

SuperKids Nutrition

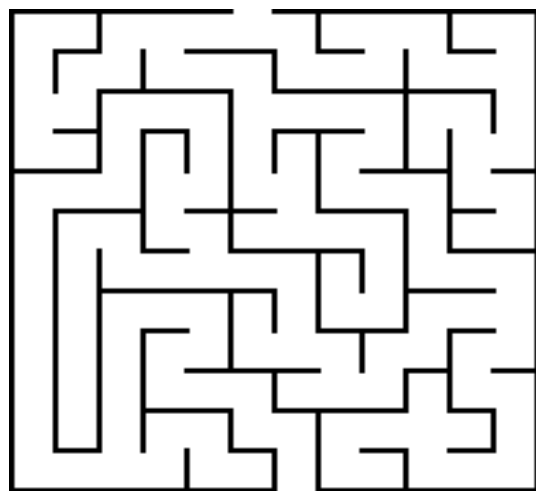
Good nutrition
+ Fitness
= Healthy family



Razzy Maze

Can you help Super Crew kid **Tom-Tom** navigate the maze to get to the frozen raspberries on the other side?

Start Here



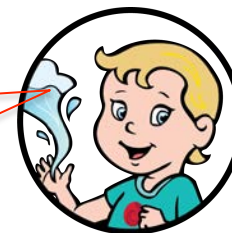
"I get my powers from **red foods!** Did you know that frozen raspberries have lots of vitamin C?"

Hey Kids, get razzed about frozen raspberries!

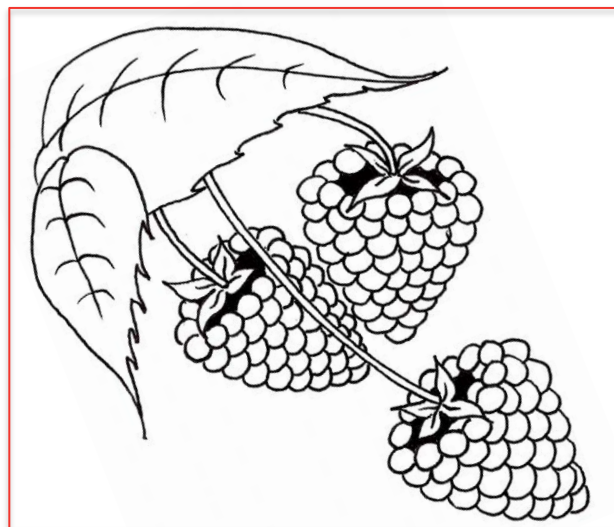
Guess what I am? I'm red, sweet, and tart. I'm a member of the rose family. I'm perfect as a frozen treat.

I am a _____ !

"I love **frozen red raspberries!** They're an excellent source of fiber! What are your favorite healthy red fruits? - Tom-Tom



Have fun coloring in these **tasty raspberries!** What do you think plants need to grow healthy?



These fresh **red raspberries** are taken to a nearby freezer and are **frozen** with very cold air!

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Nutrition Tips + Tasty Ways to Eat Frozen Raspberries

Tips for Feeding 4-6 year olds

- **Switch It Up!** They may not like a veggie cooked, but love it raw in a tasty dip or dressing.
- **Get Creative!** Try adding spinach or butternut squash to their favorite raspberry smoothie.
- **Eat it Frozen!** Kids love frozen corn, peas, and raspberries right out of the freezer!



Why Frozen Raspberries?

1. Only the highest quality, ripest raspberries are selected for freezing.
2. When raspberries are flash-frozen, their nutrients are essentially "locked-in."
3. You can find frozen raspberries in the freezer aisle of your supermarket any time of year.

Hey Parents, get razzed about frozen raspberries!

Razzy Ranch

Ingredients:

- 1 cup Razz Crush (see instructions below)
- ½ cup mayonnaise
- ¼ cup low-fat or 2% milk
- ¼ cup low-fat or non-fat yogurt
- 2 Tbsp. parsley, chopped
- 2 Tbsp. green onion, chopped
- 1 clove garlic, finely minced
- 1 Tbsp. red wine or raspberry vinegar
- ½ tsp. kosher salt
- ¼ tsp. black pepper



Instructions:

1. Make Razz Crush by thawing a 12-ounce bag of frozen red raspberries on the counter for 30 minutes. Once thawed, use a rolling pin to crush raspberries inside the sealed bag.
2. Mix all ingredients in a bowl and cover in the refrigerator until ready to serve.
Yields 2 cups. Makes 16 servings.

5 Ways to Enjoy Frozen Raspberries

1. In a smoothie bowl – a kid friendly dish that's loaded with nutrients
2. As is! Frozen raspberries are nature's perfect popsicle
3. On top of hot or cold cereal
4. Mashed in a peanut butter sandwich
5. In yogurt parfaits



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