

## Meet The Super Crew

Meet all the Super Crew on the [Super Crew kids site!](#)



### Abigail

**Power:**

*Her powers change based on the foods she eats. Includes flying, x-ray vision and super smarts!*

**Power Foods:**

*Fruits and veggies of all colors, especially blueberries.*

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## Penny

**Power:**

*Moves at super speed.*

**Power Foods:**

*Purple foods like raisins,  
eggplant  
and elderberries.*

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## Jessie

**Power:**

*Changes the form  
of objects.*

**Power Foods:**

*Green foods like avocados,  
green grapes  
and kiwi.*

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## Carlos

**Power:**  
*Creates clouds  
& stink bombs.*

**Power Foods:**  
*White foods like mushrooms,  
garlic and white beans.*

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