



It's National Fresh Fruit and Vegetable Month!

With juicy stone fruits, sweet heirloom tomatoes, and most vegetables in season during June, this month is the perfect month to celebrate fresh fruits and vegetables!

3 Tips for Farmer's Market Fun!

June is a great month to take the family to the local farmer's market. Learn [how to make the most of your trip to the farmer's market](#).

1. Taste the rainbow! See if you and your kids can find fruits and vegetables in the colors of the rainbow and then make a meal or snack out of them. Use the Super Crew [colorful food tracker](#) for more fun!
2. Take some time to talk to the farmers about where their farm is and how they grow their food, then see if they offer farm tours. Encourage your kids to ask the farmer a question.
3. If your child is normally hesitant to try new foods, take this opportunity to have them sample new items. The new environment, along with seeing other people try them just might do the trick!

New Ways to Try Produce

1. Get your middle school aged kid or teen cooking. If they make it, they'll try it. Here's some [steps to take](#).
2. For younger kids - try cookie cutter shapes, veggie noodles, and dips. Get more [kid friendly food ideas](#).
3. Make it look familiar -like these [sweet potato nachos](#)! See the [video recipe](#).



Parent Power Tips From the SuperKids Nutrition Founder

Summer is a time when we look forward to a break from hectic school-day routines and more down time. Make the most of this extra time and create to-do lists with your kids so you can all start the [summer with healthy structure](#). Summer offers a great opportunity to teach your children things they may not have time to focus on during the school year, such as organization skills. To-do lists can help them become more organized, responsible, and self-sufficient. Here are some to-do list examples:

- Self-care: getting dressed, making their own [breakfast](#), brushing hair and [teeth](#) with out reminders
- Home care: making the bed, emptying the dishwasher, cleaning the counters, folding the laundry
- Pet care: feeding the cat, walking the dog, cleaning the birdcage

Purchase a cork-board and hang it up in a prominent place in house – a wall next to the kitchen table is the perfect place. Make the list easy to read - create a list with each child that is broken down by activity and day of the week. Print out the lists and place it on the board. The visual provides kids with daily reminders, and minimizes parent nagging. Kids feel respected and empowered when expectations have been set, and will be less likely to complain or argue - reducing stress for parents!

Visit us at SuperKidsNutrition.com, [Instagram](#), [Pinterest](#), [Facebook](#), and [Twitter](#) for fun, tasty and good-for-you ideas!



Melissa Halas-Liang
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Pinkie the Super Crew's Fish, Secret Water Message!

Unscramble the words to learn ways to protect your water supply at home and discover the boxed letter. Then decode those letters to find the secret message Pinkie wants to share!



OEHWRS PDEYES ☐ _____
 ON'NTD SEWTA _____ ☐ _____
 EAWTR VSEAR _____ ☐ ☐ _____
 CELOTIC INAR TWRAE _____ ☐ ☐ _____
 EURES WTEOL _____ ☐ ☐ _____
 SEU RHEWHIDSAS _____ ☐ _____

What's the secret message? _____



Carlos' Water Saving ps!

"Check off at least 3 ways you will save water this week!"

- Carlos

- | | |
|---|--|
| ☐ When brushing your teeth, turn off the water | ☐ Wash your bike with a bucket of water and rug |
| ☐ Water the plants in a pot with a watering can, instead of the hose | ☐ Avoid flushing the toilet too many times |
| ☐ Take only as much water as you need in your cup | ☐ Limit showers to 5 minutes max |
| ☐ Wash your fruit in a bowl of water | ☐ Tell a parent or teacher to fix a leaky faucet |
| | ☐ When hand washing, turn the faucet off while you lather |

Nutrition & Fitness Tips

JUNE 2025



Flavor Water Burst!

As the weather heats up this summer, your body needs more water! Stay hydrated with these fun flavor infusions of water + fruit or veggie or herbs! Store your concoction in the refrigerator and refill your reusable water bottle or cup.

Here are some flavor ideas!

Ingredients:

- Cucumber + Lemon + Mint Leaves
- Watermelon + Mint Leaves + Basil
- Strawberry + Orange + Basil
- Pineapple + Mint Leaves
- Blueberries + Peaches
- Raspberries + Lime + Basil
- Cantaloupe + Cucumber
- Peaches + Blueberries + Strawberries + Mint + Lemon + Lime + Watermelon + Pineapple + Oranges



Instructions

1. Fill pitcher with ice cold water.
2. Add fresh fruits and herbs. Herbs have a very strong flavor so a little goes a long way!
3. Let chill and infuse for at least 30 minutes in refrigerator.
4. Lasts for up to 2-3 days. lemons, oranges, limes, and cucumbers will last longer. Berries will start to break down within 1-2 days. Make sure you don't leave the pitcher out!
5. You can also freeze fruit, veggies or mints in ice cubes and add to water.



Answer Key: 1. SHOWER SPEEDY 2. DON'TWASTE 3. WATER SAVER 4. COLLECT RAIN WATER 5. REUSE TOWEL 6. USER DISHWASHER Secret Message: save water



Visit **SuperKidsNutrition.com**
 For more fun and healthy learning activities!
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Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured fruit is **strawberries**



Health and Learning Success Go Hand-in-Hand

Eating breakfast can improve your child's behavior and attitude. Children who eat breakfast feel better, have fewer absences from school, and do better in school. *Harvest of the Month* can give you ideas to help your family power up with breakfast, eat more fruits and vegetables, and be active every day.

Produce Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries.

Healthy Serving Ideas

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with orange juice (or lowfat yogurt) and ice to make a quick and tasty smoothie.
- Add strawberries to a spinach salad.
- Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles.
- Strawberries are a tasty snack any time of the day. Just wash them, remove the stem, and enjoy.
- Be a role model – eat breakfast with your child.

For more ideas, visit:
www.cachampionsforchange.net

BERRY BANANA SPLIT

Makes 1 serving.

Prep time: 5 minutes

Ingredients:

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup sliced strawberries (fresh or frozen)

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving:

Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2009.

Let's Get Physical!

- Add bicycling to your family's routine. Bike to school, work, church, and the farmers' market.
- Take a longer bike ride or hike with your family through a local or state park on the weekend.
- Have each member of your family choose an activity they would like the family to do together.

For more information, visit:
www.californiabikecommute.com

Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

How Much Do I Need?

- A ½ cup of sliced strawberries is about four large strawberries or one cupped handful.
- A ½ cup of strawberries is an excellent source of vitamin C – providing 81% of the recommended Daily Value.
- Vitamin C helps your body heal cuts and wounds. It also helps your body fight infections and sickness.
- We cannot make vitamin C in our bodies so we need to eat foods rich in vitamin C, like fruits and vegetables.
- Vitamin C is sensitive to air, heat, and water. Do not store fresh fruits and vegetables for long periods of time or over-cook them – or else they may lose some of their vitamin C.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Write it down and post in the kitchen. Add a variety of colorful fruits and vegetables to meals and snacks to help your family meet their goals.

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.