



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!

SuperKidsNutrition.com



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

SuperKids Nutrition



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 _____
 ON1TD SEWTA _____ _____
 EAWTR VSEAR _____ _____
 CELO1TC 1NAR 1VWRAE _____ _____
 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

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

Nutrition & Fitness Tips

June 2026



Flavor Water Bucket!

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'T WASTE 3. WATER SAVER 4. COLLECT RAIN WATER 5. REUSE TOWEL 6. USER DISHWASHER Secret Message: save water

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

green beans



Health and Learning Success Go Hand-in-Hand

California tests students (grades 5, 7, 9) every year using the FITNESSGRAM®. The goal of this test is to help children learn healthy activity habits that will last them a lifetime. Help prepare your child by being active and eating healthy. With *Harvest of the Month*, your family can learn how to eat more fruits and vegetables and be active every day.

Produce Tips

- Try different types of green beans (e.g., string, snap, Chinese long beans).
- Choose green beans with a bright green color. Make sure the beans are plump and firm with no damage or decay.
- Place green beans in a plastic bag with small holes. Store in the refrigerator for up to five days.
- Wash green beans and snap off (or cut) both ends before cooking.

Healthy Serving Ideas

- Toss raw green beans into salads.
- Sprinkle lemon juice and dill over steamed green beans.
- Sauté frozen green beans with a small amount of oil and sliced almonds.
- Keep washed, cut green beans in the refrigerator for a quick, healthy snack.
- Green beans can be found fresh, canned, or frozen – all forms are nutritious! (Hint: Look for low-sodium canned varieties.)

CREOLE GREEN BEANS

Makes 8 servings. 1 cup per serving.

Cook time: 25 minutes

Ingredients:

- 2 teaspoons vegetable oil
 - 2 small cloves garlic, chopped
 - 1 (16-ounce) package frozen cut green beans
 - 1 cup chopped red bell pepper
 - 1 cup chopped tomatoes
 - ½ cup chopped celery
 - ½ teaspoon salt
 - ¼ teaspoon cayenne pepper
1. Heat oil in large skillet over low heat.
 2. Sauté garlic in oil for 1 minute.
 3. Add green beans and bell peppers; increase heat to medium and cook for 5 to 7 minutes.
 4. Stir in rest of the ingredients and cook for another 5 to 7 minutes. Serve hot.

Nutrition information per serving:

Calories 35, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 159 mg

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

Let's Get Physical!

- Plan activities to help your child prepare for the FITNESSGRAM®. Talk to your child's teacher about ways you can help.
- Play an outdoor game with your family after dinner – like tag or soccer.
- Practice stretching before bedtime. It may help your child relax.

For more ideas, visit:

www.cachampionsforchange.net

Nutrition Facts

Serving Size: ½ cup fresh green beans (50g)

Calories 16 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 1g	

Vitamin A 7% Calcium 2%
Vitamin C 10% Iron 3%

How Much Do I Need?

- A ½ cup of green beans is about one cupped handful. This is about 10 medium green beans.
- A ½ cup of green beans is a good source of vitamin C and vitamin K.
- Green beans also have fiber. Fiber helps you feel full, keeps your blood sugar levels normal, and helps you avoid constipation.
- Examples of good or excellent sources* of fiber are avocados, beans, berries, cooked greens, figs, kiwis, peas, soybeans, and whole wheat breads and cereals.

The amount of fruits and vegetables that is right for each person depends on age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables throughout the day will help you reach your goal. All forms count toward the recommended amount – fresh, frozen, canned, dried, and 100% juice. Try to serve at least one fruit or vegetable to your child with every meal and snack.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

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.