

Earth Day & the Super Crew®

Healthy Foods for a Healthier Earth



Earth Friendly

Tips & Activities:

- Walk or ride your bike to school.
- Use recycled newspaper, magazine and wrapping paper to make crafts!
- Use a recycled can as a pot to plant flower seeds or fresh herbs.
- Want more earth friendly tips & activities? Turn the page!

Earth Day Fruit n' Veggie Tips:

Take advantage of fruits and veggies that are in-season and locally grown! Visit your favorite farmers market or grocery store to take advantage of the harvest and support the environment. Some top choices for April include: apricots, artichokes, asparagus, broccoli, collard greens, corn, green beans, honeydew, mangos, oranges, limes, peapods, pineapple, snow peas, spinach, strawberries, and sugar snap peas.

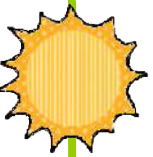
Choose More Low Pesticide Fruits and Vegetables

These are better for the environment. Examples: onions, avocados, frozen sweet corn, pineapple, mangos, asparagus, frozen peas, kiwi, bananas, cabbage, broccoli, papaya. Ideally, foods that travel smaller distances to your plate are best!

Turn the page to find out how to combine these earth-friendly tips into healthy snacks!



Turn Earth-friendly Tips into Fun & Healthy Snacks!



Spring Fruit Suns:

1. Cut pineapple into rings (remove the core). This will be the center of the sun.
2. Cut mango into strips and place around the pineapple to make the sun rays.
3. Place a spoonful of low fat yogurt in the middle of the sun and use as dip.
(Cost saving tip: You can also use canned pineapple rings packed in juice!)

Creamsicle Treat:

1. Peel orange and cut into small segments.
2. Remove the seeds, but keep them out to dry!
3. Mix the orange segments with lemon zest, vanilla yogurt, low fat milk, and ice.
4. Blend to make a cool creamsicle treat.

Creamsicle Tree Activity

1. Recycle a can or container to use as a pot.
2. Fill with moist soil and plant a dried orange seed.
3. Cover with plastic wrap by placing 3 twigs or wooden sticks to prop wrap.
4. Put the pot in the sun, continue to water, and watch it grow!



Tropical smoothie:

1. Cut your favorite in-season tropical fruits into cubes.
Try mango, pineapple or kiwi.
2. Blend fruit with store-brand vanilla soy milk or RBGH free milk /organic milk, lemon zest, and ice to make a smoothie.
3. Don't forget your umbrella straw!

Bird Feed Trail Mix:

1. Mix roasted soy nuts, sunflower seeds, raisins/golden raisins, Craisins, and whole grain cereal.
2. Eat and enjoy, it's not for the birds!

