



# HELLO SUMMER!

## Local Activities

- Parks & playgrounds
- Pools & Splashpads
- Science Centers & Aquariums
- Music classes for all ages
- All-A-Flutter Butterfly Farm
- Farmer's Markets
- Children's museum
- Fisher Price Play Area at Hanes Mall
- The Rotary Club of Greensboro Carousel
- North Carolina Zoo
- Homeland Creamery farm tour

*Located in Downtown Greensboro the Children's museum offers fun, hands-on learning for all ages.*



*The Interactive Fountain located in Barber Park is a FREE splash pad perfect for cooling down in the summer heat.*



## Orange Pineapple Spinach Ice Pop

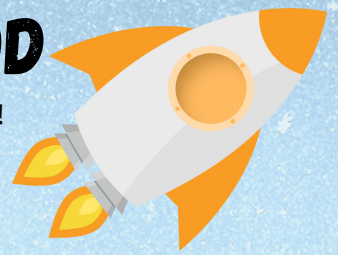
- 1/2 cup orange juice
- 1/2 cup frozen/fresh pineapple chunks
- 1 cup baby spinach
- Ice pop pouches & blender

Get a tall cup to hold pouch. Use silicone funnel to easily pour your blends inside. Do not fill over the line. Zip tight and try to get as many air bubbles out. Lay flat on a pan and freeze until firm, at least 3 hours.



# COME EXPERIENCE THE BODPOD

\*Please note that this will take place at your child's 2 year visit with us!!



The BODPOD is an egg shaped capsule that looks a little like a space ship.

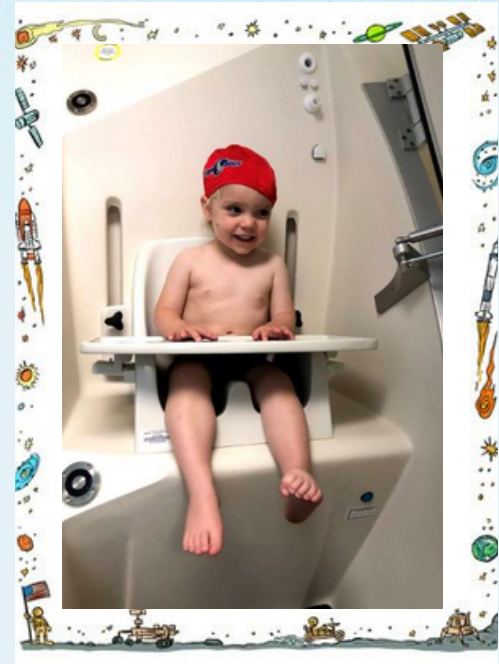


Once inside the BODPOD the your child's body composition will be measured.



What your child will be asked to do once in the BODPOD?

- Your child will be asked to wear a swim cap and shorts.
- Your child will be asked to sit comfortably and quietly while we take several measurements.



iGrow Study  
UNCG, PO Box 26170  
HDFS Department  
Greensboro, NC 27412-6170

## Contact us at:

**Number: (336)-334-5328**

**Email: [iGrow@uncg.edu](mailto:iGrow@uncg.edu)**

**Website: [www.iGrow.uncg.edu](http://www.iGrow.uncg.edu)**

## Add to our Baby Wall

Send us a photo of your baby in their iGrow bib, onesie or with their toy/gift to be added to the baby wall on our iGrow website. No names will be used, just your baby's adorable face! Email your photos to [iGrow@uncg.edu](mailto:iGrow@uncg.edu) or mail them to:

iGrow Study  
UNCG, PO BOX 26170  
HDFS Department  
Greensboro, NC 27402-6170

## Project Update !!

We have finished... Prenatal visits, ... two-month visits, ...six-month visits, with many more to go! We have just begun our Two year visits!

Many thanks to each of you for helping us with this exciting study! We look forward to seeing you again soon.