 2 + cups seedless watermelon
- Popsicle sticks
- Cookie cutters of all shapes (hearts, stars, animals, etc.)
- Knife & cutting board or paper plate (if preparing on site)

Instructions

- 1) Spread out your tablecloth or blanket, and on a cutting board or paper plate, cut watermelon into 1 inch thick slices.
- 2) Use your favorite cookie cutter to cut out shapes.
- 3) Insert popsicle sticks and enjoy your custom-designed Water-pops!

Note: You can also prep and freeze your water-pops at home in advance.



SAFETY NOTES
ALWAYS WASH FRUITS AND VEGGIES WHEN PREPARING FOR COOKING OR EATING. **WHEN CUTTING, DICING, PEELING AND SLICING—ALWAYS** GET YOUR PARENTS' HELP OR PERMISSION.

CITRUS SPRITZER

Fresh and fruity with a spritz of citrus, this drink makes your Picnic or BBQ sparkle!



Ingredients

- ½ cup of 100% juice (orange, cranberry, pomegranate)
- 1 fresh lime
- ½ cup sparkling water (or seltzer)
- Ice cubes

Instructions

- 1) Cut your lime and squeeze about 1 tsp of its juice into a glass, straining out the seeds.
- 2) Pour in sparkling water or seltzer.
- 3) Pour in juice and gently stir
- 4) Drop in a few ice cubes and garnish with a lime slice.



Want More Ideas? Checkout:
Disney.com/TRYIt



CUCUMBER CUPS

Good for you and fun to make too, this cool treat is great for Picnics and BBQs.

Ingredients

- 2 Cucumbers (about 12 inches long, ends trimmed)
- 1 cup hummus
- Finely chopped scallions (green onions) for garnish
- Finely chopped red or orange bell pepper (for garnish)

Instructions

- 1) Slice the cucumbers into 3/4-inch-thick rounds.
- 2) Using a teaspoon, scoop a 1/3-inch-deep well in the center of each slice.
- 3) Spoon 1/2 tablespoon of hummus into each cucumber cup.
- 4) Sprinkle the tops with the scallions and bell pepper. Makes 32 cups.

Did You Know?

One little cucumber contains Vitamin B1, B2, B3, B5, B6, C, Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc. Whew!



CORNY BEAN SALAD

Bright, healthy and dee-lish, this easy salad is packed with protein and flavor!

Ingredients

Salad:

- 3 15-ounce cans beans (garbanzos, kidneys, pinto or black beans)
- 1 cup corn, fresh or frozen, cooked and cooled
- 1/2 red pepper, chopped
- 2 slices red onion, chopped
- 1/4 cup chopped fresh cilantro

Dressing:

- 6 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Instructions

- 1) Drain and rinse the canned beans, then place them in a large bowl. Add corn, red pepper, red onion, and cilantro and stir.
- 2) Next, prepare the dressing. Measure olive oil, vinegar, and mustard into a jar. Screw on lid tightly and shake the dressing well. Add salt and pepper to taste.
- 3) Pour the dressing over the beans a little at a time and mix to coat. Refrigerate the salad until you are ready to serve. Serves 8 to 10.

Did You Know?

Black beans are high in protein and fiber, low in fat, and rich in several essential vitamins and minerals—a serious power food that keeps you going!



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TRY Fun Summer Moves

Summer is the perfect time to learn Fun Moves and TRY new action-packed games. TRY these activities at your Summer Picnic or BBQ:

ULTIMATE FRISBEE

One Frisbee plus two teams equals tons of summer fun! Similar to soccer and football, the object of Ultimate Frisbee is for each team to score goals by catching the Frisbee behind the opponent's goal line.

Materials Needed

- Frisbee
- Open space (a grass field or sandy beach work great)
- Cones, rope or existing white soccer field stripes for goal lines

Instructions

- 1) Set two goal lines, one on each end of your field. Flip a coin to determine which team gets first possession.
- 2) Start with each team standing behind its goal line. The team who loses the toss throws the Frisbee into the other's end zone. The receiving team must try to move the Frisbee up field using a series of passes—no running with the Frisbee is allowed (like traveling in basketball).
- 3) Each time a player catches the Frisbee, the player must stop and throw it to a teammate before taking another step.
- 4) In order to score, the receiving team must complete a pass to a player positioned behind the opponents' goal line.
- 5) The defending team is awarded the Frisbee following a score, an incomplete pass, or an interception.
- 6) The team to score the most points in your given period of time wins!



KEEP YOUR COOL RELAY RACE

The perfect game for a hot, sunny day, the goal of this relay race is to get wet while keeping your cool as you transport cupfuls of water at full speed ahead.

Materials Needed

- Two teams with an equal number of players per side
- Two buckets per team, one empty and one full of clean water
- Two plastic cups (one per team) with 3 holes punched into the sides
- Open space that can get wet (a field, beach or backyard works best)

Instructions

- 1) Divvy up the materials (above) to each team.
- 2) Place the empty buckets at one end of the yard and the full ones at the other.
- 3) On the word "Go," the first player on each team dips a cup into the water bucket and holds it over his or her head while dashing to the other end of the yard (do not cover the holes with your fingers!)
- 4) When a player reaches the second bucket, the player dumps what's left in the cup into it, runs back to the start, and passes the cup to the next player.
- 5) The relay continues until the formerly full bucket is empty.
- 6) The team with the most water in the once empty bucket wins!



Want More Ideas? Check Out:
[Disney.com/TRYit](https://www.disney.com/TRYit)