Let your kids get cooking!

Cooking with your kids is a great way to get them interested in whole foods. Try out recipes using the new produce you get from the farmers market!

Earth Day

It's a Great Time to Start New Healthy Traditions

Visit the local farmer's market.

- Take the time to walk through and look at the colorful array of fruits and vegetables.
- Encourage your kids to talk to the farmers and ask questions about the produce. Ask the farmer about his favorite way to prepare the fruit or vegetable.
- Allow your kids to pick out a new fruit or vegetable your kids to pick out.
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Go Green Dip:

1. Thaw a bag of frozen peas and mash in a bowl with a ripe avocado. A splash of lime juice, salt, and pepper.
2. Dip carrot sticks or blue corn tortilla chips in your yummy green dip!
3. Enjoy!

Happy Face-Pizza:

1. Buy or grow your favorite veggie pizza toppings.
2. Cover a whole grain tortilla with tomato sauce and low fat cheese.
3. Decorate with veggies to make a happy face using olives, spinach, peppers, mushrooms.
4. Bake, eat and enjoy!

New Beginnings:

Take advantage of this day to begin some new healthy habits as a family.

Let your kids get cooking!
Teach your kids about taking care of our earth.

- Emphasize the importance of keeping the earth clean.
- Start recycling at home, and encourage your kids not to litter.
- A clean earth is a beautiful and healthy earth! Let's clean our earth together.
- Help encourage your kids not to litter and explore nature.

Read With Your Kids!

- Enjoy a family garden.
- After heading to the farmer's market, get your kids excited about growing their own fruits and vegetables. Remember, you can start small with herbs and potted tomato plants. As you continue to expand your garden, make it more exciting by trying to grow one exotic fruit or vegetable each year.
- Use The Super Crew® books, Super Baby Abigail’s Lunch Time Adventure and Havoc at the Hillside Market with outdoor theme.

Find Your Fruits and Vegetables and Why?

- What are your favorite fruits and vegetables?
- Ask your children: What do they like about nature? What makes plants grow healthy?

Be Active Together!

- Take the dog for a walk.
- Go for a hike and explore nature.
- Go rollerblading or ride your bikes together.
- This is a great opportunity to spend time with your kids, be active, and appreciate the earth!

Talk to Your Children.

- Discuss the importance of keeping care of our earth.
- Emphasize the importance of recycling and keeping our environment clean.
- Have open discussions about the impact of their actions on the environment.

Fun and Easy Activities

- Read with your kids!
- Discover books together with outdoor, garden, fruit, vegetable, and earth-friendly themes.
- The Super Crew® books, Super Baby Abigail’s Lunch Time Adventure and Havoc at the Hillside Market help encourage an interest in gardening and Farmers’ Markets.
- Pack up your books and read outside in your backyard or local park.

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