



April is National Garden Month and Earth Day also falls on April 22nd. Join SuperKids Nutrition in making healthy food choices that improve our health and help the planet too!



Go Green for Earth Day! In honor of Earth Day, let's make April a month full of Earth-friendly activities to benefit your health too!

Get outside and enjoy the fresh, spring air! Get a group of the neighborhood kids together for some outdoor games like pick-up kickball, bike riding, hopscotch, scavenger hunts, or a friendly game of capture the flag. Is the weatherman predicting a beautiful weekend? Take your physical activity to the nearest hiking trail. Here are tips on how to plan [the perfect hike](#) with your family.

Ditch the car! Have dinner plans at a restaurant around the corner or meeting up with neighborhood friends for a backyard [BBQ](#)? Show your kids the importance of physical activity and helping the Earth by walking or biking to close destinations. If you live on a busy street try taking public transportation.

Eat local! By the time April rolls around most farmers markets are up and running again if you live somewhere with a harsh winter. Scope out the [markets nearest you](#). Bring the kids along and have them pick out a vegetable that they will help cook for the week. Shopping at farmers markets ensures you are eating seasonally - which means lower costs, less miles traveled, and variety!



Asparagus, Beets and Garlic, OH MY! Enjoy some of April's best veggies. Each has their own health benefits - ranging from boosting your immune system, decreasing [blood pressure](#) and helping your heart pump blood more easily. Here are some recipes for each:

1. Roast beets for 40 minutes. Then peel, slice and drizzle with balsamic vinegar and orange zest.
2. Spread roasted [garlic](#) cloves on your whole wheat dinner rolls for a boost of flavor.
3. Broil asparagus for 8 mins. Add a mixture of parmesan cheese, garlic, whole wheat bread crumbs, and lemon zest. Broil for an additional 2 min. Serve with fresh squeezed lemon juice.

Parent Power Tips from SuperKids Nutrition Founder

Help the Earth by taking these small steps towards a greener planet and healthier family!

Add Some Organic Foods! Choose two foods [highest in pesticides](#), such as celery or spinach, and buy the organic forms. If it is too pricey, then choose organic frozen vegetables which still pack all of the same nutrients as fresh produce!

Plant a Garden! Nothing is more local than produce coming from your backyard! Follow these important steps when [starting your garden](#). If you do not have a lot of space you can start with a windowsill garden or fresh herb garden by using small planters on the deck. Have your [kids help you with the planting](#) and maintenance so they can watch their vegetables grown through out the season.

Reduce Food Waste! Commit to eating leftovers once a week or freezing extra meals to reduce the amount of [wasted food](#).

Reuse! Reuse glass jars (pasta sauce, jellies, jams, etc.). Wash them and use them as dry food storage jars.

Recycle! Recycle plastic bottles for the whole month of April.



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