



A Berry Fresh Month with the Super Crew

Berries are extremely nutritious as a low-calorie food. Start your Berry Fresh Month with a tasty and easy smoothie of these brightly colored fruits.



Ingredients:

- 2 cups frozen berries, like blueberries and raspberries
- ¼ cup fresh strawberries or kiwi
- 1 cup plain Greek yogurt
- 1/2 cup orange juice, coconut water or other 100% juice
- 1/4 cup fresh spinach
- 1 tbsp. honey optional

Instructions:

- Blend fruit, yogurt, juice, and spinach together in a blender until smooth.
- Enjoy your smoothie with your family and friends!

Penny and Andy's Winter Fitness Word Search

Andy and Penny loves sports because exercise makes them fit and strong, but it may be too cold for outdoor activities now. Find these indoor activities hidden below and stay active with your friends:

- Dance Party
- Headstand
- Hide Ropes
- Balloon Game
- and Seek
- Jump Yoga
- Write indoor activities you like below.

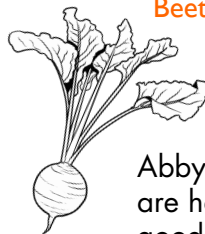


Jessie's Cold Weather Veggie Quiz

Do you know that many vegetables like cooler weather and grow happily in winter? Jessie's favorite foods include broccoli and Brussels Sprouts. Circle the veggies that you like and/or the ones you want to try this week.



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|-------------|----------|----------|------------------|--------------|
| Carrots | Broccoli | Garlic | Brussels Sprouts | Leeks |
| Cauliflower | Turnips | Spinach | Cabbage | Collards |
| Beets | Kale | Radishes | Lettuce | Green onions |



Berry Word Scramble with Abigail

Abby loves healthy foods of all colors, but blueberries and strawberries are her favorite fruits. Blueberries are packed with antioxidants that are good for your brain and heart. Strawberries are a powerhouse filled with nutrients, especially Vitamin C. 6 strawberries give more Vitamin C than a medium orange.

Unscramble the following words to learn more about berries, then circle those you will try this month.

YKELBARBCR B _ _ _ CK _ _ E _ _ _
 SRBREYRAP _ _ A _ P B _ _ _ Y
 ICAA _ _ C _ _ _ _ _ R _
 BNRARREYC _ _ R _ _ B _ _ _
 LBURMEYR M _ _ B _ _ _ Y
 JOGI G _ _ _ _ (hint: also called wolfberry)

Which berries will you try this month? Write them in below:

