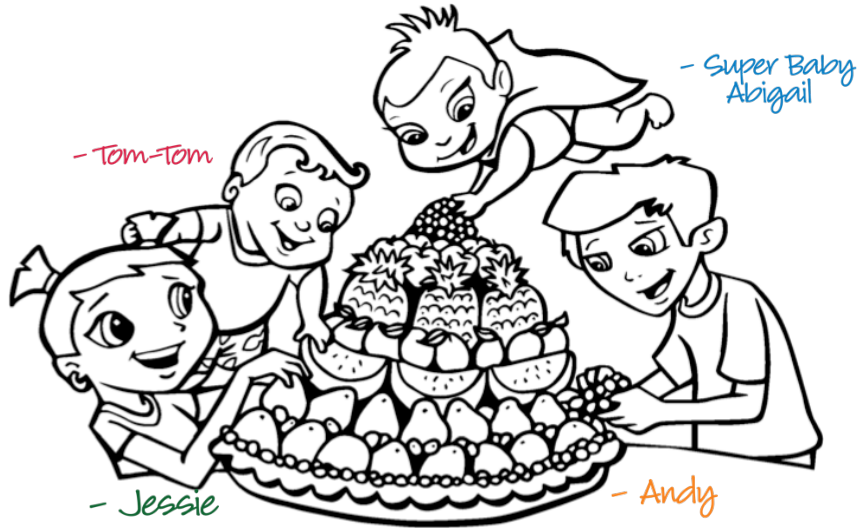




### Color Fun!

Color in the the Super Crew Kids' tasty fruit tower



### National Nutrition Month®

March is National Nutrition Month®. Celebrate this year's theme, "Go Further with Food," by adopting healthy eating habits, enjoying daily physical activity, and reducing food waste. Here are some helpful aims:

- Consider what foods you already have at home before grocery shopping to avoid food waste.
- Eat and drink the amount that's right for you. Use MyPlate for a better understanding of portion sizes
- Be physically active by doing things that are fun every day!



### Tips for Reducing Food Waste

The Super Crew Kids don't like to waste food. It's expensive and harmful to our environment. Discover more ways to decrease food waste on [www.SuperKidsNutrition.com](http://www.SuperKidsNutrition.com) with your family! Share and try some of these tips at home to reduce food waste.

1. Make sure to date and label left-overs and use them in time!
2. Try composting. You can use the rich soil for a home garden.
3. Give away canned or box food that's soon to expire to a food bank, so it's put to good use.

### Colorful Word Search

Help **Carlos** find the names of the colorful fruits & vegetables. Words can be found horizontally, vertically, or backwards.

A	H	B	M	W	Z	M	B	W	B	J	I
O	D	A	C	O	V	A	E	A	E	S	I
W	N	N	A	S	H	N	E	T	G	M	I
B	E	R	R	Y	N	G	T	E	N	H	E
A	F	I	E	Q	D	O	S	R	A	M	O
N	M	C	A	P	P	L	E	M	R	Y	S
A	Q	E	R	V	S	O	T	E	O	T	Q
N	E	A	N	I	I	O	O	L	S	O	U
A	N	O	W	A	N	L	E	O	N	R	A
T	N	I	O	Y	I	T	Y	P	A	R	S
O	L	E	M	O	N	X	Z	R	H	A	H
E	G	G	P	L	A	N	T	Q	B	C	W

- Apple
- Avocado
- Banana
- Carrot
- Eggplant
- Kiwi
- Lemon
- Mango
- Orange
- Squash

