



# 8 Foods to Fuel the New Year... Blast Off with Chris B. Green & Chirp

Introducing 8 foods and their benefits.



**Sweet Potatoes** – Not just for the holidays, these delicious orange veggies are high in Vitamin A, which is great for kids. And they're high in fiber and great for your skin....NO, you won't turn into an Oompa Loompa if you eat them!



**Salmon** – How about a superhero fish? Salmon is chock-full of Omega-3 fats which protects the heart, builds the brain and even fights off sad faces.



**Peanut Butter** – the natural kind (without tons of sugar). Full of protein and a great dipper for just about anything (fruits, celery, pretzels, etc.) Of course, if you're allergic to nuts, stay away from peanut butter!



**Popcorn** – it's a whole grain and is actually good for you! Just don't smother it in butter and salt. A great snack for homework or movie time!



**Greek Yogurt** – Creamy, delicious and full of healthy bacteria that keep your tummy happy and your body strong to fight off sickness.




**Crispy Fruit from Crispy Green** – Sound familiar? Freeze-dried fruit is the perfect way to munch on fruit when fresh fruit may not be available or the most convenient option like riding in the car, hiking or soccer practice!





**Oatmeal** – Rich in fiber, oatmeal is a great way to start the day...keeping kids focused with a steady stream of energy.



**Chocolate** – the healthy kind! Actually, dark chocolate is very nutritious, full of iron, fiber and disease-fighting stuff...but too much of anything isn't good for you, so listen to your mom and dad and fuel up smart to take you wherever you want to go...

  
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Power Your Lunchbox  
by Produce for Kids



# Foods to fuel the new year

Using the foods shown on the other side, fill in the words that meet the descriptions below. Note, if the answer is more than one word, there are no extra spaces in the puzzle—just fill in both words without a space.

## Across

- 4. Freeze-dried snack
- 6. Energy breakfast
- 8. Ultimate movie snack

## Down

- 1. Tasty dipper
- 2. Dark, sweet and delicious
- 3. Orange veggie
- 5. Superhero fish
- 7. Creamy, healthy bacteria



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