



It's National Fresh Fruit and Vegetable Month!

With juicy stone fruits, sweet heirloom tomatoes, and most vegetables in season during June, this month is the perfect month to celebrate fresh fruits and vegetables!

3 Tips for Farmer's Market Fun!

June is a great month to take the family to the local farmer's market. Learn [how to make the most of your trip to the farmer's market](#).

1. Taste the rainbow! See if you and your kids can find fruits and vegetables in the colors of the rainbow and then make a meal or snack out of them. Use the Super Crew [colorful food tracker](#) for more fun!
2. Take some time to talk to the farmers about where their farm is and how they grow their food, then see if they offer farm tours. Encourage your kids to ask the farmer a question.
3. If your child is normally hesitant to try new foods, take this opportunity to have them sample new items. The new environment, along with seeing other people try them just might do the trick!

New Ways to Try Produce

1. Get your middle school aged kid or teen cooking. If they make it, they'll try it. Here's some [steps to take](#).
2. For younger kids - try cookie cutter shapes, veggie noodles, and dips. Get more [kid friendly food ideas](#).
3. Make it look familiar -like these [sweet potato nachos](#)! See the [video recipe](#).



Parent Power Tips From the SuperKids Nutrition Founder

Summer is a time when we look forward to a break from hectic school-day routines and more down time. Make the most of this extra time and create to-do lists with your kids so you can all start the [summer with healthy structure](#). Summer offers a great opportunity to teach your children things they may not have time to focus on during the school year, such as organization skills. To-do lists can help them become more organized, responsible, and self-sufficient. Here are some to-do list examples:

- Self-care: getting dressed, making their own [breakfast](#), brushing hair and [teeth](#) with out reminders
- Home care: making the bed, emptying the dishwasher, cleaning the counters, folding the laundry
- Pet care: feeding the cat, walking the dog, cleaning the birdcage

Purchase a cork-board and hang it up in a prominent place in house – a wall next to the kitchen table is the perfect place. Make the list easy to read - create a list with each child that is broken down by activity and day of the week. Print out the lists and place it on the board. The visual provides kids with daily reminders, and minimizes parent nagging. Kids feel respected and empowered when expectations have been set, and will be less likely to complain or argue - reducing stress for parents!

SuperKidsNutrition.com



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