

# iGrowUp Under The Sun



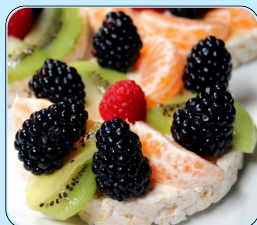
University Of North Carolina Greensboro Summer 2026

We're excited to share some sunshine, fun, and growing moments with our iGrowUp families this season!

## Mini Fruit Pizzas

### What you'll need:

- Choose your base. You can make a base from apple slices, rice cakes, or watermelon.
- Cream cheese or vanilla yogurt
- Favorite fresh fruit (sliced)
- Spoon or butter knife



### Steps:

1. Use a spoon or butter knife to spread cream cheese or yogurt on top of your base.
2. Place sliced fruit on top to decorate your pizza (feel free to make patterns, shapes, or flowers.)
3. Eat right away or chill in the fridge for a few minutes before eating.



## Summer Staff Spotlight



Dr. Shourya Negi

Shourya worked with the iGrow project for four years while completing her PhD in Human Development and Family Studies, graduating in May 2025. She is now a Postdoctoral Research Associate at the Thrive Center for Children, Families, and Communities at Georgetown University. Her research focuses on how poverty affects parents' mental health and child development. She is especially interested in identifying supports that help families cope with challenges and thrive. Shourya is grateful for her time with iGrow and the opportunity to continue work that supports families and communities.

### Project Updates:

3 y visits done.  
5 y visits ongoing.  
A new grant to follow children from ages 8 to 10 is in development now.  
Stay tuned.

### UNCG iGrowUp:

Phone number:  
(336) 334-5328

Email:  
igrow@uncg.edu

### Photo Wall

We'd love to feature your child on our iGrow Photo wall. Send us a photo of your child with any iGrow swag they've received over the years. No names will be used, just your child's face. Email your photos to igrow@uncg.edu.

## Craft With Nature

Fun for the whole family

### What you'll need:

- Construction paper or cardstock
- Glue of choice
- Leaves (different shapes/sizes/colors)
- Small flowers or petals
- Grass, sticks, or small twigs
- Crayons or markers (optional)



### Steps:

1. Go on a nature walk and collect your treasures.
2. Sort your treasures on a table and look at all you have.

3. Plan what you want to make.

Ideas: Fairy, bugs, flower bouquet

4. Glue each piece onto the paper.
5. Use crayons or markers to draw faces, suns, or to complete your picture.



6. Let it dry flat, then hang display or share it with someone special.



## DIY Pinecone Bird Feeders

### What you'll need:

- 1 pinecone
- nut/seed butter of your choice
- Birdseed
- String or yarn
- Spoon or plastic knife



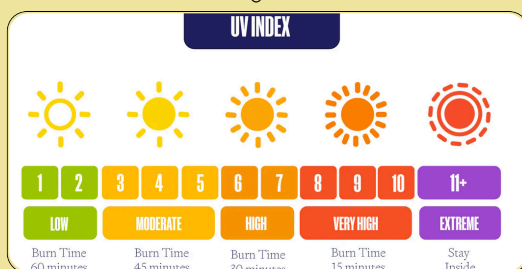
### Steps:

1. Tie the string securely around the top of the pinecone.
2. Spread the nut/seed butter of your choice using a spoon or plastic knife, covering the entire pinecone.
3. Roll the pinecone in a bowl or plate of birdseed until it is covered.
4. Hang your bird feeder on a tree branch or fence outside. Look for birds coming to visit and enjoy your creation!
5. Can your family identify your new bird friends?



## Summer Safety Tips

- Apply sunscreen at least every two hours and immediately after swimming or sweating.
- Don't forget to wear a helmet when riding bikes and scooters.
- Remember to follow water safety rules.
- Drink lots of water when outside for long periods of time.
- Check the forecast for the UV Index to limit exposure when the index is 6 or higher.



## Places To Go This Summer

- Greensboro Science Center
- The Bog Garden at Benjamin Park
- Greensboro History Museum
- Tanger Family Bicentennial Garden
- The Carolina Theatre of Greensboro
- Greensboro Arboretum
- Miriam P. Brenner Children's Museum
- Gateway Gardens
- Guilford Courthouse National Military Park
- LeBauer Park @ Greensboro Downtown
- City of Greensboro - Country Park
- Declan's Playground