



Have fun on earth day with these free printable Super Crew [earth day activities](#) and seasonal produce ideas! Together, learn how to [calculate food miles and investigate food packaging](#) that saves energy and dollars .

### Pick Your Favorite Earthy Roots on Earth Day!

- Carrots - Did you know that the world's longest carrot was more than 20 feet long? [Carrot's](#) vitamin A content helps keep your immune system strong, most kids don't get enough green and orange foods! Serve them up with healthy dips and give carrot fries a try.
- Beets - Enjoy [beets](#) in smoothies, steamed, roasted, or as chips! Beets are full of the B vitamin folate and anti-inflammatory plant compounds. Your kids may like golden beets instead of red. Experiment with different ways to cook and serve new colorful vegetables.
- Sweet potatoes - Try these [cinnamon mashed sweet potatoes!](#) They contain beta-carotene which helps prevent heart disease and cancer.
- Radishes - This edible root adds crunch in to your salad bowl and boosts your water intake.



### Celebrate Earth Day and Recycle Your Food

The food we throw out is a waste of resources. Recycling your food and being earth-friendly can be easy and fun!

- Start with meal planning! It is the best way to save money and resources. [Plan](#) ahead and buy what you need to cook before it spoils. Make the most of your food and drink!
- Keep your refrigerator organized so you don't forget what you bought, try storing food in clear glass containers for good visibility. Remember to eat it or freeze it!
- Have leftovers from dinner? Don't worry. Use it for the next day for lunch! [Leftover](#) veggies make good toppings in sandwiches.



### Parent Power Tips from the SuperKids Nutrition Founder

Kids start to embrace outdoor activities as it gets warmer. Running around stirs up an appetite. Try these smart snacking tips to keep your kids field healthy!

#### Smart Snacking

- Make your kids' favorite trail mix. Choose from [walnuts](#), almonds, [dark chocolate](#) chips, whole-wheat pretzel sticks, and dried fruits. Let your kids help you make it and be creative!
- Create some snacks in your oven. Homemade veggie chips with chili lime seasoning are nutritious and easy to pack on the go. Toss [kale](#) leaves with olive oil and salt and bake until crisp.
- Serve up fresh fruit. Simple treats like bananas, apple slices with cinnamon, fresh or frozen [berries](#) and [mangos](#), and easily peeled circus pack in antioxidants and water!

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

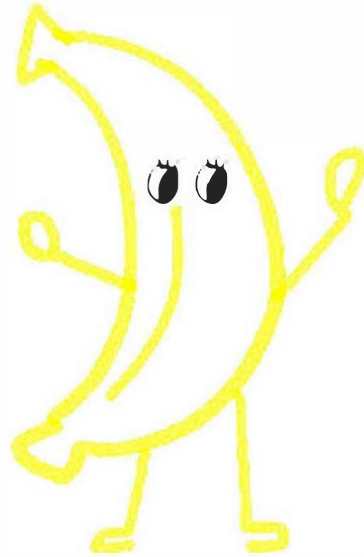


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### The Super Crew's New Banana Friend!

Time to celebrate new life in spring. Draw the face (eyes, nose, mouth, ears...) for Kid Banana and make her come to life!



Where are my:

- Eyes?
- Nose?
- Ears?
- Crazy hairdo?
- Shoes?
- Clothes?

### Marcus' Gardening Game!

Dig nutritious fruits and vegetables in the word garden!



A Z F O N A K V R  
 W C Y F E C I E J  
 H A C G O A W O H  
 V R P R M S I N K  
 J R F P E V F F V  
 P O W H L R R G I  
 H T M O B E U C K  
 S E V H H K I D F  
 G N C F W A T E R

Find the healthiest beverage – **Water**

Find the red fruit with lots of fiber – **Apple**

Find the orange colored vegetable full of vitamin A – **Carrot**

Find the queen of vitamin C with brown coat and green heart – **Kiwifruit**

### Carlos' Quick Tofu Salad!

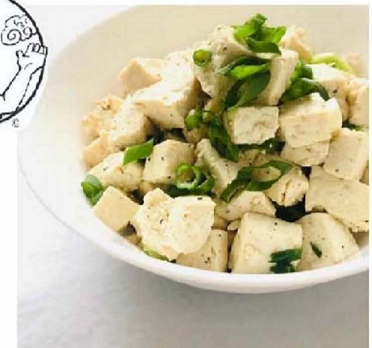
Want to try a Meatless Monday on Earth Day (April 22)? Tofu is a plant-based protein, cholesterol-free and high in calcium (if made with calcium sulfate).

#### Ingredients:

- 1 block firm tofu
- 1/2 cup chopped scallions
- 1/4 teaspoon salt
- a pinch of black pepper and white pepper
- 2 teaspoons sesame oil

#### Directions:

Cut tofu into half-inch cubes and put into a bowl. Add in everything and mix well. Serve!



### Jessie's Mysterious Leafy Friends!

Meet three of Jessie's mysterious leafy friends! Use the clues below each picture to match each green vegetable to its name.



A: "I have very curly hair. I am full of fiber. Everyone loves me."

1. Lettuce?



B: "I prefer oval shaped leaves. My folate is good for you."

2. Spinach?



C: "My nickname is Romaine. I carry plenty of Vitamin K."

3. Kale?



# 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: *Souful 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](http://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
<b>Males</b>	2 $\frac{1}{2}$ - 5 cups per day	4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day
<b>Females</b>	2 $\frac{1}{2}$ - 5 cups per day	3 $\frac{1}{2}$ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.