



# 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.

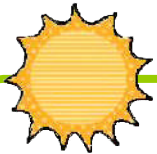
### Choose More Low Pesticide Fruits and Vegetables

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!)

## 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!

## 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!



## 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!





# 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!



## 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.

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

## Start 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!



## 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.

# EAT YOUR CABBAGE

## Nutrition Facts

Serving Size: ½ cup green cabbage, shredded (35g)

Calories 9      Calories from Fat 0

**% Daily Value**

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 6mg      0%

Total Carbohydrate 2g      1%

Dietary Fiber 1g      4%

Sugars 1g

Protein 1g

Vitamin A 1%      Calcium 1%

Vitamin C 21%      Iron 1%

## What Am I?

Draw a line from the clue to the correct fruit or vegetable.  
(answers below)

1. Before I became a box of raisins, I was a bunch of...

2. I'm a vegetable that is good for your eyesight. I grow under the ground. Usually I'm orange, but I can be purple, too!

3. When I'm fully grown, I can have a big head. I'm a leafy vegetable and can be green, purple, or red.

4. I look like a fuzzy, little ball. Eat my green fruit insides with a spoon. I have lots of vitamin C and potassium.

5. I'm crunchy with lots of vitamin C and fiber. Some think I look like a little green tree.

6. I'm usually red. Some think I'm a vegetable but I'm not. I have lots of vitamin C and lycopene.



Tomato



Carrot



Kiwi



Cabbage



Grapes



Broccoli

## Reasons to Eat Cabbage

A ½ cup of fresh or cooked cabbage has lots of vitamin C and vitamin K. Cabbage also has vitamin A, fiber, and folate. Cabbage is a type of cruciferous vegetable. Cruciferous vegetables have lots of nutrients and phytochemicals, which help boost your immune system and help lower your risk of certain types of cancer.

## Phytochemical Champions\*:

Blueberries, broccoli, cabbage, citrus fruits, soy foods, and tomatoes.

\*Phytochemical Champions are rich in phytochemicals.

## How Much Do I Need?

A ½ cup of cabbage is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Power up by eating a colorful variety of fruits and vegetables throughout the day to meet your goals. And don't forget to get at least 60 minutes of activity every day too!

## Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	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/kids](http://www.mypyramid.gov/kids) to learn more.

Adapted from: *Community Youth Organization Idea & Resource Kit, Network for a Healthy California — Children's Power Play! Campaign, 2009.*

Answers: (1) grapes; (2) carrot; (3) cabbage; (4) kiwi; (5) broccoli; (6) tomato




For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2010.



# COOL CARROT ACTIVITIES

## Nutrition Facts



Serving Size: 1 cup, chopped (128g)	
Calories 52	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 430%	Calcium 4%
Vitamin C 13%	Iron 2%

Source: www.nutritiondata.com

## What is a Serving?

A serving of carrots is one cup chopped carrots or 12 baby carrots. This is about two cupped handfuls.

## Plant Parts

Look at the different parts of the plant that we eat. Draw lines to match the pictures with the correct words and descriptions.

### Fruits

Protect seeds;  
help seeds disperse.

### Stems

Help leaves get sunlight;  
move water and nutrients.

### Roots

Anchor and support plants;  
absorb water and nutrients.

### Leaves

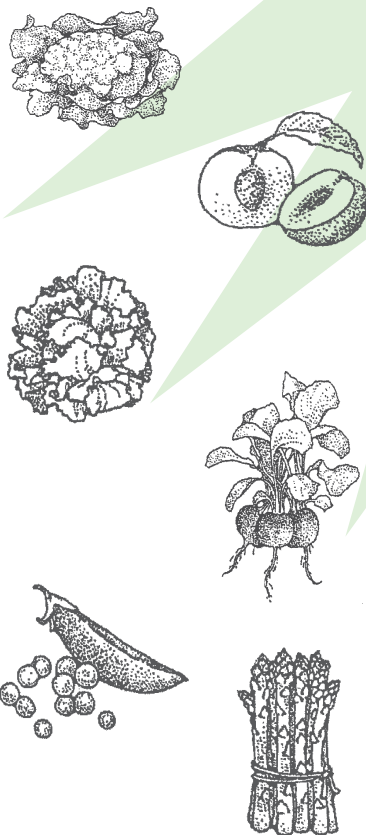
Make food through  
photosynthesis.

### Flowers

Produce seeds; attract  
birds, insects and other  
pollinators.

### Seeds

Produce new plants;  
provide food for young plants.



## Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Carrots are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include carrots, yellow and orange bell peppers, corn, yellow summer squash, oranges, grapefruit, peaches, nectarines and cantaloupe.



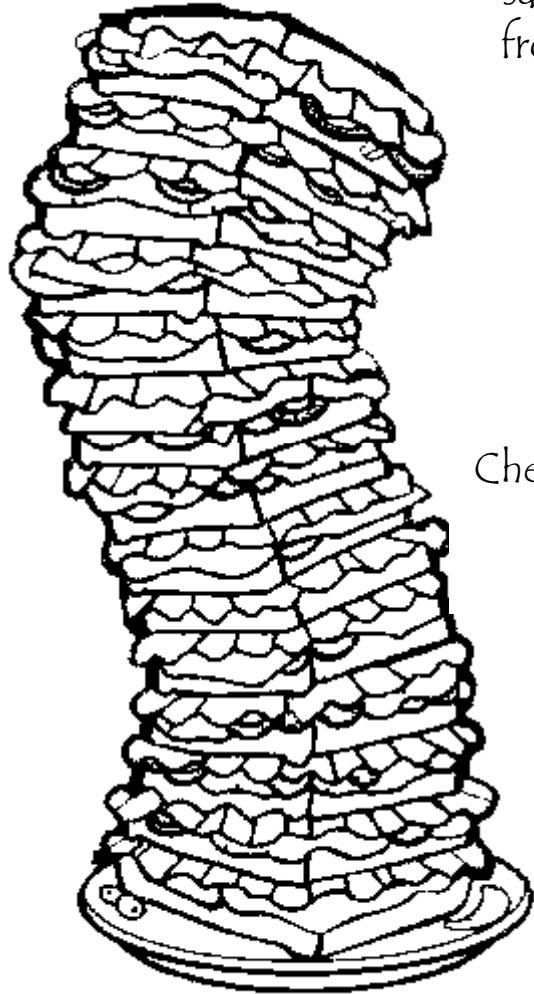
This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.

Age Level: Family Fun

# BUILD A SANDWICH!

The Super Crew needs some ideas for the next time they have a sandwich-making adventure. Choose 6 super-tasty ingredients from the list below, or think up your own special combination.

Remember to be creative!



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Check your fridge for these ingredients or add them to your shopping list. Make the sandwich with family or friends. Eat and enjoy!

- |                  |                     |
|------------------|---------------------|
| 🥗 Avocado        | 🥗 Lean turkey meat  |
| 🥗 Basil          | 🥗 Lettuce           |
| 🥗 Bean sprouts   | 🥗 Mustard           |
| 🥗 Celery         | 🥗 Olives            |
| 🥗 Chicken breast | 🥗 Onion             |
| 🥗 Chilies        | 🥗 Peanut butter     |
| 🥗 Cucumbers      | 🥗 Pickles           |
| 🥗 Egg            | 🥗 Tomatoes          |
| 🥗 Ham            | 🥗 Tuna              |
| 🥗 Hummus         | 🥗 Swiss cheese      |
| 🥗 Jelly or jam   | 🥗 Whole grain bread |