



Earth Day, Every Day

Celebrate Earth Day on April 22
with easy ways to go green

By Mary Giles



TEEN CHEF

What's Your
Go-To Healthy
Snack?



Eliana de Las Casas, 17, is better known as Kid Chef Eliana, Food Network's 2016 *Chopped Teen Tournament* Grand Champion. A culinary arts student at New Orleans Center for Creative Arts, she's on a mission to encourage families to eat fresh foods with three cookbooks for kids, including *Cool Kids Cook: Fresh & Fit* (Pelican Publishing). Eliana used her *Chopped* winnings to start her own line of seasonings called *Spice It Up!* Find them at kidchefeliana.com along with some of her kid-friendly recipes. Here's one of her favorite healthy snacks, which offers tween and teen chefs a chance to practice their chopping skills.

ECO-FRIENDLY FUN

Help your family take an active role in a cleaner environment with simple ways to make a difference—and have fun doing it.

SET UP CHALLENGES Who in your family can take a four-minute shower? Turn off the tap while brushing teeth? Keep a chart and award prizes at the end of the week.

STOP WASTING FOOD Challenge kids to find ways to use food that typically finds its way into the compost or trash. Some to try:

- **Crumble** crusts cut off sandwiches into breadcrumbs
- **Blend** overripe fruit into smoothies (see page 4 for some sweet ideas)
- **Puree** veggie stems no one wants to eat and blend them into muffins, breads and even pasta sauce!



COOL SCIENCE Show kids the power of composting with the **GeoSafari Compost Kit** from Educational Insights (\$25, amazon.com).

START AN INSPIRATION BIN Toss in materials you would normally put in the recycling bin or the trash can (clean lids and cans, magazines, corks, cardboard boxes and paper towel tubes), then bring it out to create upcycled art projects when kids say, "I'm bored."

MAKE THIS
Soda Bottle "Chia Pet" at
CommunityTable.com/chia



Fruit Salsa

In a large bowl, stir together 1 cup diced **strawberries**, ½ cup halved **green grapes**, ½ cup diced **pear**, ⅓ cup torn **mint leaves**, and ½ cup **sugar-free strawberry preserves**. Serve with **cinnamon chips** (like Stacy's Pita Chips).

TIP Tear mint leaves by hand, or make thin ribbons (aka chiffonade) by stacking the leaves, rolling them into a tight bundle, and slicing them crosswise with a sharp knife.

400+ YEARS HOW LONG IT TAKES PLASTIC TO DEGRADE

Source: National Geographic