



Earth Day

It's a Great Time to Start New Healthy Lifestyle and Healthy Earth Traditions

New Beginnings:

Take advantage of this day to appreciate nature with your kids and to begin some new healthy habits as a family.

Visit the local farmer's market.

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



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!

"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, or your favorite veggies of choice.
4. Bake, eat and enjoy!



"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!



Taking Care of Our Children's Environment - Fun and Easy Activities

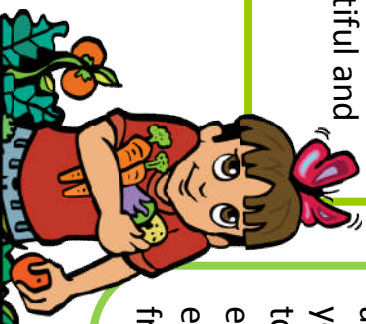
Teach your kids about taking care of our earth.

- 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!



- 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!

Be active together!



- 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!

Start a family garden.

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

Talk to your Children.

- 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.

Read with your kids!

