

June is Fireworks Safety Month!

Spring has ended, summer begins and fireworks are coming soon! All your games and activities are outdoors during the summer and the Super Crew kids want to be sure that you, your friends, and your family have a fun and safe summer. Remember, safety first!

1. Ready to go for a bikeride or rollerskating? Remember to put on your helmet!

3. Whether you're barbecuing or roasting marshmallows, remember to practice good fire safety!

2. Going to the pool? To the beach? Waterballoon fight? Remember to put on sunscreen!



4. Going camping or just a local hike? Remember to wear thick soled shoes, clothes to protect your arms and legs from critters, sunscreen, and take plenty of water!

Andy says, "Safety First!"

Help Super Crew kid Andy find words that represent National Safety Month. Complete each sentence and kick off your summer fun!

Before I go outdoors, I always put on _____ to protect my skin from the sun.

Wearing a _____ protects my head from being injured.

Hiking is so much more fun when you have good _____ to protect your feet.



Life's a Peach!

Super Crew kid Andy loves cooling down on hot summer days with a homemade popsicle made with fresh fruit. He also likes trying new fruit, especially when they are the color **orange**, like a peach! Super Crew kid Andy likes to get outdoors! Try his tasty fresh frozen fruit popsicles to cool off fast plus keep your heart healthy! It's no wonder that when life is going well we say, "Everything is peaches and cream!" Yum!

Featured Fruit for June

Peaches have vitamin C and A important for a healthy skin and healing but did you know they also have potassium which is an important nutrient for a healthy heart(1). Did you know peaches are delicious cooked! That's real peachy!



Try eating peaches in three new ways:

#1: Slice one or two fresh peaches into wedges. In a small skillet, warm 1 tsp canola oil, a healthy butter substitute, or unsalted butter, when melted, add 1 tsp honey, add peaches, sauté and stir for 2 minutes. Serve over one scoop of vanilla ice-cream or banana whip.

#2: Using the same sautéed peach recipe as above, blend, pour over a stack of whole grain pancakes and sprinkle a little cinnamon!

#3: Bake your peach! Cut peach into two halves, remove pit, face up, place unsalted butter (pea size) in the hollow, bake at 375°F for 25 min. Enjoy warm and don't forget the cinnamon!

What you'll need:

(makes 6 small popsicles)

Blend 2 cups chopped fresh peaches until smooth. Pour into popsicle mold and freeze for about 6 hours.

Option- If you feel it's too thick, you can strain pulp keeping the juice or add a little water; even a little vanilla Greek yogurt for a creamier version. Be adventurous!



Don't have a popsicle mold or sticks? Pour mixture into an ice cube tray, cover with foil or plastic wrap (better so you can see what you're doing), poke toothpicks through into tray and freeze.