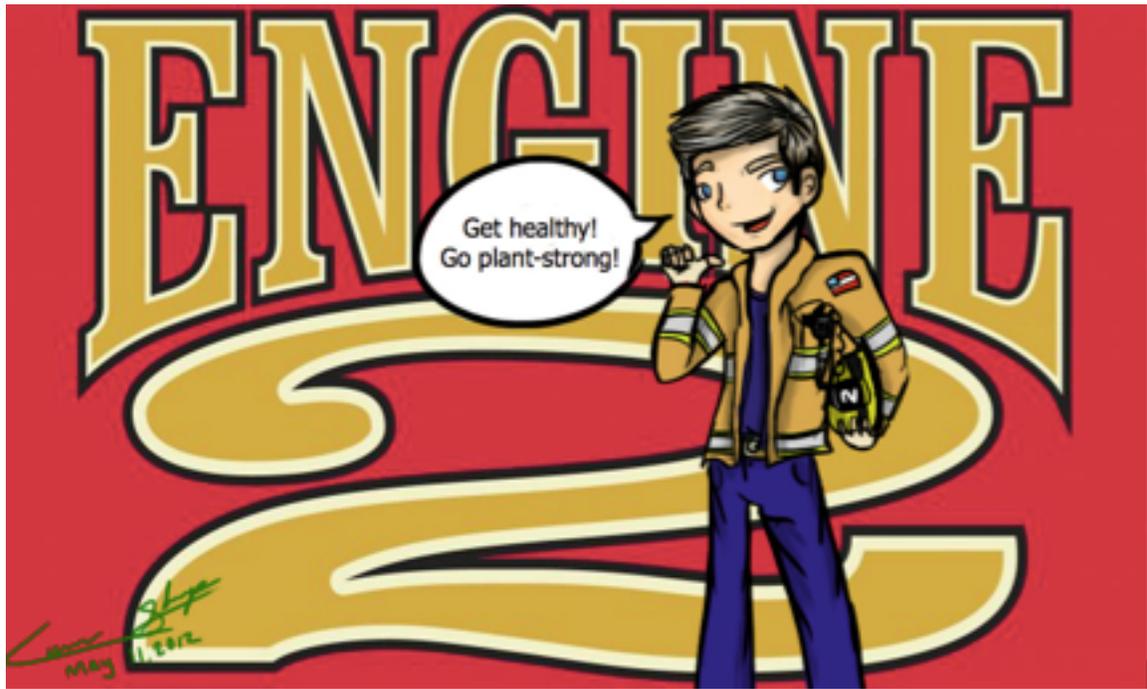


Plant-Strong™ Kids! Week 7



Plant-Strong Scavenger Hunt

Don't Break The Chain!

Orange Word Find

Plant-Strong Coloring

Just For Parents

Help Out Kole!

Plant-Strong Challenge of the Week!

Sophie's Recipes of the Week

Plant-Strong Scavenger Hunt!

On your next trip to the grocery store, see if you can find the following:

Quinoa

Yams

Kiwi

Spaghetti Squash

Arugula

Yellow Pepper

Chili Peppers

Iceberg Lettuce

Bonus!

This week try to find the biggest vegetable you can! What is it?

Tip from Rip! Be the best- you – can- be- kids! And it starts with plant-strong eating habits!



Don't Break The Chain!

***Parents check out the "Just For Parents Page" for more information about "don't break the chain"!**

Are you ready to be the strongest you can be? It's time to get plant-strong! Every day make it a goal to include some healthy, plant-strong habits. Here are a few ways you can be plant-strong every day!

Say NO to junk food!

Eat a fruit or vegetable with every meal.

Drink water instead of soda or juice.

Eat lots of whole grains.

Try new vegetables and fruit.

Help your parents plan out a few meals every week.

Get active.

Try new plant-strong milk.

What other ways could you be plant-strong every day?

Try to be plant-strong every day, for each day you are plant-strong mark it on a calendar. How many days can you be plant-strong?

Parents: Print out or purchase a calendar. Every day that your child meets his/her plant-strong goals make an X through the day. Have fun challenges based on how many days they can go plant-strong. Reward your kids for extend periods of time without breaking the chain with fun, healthy activities instead of food.

Orange Word Find!

V L E S S T U P O R T B P E N
B B V Y E S U A E E L R G I M
Z E A B L H N N R A S L N L S
N E E D K S H V R L C Q S N S
G I P B W U I Q Z E C H I X T
E P U O L A T N A C T K E U O
B O U J C M K Z G J P T D S C
M R V J E P A H D M T P U F I
C A R R O T S Y U J Z G M B R
F N U U B E C P Q M G C S G P
G G N Y D Q R S E R F Q L I A
L E J S O G N A M P U H R U Q
R G B Z I N V C W A K X Y N Z
Q N I D X X E T S Q F T U M D
C Y W M R K Z H D A S N G V G

Orange

Apricots

Cantaloupe

Peaches

Carrots

Yams

Butternut

Squash

Pumpkins

Plant-Strong Coloring

Do you know what vegetable this is?



Parent Tip: Don't Break The Chain



A few years ago Jerry Seinfeld revealed how he stays productive. It is a system he calls “[don't break the chain](#)”.

This is a great way help your family on their plant-strong journey. All you need is a calendar. Every day that your family meets their goals you put an X through the day. If you miss a day, the chain starts all over the next day. The goal is to try to make the chains as long as possible each time.

You can also use the site: [Don't Break The Chain](#).

Set up some fun goals with your family! You can also set up some fun challenges to make it fun!

Help Kole catch a wave and get active!



Surfs UP!

You will need:

2 or more people

Bed sheet

Colored socks

An open area

Get a bed sheet and some rolled up colored socks. Everyone playing should have a different color. Next put all of the socks in the center of the sheet. Pick up the sheet. Count to 3 and then shake the sheet! The object is to knock everyone else's socks off the wave!

Complete this week's firefighter challenge for 200 firefighter points!

Pick a goal for this week! Try not to break the chain for the entire week. Every day that you meet your goal put an X through the day.

What is your goal?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Sophie's Recipes of the week!

Tofu Yogurt: Lindsay Nixon, [Happy Herbivore](#)

Ingredients

10 ounces silken tofu
1 whole banana, cold
2 tbsp plant-based milk
2 tbsp lemon juice
2 tbsp pure maple syrup

Instructions

Combine all ingredients in a blender, whizzing until smooth and creamy. Taste, adding more sweetener as desired. (Agave or other syrup sweetener may be substituted for the maple). Add in fresh fruit such as strawberries, blueberries or more banana for fruit-flavored yogurt.

Cardamom Rice Pudding

- Cathy Fisher, [Straight Up Food](#)

1 cup brown rice

2 cups water

½ teaspoon cardamom

1 teaspoon cinnamon

½ cup raisins

1/3 cup almonds, chopped

(optional)

2 cups non-dairy milk

3-4 pitted dates

1 teaspoon vanilla

Additional chopped or sliced almonds for garnish

(optional)

Cook the rice: Place rice and water in a pot and bring to a boil. Reduce to a simmer, cover and cook for 45-50 minutes (per your type of rice). Remove from heat and let stand for 10 minutes with lid on.

Blend ingredients: While the rice is cooking, combine in a bowl: cardamom, cinnamon, raisins and almonds. In a blender or Vitamix, blend: milk, dates and vanilla.

Combine it all: Add the wet mixture to the bowl of dry ingredients, and combine. Add this to the pot of cooked brown rice, stir thoroughly and cook on medium-low for 10 minutes, to incorporate the flavors. Serve warm or cold in small dessert dishes. Garnish with a sprinkling of chopped or sliced almonds (optional).

Raw Apple Crumble: Cathy Fisher, [Straight Up Food](#)

Crumble topping:

1/2 cup walnuts

2 pitted dates

Diced apples:

3 apples, peeled and diced

1 tablespoon lemon juice

Apple sauce (that will be tossed with the diced apples, above):

2 apples, peeled and diced

2 tablespoons lemon juice

5 pitted dates

1/4 cup raisins

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

Topping: Blend the walnuts and dates in a food processor until the texture is similar to Grape Nuts.

Spoon into a small bowl and set aside.

Filling: Toss the 3 peeled, diced apples with 1 tablespoon of lemon juice and set aside in a bowl.

Next, in the food processor, blend all of the sauce ingredients: 2 apples, 2 tablespoons of lemon juice, 6 pitted dates, raisins, cinnamon, and nutmeg.

Toss this mixture with the sliced apples.

Serve: Place one-fourth of the apple filling into 4 small dessert dishes and sprinkle with date-nut topping.

Note: Use a good eating apple, such as a Gala, Fuji or Pink Lady in this recipe.

