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## Families - Take the Super Kids Nutrition challenge to go green to celebrate Earth Day

### *Tips for saving the earth, one meal at a time, one kid at a time*

Los Angeles, CA (April 4, 2011) – Here’s a frightening fact: if everyone on Earth consumed as much food as the average US citizen, 4.5 planets would be needed to support that existence. Natural resources like soil and water are being destroyed faster than they can be replenished to feed ravenous appetites. Unsustainable, large-scale food production is one of the most ecologically harmful human activities. Livestock raising, for example, accounts for one-fifth of the total green-house gas emissions.

The weeks of April 18<sup>th</sup> and April 25<sup>th</sup>, Super Kids Nutrition challenges families to change food choices and behaviors in ways that benefit families and the planet. With the mission to “save the world, one healthy food at a time,” [Super Kids Nutrition](http://www.superkidsnutrition.com) is offering professional advice on how families can boost nutrition and reduce carbon footprints at the same time. Families who share earth healthy tips in response to posts on Super Kids Nutrition [Facebook](https://www.facebook.com/superkidsnutrition) page will be entered to win one of three green-themed books, *Havoc at the Hillside Market with the Super Crew*, *Big Green Cook Book* by Jackie Newgent or *Feeding Baby Green* by Dr. Green. Super Kids Nutrition will be offering a variety of fun, simple, free downloadable learning activities and curriculum this earth day, April 22<sup>nd</sup>, for the home and the classroom to underscore that ‘healthy’ and ‘green’ are twins on our plates. “The key to teaching kids about the connection between what we eat and our earth is through simple, hands-on educational opportunities,” said Melissa Halas-Liang, Super Kids Nutrition founder, Registered Dietitian and mother.

### **Super Kids Nutrition’s Top 7 Tips to Color Family Diets “Green” in a Most Delicious and Earth Friendly Way:**

**Grow your own groceries.** This is the best way to eat seasonal and local, save money, empower your children with an invaluable life skill, and convert picky eaters into vegetable lovers! Read about [starting your own family garden](#), [community garden](#) and utilize the [Super Crew learning activities](#) to get kids interested in gardening.

**No space - no problem.** If you do not have an outside space to plant a garden, have your kids decorate a few cans or tins and plant aromatic herbs inside to give a boost of flavor and nutrition to your dishes and expand your kids’ palates.

**Meet your farmer, protect the environment.** Did you know that farmers get only \$.09 from each \$2.99 loaf of bread sold in an average supermarket? [Get your family to the market](#), talk to the people who grow

your food, buy a few seasonal items, and cook a yummy meal at home together. Not only you will support your local economy but you'll teach your children an Earth-friendly lesson too.

**Join the [meatLESS Monday movement!](#)** Livestock farming is the biggest source of methane emissions in the US. Additionally, high consumption of red meat has been linked to increased risk of heart disease, certain cancers, osteoporosis and overweight.

**Cook your way to a greener family.** Bring family cooking back from the edge of extinction! Save money, reduce waste, control ingredients and enjoy the fresh taste of a home-cooked meal more often. Visit [www.superkidsnutrition.com](http://www.superkidsnutrition.com) and our [quick healthy eats](#) on Facebook for easy low-carbon meal ideas that can be made in minutes.

**Boost [plant power.](#)** Eating plants helps reduce your carbon footprint. It also gives your family an incredible amount of nutrients protecting them from disease. Fill up at least half of your plate with fruits and vegetables to benefit yourselves and the planet. Remember to enjoy a variety of colorful foods! You can use our [color tracker available](#) to make sure your family's diet is optimal

**Become a green-eating machine!** Eat more greens for shiny hair, healthy eyes, skin and nails. Use Go Green Month to eat more in-season greens, like artichokes, arugula, Swiss chard, asparagus and spinach. Americans don't get enough [greens which are critical for eye and heart health.](#)

### **Super Crew® Makes Healthy Eating Fun for Kids**

To make learning about healthy eating fun for kids, Melissa created the [Super Crew](#) characters, superhero kids who get powers from eating healthy colorful foods. Brought to life through the website, [coloring pages](#) and beautifully illustrated children's books, kids relate to the Super Crew and are encouraged to make good nutrition choices. In addition to children books, the Super Crew are featured in fun learning activities that can be downloaded on [superkidsnutrition.com](http://superkidsnutrition.com) and deliver nutrition concepts in activities that also teach science, math, reading and fitness.

[Havoc at Hillside Market and Super Baby Abigail's Lunchtime Adventure](#) are two books that feature the Super Crew. The books offer adventures that engage children and come to life on the vibrant pages. In addition to the stories, each book provides parents with ideas on how to peak their child's interest in learning about healthy nutrition and trying new foods. Books are available at [superkidsnutrition.com](http://superkidsnutrition.com).

### **About Super Kids Nutrition**

Super Kids Nutrition Inc., was founded in August 2006 by Melissa Halas-Liang, MA, RD, CDE, to save the world one healthy food at a time™. The Super Kids Nutrition team also represents a diverse, nationally recognized group of Registered Dietitians and nutrition professionals who specialize in childhood, school and family nutrition. Super Kids Nutrition is recognized and listed by state board educational sites as a credible nutrition education resource providing nutrition content, school newsletters, parent Q and A and resources in thousands of schools in 28 states. The Super Kids Nutrition website, books and other educational resources are available to parents, teachers, and healthcare professionals looking for tools and information on eating healthfully and raising a healthy family. To learn more, visit [www.superkidsnutrition.com](http://www.superkidsnutrition.com).

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