



Fun Ways to Celebrate Earth Day

Celebrate the only planet we have on April 22nd by integrating some Earth-friendly kids' food and healthy-living practices into your daily routine. Don't stop there, enjoy some of these activities throughout the year!

Here are some ideas of ways you can start:

- Try to eat more locally grown foods, or foods grown within 200 miles.
- Going out to lunch or a movie as a family? Try riding your bikes to the restaurant or theater!
- Make it a goal to shop at a farmer's market once this month – discover 10 reasons why you'll love the farmer's market.
- Plant a garden – even if all you have is a window or balcony. Herbs, strawberries, zucchini – you choose what you like the most. Check out these tips on how to start a garden. Learn how gardening does more than just yield crops!
- Try Meatless Mondays, even if it's just twice a month – and it doesn't have to be on a Monday, it can be whatever day of the week is convenient for you!
- Take a family hike in a new park to explore all of nature's beauty. Or, invite your neighbors and play a fun game of volleyball in your backyard or local park.
- Read some garden themed or earth friendly books with your children. Then have some fun gardening with your little ones.
- Purchase one BPA free, reusable water bottle for each member of the family. Have everyone bring it with them wherever they go, and keep refilling that bottle throughout the day. Try to maintain this practice for the rest of the school year.

Fun eco-centered food activities you and your kids can do together on Earth Day

- Make an earth fruit platter with grapes for the land, blueberries for the water, and cottage cheese for the polar caps.
- Discover how saving money on your food budget helps the earth!
- Take them on a tour of your local farm.
- Pack a trash-free lunch!
- Have fun with these Super Crew free earth friendly printable activities.
- Take the family to a local farmer's market – meet the farmers and encourage your children to ask questions, and have your children find fruits and vegetables that make up the rainbow and sample items they are not familiar with. Check out the Super Crew books, Havoc at the Hillside Market or Super Baby Abigail's Lunch Time Adventure for more farmer's market and produce theme fun.
- Discuss how reducing food waste is good for the earth and the family's budget.
- Bring some bird seeds and go to a local pond and feed the birds. Admire other living things and help your children identify the types of birds they see.
- Have them help you plan a meal made with locally sourced items.
- Learn about the different foods that grow in each region and talk about how far our food travels, see the Super Crew South West Seasonal guide, the Super Crew North East Seasonal Guide, and the Super Crew Midwest Seasonal Guide.



Earth Day

It's a Great Time to Start New Healthy Lifestyle and Healthy Earth Traditions

New Beginnings:

Take advantage of this day to appreciate nature with your kids and to begin some new healthy habits as a family.

Visit the local farmer's market.

- Take the time to walk through and look at the colorful array of fruits and vegetables.
- Allow your kids to talk to the farmers and ask questions about the produce.
- Encourage your kids to pick out a new fruit or veggie to try at home.
- Ask the farmer about his favorite way to prepare the fruit or vegetable.



Let your kids get cooking!

Cooking with your kids is a great way to get them interested in whole foods. Try out recipes using the new produce you get from the farmers market!

"Happy Face-Pizza"

1. Buy or grow your favorite veggie pizza toppings.
2. Cover a whole grain tortilla with tomato sauce and low fat cheese.
3. Decorate with veggies to make a happy face using olives, spinach, peppers, mushrooms, or your favorite veggies of choice.
4. Bake, eat and enjoy!



"Go Green" Dip:

1. Thaw a bag of frozen peas and mash in a bowl with a ripe avocado, a splash of lime juice, salt, and pepper.
2. Dip carrot sticks or blue corn tortilla chips in your yummy green dip!

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spring

Penny's favorite foods are: purple cabbage, eggplant, purple grapes, and purple potatoes.
Directions: Draw one purple food for each season section on this page- use the SuperKids Nutrition Seasonal Guide for help.

summer

Purple foods give you a good memory and may protect you from cancer. They contain flavonoids, which keeps away heart disease and cancer.



My absolute favorite sweet treat is frozen grape juice pops. I make them with Grandmom by pouring concord grape juice into 4 oz popsicle containers.

winter

Color Me!
 I can move at Super Speeds.
 I get my powers from Purple foods and I love to help the Super Crew succeed.
 Visit me at:
www.superkidsnutrition.com

fall

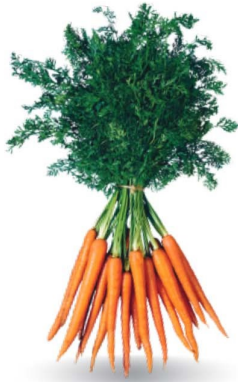
- Penny

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **carrots**



Health and Learning Success Go Hand-in-Hand

Help your child do better on tests by serving a variety of colorful fruits and vegetables every day. With *Harvest of the Month*, your family can explore, taste, and learn about eating more fruits and vegetables and being active every day.

Produce Tips

- Carrots are always in season. You can find them fresh, frozen, or canned.
- Look for smooth, firm, and well-shaped carrots with an even color.
- Avoid carrots that feel soft, limp, or wilted.
- Refrigerate carrots in a plastic bag for up to two weeks.
- If you buy fresh carrots with the green tops, break off the tops before refrigerating. You can add the chopped green tops to soups for extra flavor.
- Look for low-sodium varieties of frozen or canned carrots.

Healthy Serving Ideas

- Carrots can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded, and cooked.
- Add shredded carrots to salads and soups for a crunchy, sweet flavor.
- Have your child think of other ways to include carrots in family meals.
- Ask your child to tell you why eating fruits and vegetables is important.

SUPREME MASHED POTATOES

Makes 10 servings. $\frac{3}{4}$ cup per serving.
Total time: 55 minutes

Ingredients:

- 6 medium potatoes, peeled and cubed
- 2 large carrots, peeled and chopped
- 3 large cloves garlic, finely chopped
- $\frac{1}{2}$ cup low-sodium chicken broth
- 1 tablespoon butter

1. Combine potatoes and carrots in large pot. Fill with cold water. Bring to a boil and cook for 5 minutes.
2. Add garlic and reduce heat to simmer until vegetables are tender, about 35 minutes.
3. Drain pot and keep 1 cup of the cooking liquid.
4. Mash potatoes, carrots, and garlic with a hand masher.
5. In a small pan, heat chicken broth and butter over medium heat until butter melts.
6. Slowly stir broth mixture into the mashed potatoes.
7. If necessary, add the reserved cooking liquid until potatoes reach the desired thickness. Serve hot.

Nutrition information per serving:

Calories 104, Carbohydrate 22 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2008.

Let's Get Physical!

- With spring testing, it is important that your child gets outside. Daily physical activity may help improve your child's focus and test performance.
- Take your child on a scavenger hunt at a local park. See how many different types of plants and trees your child can find.

For more ideas, visit:

www.cachampionsforchange.net

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup carrots, sliced (61g)

Calories 25 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	
Vitamin A 204%	Calcium 2%
Vitamin C 6%	Iron 1%

How Much Do I Need?

- A $\frac{1}{2}$ cup of sliced carrots is about the same as one medium carrot or four baby carrots. This is about one cupped handful.
- A $\frac{1}{2}$ cup of carrots (fresh or cooked) provides more than 200% of the recommended Daily Value for vitamin A.
- Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections.
- Frozen, canned, and cooked carrots are just as nutritious as fresh.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Find out how much each person in your family needs. Help your family eat the recommended amount by serving a variety of colorful fruits and vegetables in meals and snacks throughout the day. It will help keep your family healthy.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.