

WATER LANTERN FESTIVAL

August 2025

THE GLOW

Savoring the Summer

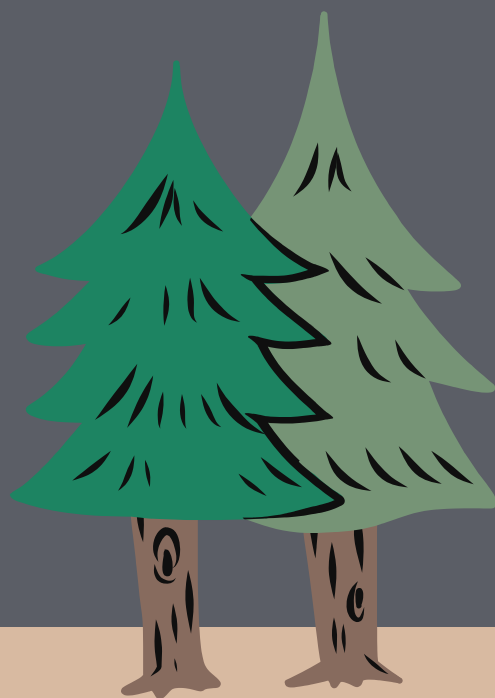


A Message From the Team

As August shimmers with summer's final glow, we're here to light up your spirit with the Water Lantern Festival! This month, we're all about savoring the season's warmth and preparing for new beginnings. Dive into our August edition for a refreshing summer recipe to share at your next gathering, clever back-to-school prep tips to ease the transition, and a simple wellness checklist to keep your inner light shining bright. Let's make unforgettable memories by the water—grab your lantern and join us for a night of hope and serenity!

Warm Wishes,

Water Lantern Festival



SWEET SUMMER SALAD

PREP TIME: 25 MIN | COOK TIME: 5 MIN | ADDITIONAL TIME: 5 MIN

INGREDIENTS:

CITRUS SAUCE

- $\frac{2}{3}$ CUP FRESH ORANGE JUICE
- $\frac{1}{3}$ CUP FRESH LEMON JUICE
- $\frac{1}{3}$ CUP PACKED BROWN SUGAR
- $\frac{1}{2}$ TEASPOON GRATED ORANGE ZEST
- $\frac{1}{2}$ TEASPOON GRATED LEMON ZEST
- 1 TEASPOON VANILLA EXTRACT

SALAD

- 2 CUPS CUBED FRESH PINEAPPLE
- 2 CUPS STRAWBERRIES, HULLED AND SLICED
- 3 KIWI FRUIT PEELED AND SLICED
- 3 BANANAS, SLICED
- 2 ORANGES, PEELED AND SECTIONED
- 1 CUP SEEDLESS GRAPES
- 2 CUPS BLUEBERRIES

DIRECTIONS:

1. GATHER THE INGREDIENTS

2. MAKE THE SAUCE - BRING ORANGE JUICE, LEMON JUICE, BROWN SUGAR, ORANGE ZEST, LEMON ZEST TO A BOIL IN A SAUCEPAN OVER MEDIUM-HIGH HEAT. REDUCE HEAT TO A MEDIUM-LOW SIMMER UNTIL SLIGHTLY THICKENED, ABOUT 5 MINUTES

3. REMOVE SAUCE FROM HEAT AND STIR IN VANILLA EXTRACT. SET ASIDE TO COOL.

4. LAYER FRUIT IN A LARGE BOWL IN THIS ORDER: PINEAPPLE, STRAWBERRIES, KIWI FRUIT, BANANAS, ORANGES, GRAPES, AND BLUEBERRIES. POUR COOLED SAUCE OVER FRUIT; COVER AND REFRIGERATE 3-4 HOURS BEFORE SERVING.



BACK TO SCHOOL PREP

- 
- Organize School Supplies
 - Declutter your space
 - Practice time management
 - Set Academic Goals
 - Build a Morning Routine
 - Plan Outfits
 - Plan Lunches
 - Create a Study Playlist
 - Review School Policies

WELLNESS CHECKLIST

WEEK 1:

M T W T F S S

DRINK 8 GLASSES OF WATER

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GET 15 MINUTES OF SUNSHINE

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MOVE YOUR BODY

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JOURNAL FOR 5 MINUTES

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EAT A NUTRITIOUS MEAL

WEEK 2:

M T W T F S S

DRINK 8 GLASSES OF WATER

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GET 15 MINUTES OF SUNSHINE

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MOVE YOUR BODY

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JOURNAL FOR 5 MINUTES

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EAT A NUTRITIOUS MEAL

WEEK 3:

M T W T F S S

DRINK 8 GLASSES OF WATER

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GET 15 MINUTES OF SUNSHINE

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MOVE YOUR BODY

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JOURNAL FOR 5 MINUTES

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EAT A NUTRITIOUS MEAL

LANTERN INSPIRATION



DECORATING
IDEAS

