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SUPER KIDS NUTRITION CHALLENGES FAMILIES TO JUMP-START A HEALTHY 2011

Super Kids Nutrition Website - superkidsnutrition.com – Offers Fun Nutrition and Health Activities to Get Kids and Parents Excited About Living their best life

Los Angeles, California, January 1, 2011 – This upcoming New Year, Super Kids Nutrition is challenging families to get healthy! With the mission to “save the world, one healthy food at a time,” Super Kids Nutrition, is offering advice on how families can make 2011 their healthiest year yet. From tips on how to shop healthy to lessons on how to eat mindfully—healthy family meals are a great way to teach kids about nutrition and living their best. Just remember, the key to healthy living is to always make it fun. With so many exciting resources and activities available online, teaching your family to eat healthy has never been easier. “The key to teaching kids about healthful eating is through fun, hands-on educational opportunities,” said Melissa Halas-Liang, Super Kids Nutrition founder. This month, the organization’s website – www.superkidsnutrition.com – offers “[making healthy change advice](#)” for families and tips on the most nutritious and easiest ways to get kids on board with New resolutions.

Tips to start you off on the way to a healthier family:

Keep doing:

- **Fun is Important!** Enjoy your family time together and make it memorable.
- **Be the Best Parent You Can.** But do not worry if you are not ideal. Nobody is.
- **Keep up the Good Work!** Stay motivated to jump start a healthier lifestyle for your family.

Stop doing:

- **Screen Time Warning** - The American Academy of Pediatrics recommends no more than 1-2 hours a day of quality programming for kids 2 years and older. Those under 2 get none!
- **Rushing When You Eat** – Eat slowly to give your brain time to get the message that your stomach is full.
- **Bribing or Coercing Kids to Eat Vegetables.** If it worked, we would have had Broccoli King and McDandeloin on each corner.

Start doing:

- **Be a Role Model.** Talk the talk and walk the walk. Be the first to savor fruits, veggies and whole grains or getting

active over a TV show.

- **Let Fruits and Veggies Reign** – Make them visible, easily available and served at each meal.
- **Plan your family meals in advance.** It saves money, time and staves off the 6pm panic attack/pizza order.

Super Crew® Makes Healthy Eating Fun for Kids

Super Kids Nutrition also offers a series of books featuring the [Super Crew®](#) to further teach kids about fun and healthy eating. *Havoc at Hillside Market* promotes farmer's markets and fresh produce and in *Super Baby Abigail's Lunch Time Adventure*, the Super Crew® grows their own garden to have the freshest tasting ingredients for their super-sandwich. *Both* books feature the Super Crew® characters, superhero kids who get powers from eating healthy foods of certain colors. In addition to the stories, each book provides parents with ideas on how to interest children about healthy nutrition and trying new foods. Books are available at 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 with over 10,000 schools in 23 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 <http://www.superkidsnutrition.com>.

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