May the flowers be with you!

After all the “April Showers” we get to enjoy the “May Flowers!” For Mother’s Day on May 10th, Super Crew kid Andy is giving his Mom flowers and seeds to plant in her garden – help him navigate through the maze leading to all the beautiful flowers!

Loco for Guacamole!

Make a festive dish of guacamole for Cinco de Mayo made with heart healthy avocados! Super Crew kid Jessie is in the kitchen with all the ingredients. Grab yours and make it with her!

Creamy Guacamole Recipe

Ingredients:
2 avocados
2 Tbsp. chopped cilantro
1-2 Tbsp. fresh lime juice
½ cup minced red onion
½ tsp salt & pepper
Add cumin or cayenne if you like it spicy!!
1. Scoop avocados into a large bowl.
2. Add lime juice, cilantro, onion and spices.
3. Mix well with a fork. Enjoy!

Learn about Composting!

Join the Super Crew in their efforts to make the world greener, brighter, and healthier for all! Learn about Composting Day on May 29th – a great reason to start your own compost in the backyard or collect food scraps to drop off at a Farmer’s Market.

Here are some facts and tips about composting:

HOW to compost?
1. Save veggie food scraps, old flowers, and plants
2. Keep them in a plastic bag in the garage or freezer
3. When the bag gets full dump it in a designated spot in the yard or garden or take to a drop off!

WHY compost?
• It helps the soil get all the rich nutrients from the food and plants
• Helps the roots in plants go big and strong
• Gives yummy food to all the good bugs in the soil
• It means less trash which is good for the environment!

Help Super Crew kid Jessie unscramble all the green vegetables that are in season! Celebrate National Asparagus Month by trying at least three green vegetables each week!

Answer Key: Okra, Asparagus, Broccoli, Zucchini, Spring Peas, Lettuce

“I eat all the green fruits and veggies to boost my body power!”
- Jessie

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