A Day at the Beach

The 4th of July is a major national holiday filled with celebration. But did you know it is also one of the most littered days of the year? Join the Super Crew kids and leave no litter behind to help keep our beaches clean during National Clean Beaches Week from July 1-7!!

1. Gather the neighborhood kids and start decorating for the parade! No parade? Start one!

2. Practice what you learned from the Super Crew kids in June during Fireworks Safety Month!

3. A great way to exercise and save the environment is volunteering during Clean Beaches Week! Grab a bag!

4. Now, go reward yourself for your hard work. Grab your towel, a Frisbee, shovel, pail, and water and go enjoy that beautiful clean beach!

Nutrition & Fitness Tips

The Super Crew says, “Happy 4th of July!”
Help the Super Crew kids unscramble these words to find healthy snacks and fun things to pack for the beach!

wotel  _ _ _ _   lipa  _ _ _ _
rtwae  _ _ _ _   sivohe  _ _ _ _
risquebe  _ _ _ _ _

Corn-er Tips!

Super Crew kid Marcus picks fresh corn from his garden. He grows yellow corn, but he likes all colors. He especially likes the many different ways that corn can be prepared! Boil it, pop it, roast it, steam it and sauté it. What about biscuits, muffins, cornbread, chowder, fritters or, best of all, you can eat it with your bare hands on the cob! Sounds corny, but it’s true!

Corn & black bean salad:
• Cook 3 ears (or 2 cups frozen) corn and cut kernels off cob.
• Dice multicolored bell peppers, avocado, tomatoes, green or purple onion, chopped cilantro, small jalapeno pepper (optional).
• Add one 14 oz can, rinsed, drained black beans.
• In a small bowl mix: 1½ tsp cumin, squeeze juice from one whole lime, 1/4 cup olive oil, 1/8 tsp cayenne (optional), and whisk. Pour over salad, mix together, and off to the party you go!

Tasty & Colorful Corn

Corn comes in a variety of colors like orange, red, blue, black, and even speckled! These variations are referred to as Indian corn. They are not sweet tasting but if you’re feeling a bit adventurous, experiment with brushing on different flavors before or after cooking.

Other uses for Indian Corn:
#1: Grind small kernels into flour or large kernels into cornmeal.

#2: The all-American favorite- popcorn!

#3: Decoration – when the husk turns brown, pick, let dry for a week. Don’t forget to set a few dry kernels aside and try growing your own!

Indian Corn 101: Warning! Raw kernels are so hard that if you try and chew on one, you might crack a tooth! Ouch!

What do you look for when choosing the best corn cob?
The husk should be green. Slightly pull the top open, kernels should be somewhat evenly spaced, plump and cob should feel a little heavy too! Store in the fridge with husk on to keep it from drying out.

Visit www.superkidsnutrition.com for more fun and healthy learning activities!

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