



MAKE THE HONEY SWAP

When you need to add a little sweetness, swap refined sugar for honey instead.

A little honey goes a long way because the sweetness is so concentrated — you only need a drop or a drizzle for big flavor.

Unlike other sweeteners, honey is packed with antioxidants (darker honey varieties tend to have a higher amount) and can benefit gastrointestinal health because it has a probiotic effect (which means it helps beneficial bacteria flourish in the intestines).

WHY ALL THE BUZZZZZ?

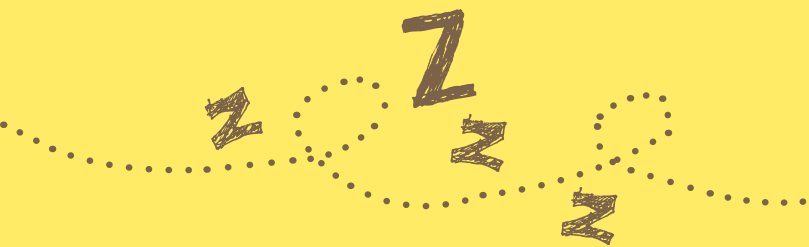
Honey bees are vital to our supply of healthy foods.

We can't eat a rainbow without them! Honey bees are **pollinators**, which means they travel from plant to plant to collect and deposit pollen, a substance that makes it possible for many flowers, fruits and vegetables to reproduce.

FAST FACTS

“Bee” Smart

- Experts estimate that one in every three bites of food you eat depends on pollination, either directly or indirectly.
- A honey bee colony needs to collect about 40 pounds of honey during warm months in order to survive through the winter.
- Bee populations are declining, so the bees need our help.
- Demand for honey supports the bee population, which is good for our environment and our farmers.



HANDS-ON ACTIVITY Plant a Pollinator Garden

Create a pollinator-friendly habitat in your yard or neighborhood.



Step 1: Find out which pollinator-friendly plants are native to your area. Visit a local nursery or go to pollinator.org for planting guides and a helpful smartphone app.

Step 2: Choose a site with adequate sunlight in your yard, a nearby community garden or park, or on school grounds. (Definitely get permission first if it's a public place!) Container gardens even work for some pollinator plants.

Step 3: Design your garden with a mix of plants of different shapes and sizes to attract a variety of pollinators: beyond bees, expect more butterflies and birds too!

Step 4: Add food and water sources. Some weeds are a source of food for pollinators, so find out which ones and let them grow a little. Add artificial ponds or birdbaths for water sources.

Step 5: Care for the garden without toxic pesticides or herbicides. These can harm pollinators as well as kill weeds that attract them.

NEXT STEPS

Make pollinators a priority! Spread the word in your community about how to help the honey bees. There are many ways your family and friends can make a difference:

- Support local beekeepers by buying local honey. Yum!
- Get your school involved in the Great Sunflower Project. Students plant a specific variety of sunflowers and track the number of pollinators that visit. Learn more at www.greatsunflower.org.
- Care for your lawn and garden organically at home. The use of toxic pesticides and herbicides can harm the bees and destroy their natural habitat.

TIPS FOR PARENTS

- Honey has been shown to prevent the browning of cut fruit; keep this in mind when creating fruit salads!
- Antioxidants in honey can extend the freshness of baked goods, so it's also choice for recipes.



RECIPES

Let kids help with the simple steps in **bold**!

BREAKFAST

Honey-Banana Overnight Oatmeal

1 cup rolled oats
1 1/3 cups milk (cow, soy or almond)
1 cup plain yogurt
1 teaspoon vanilla extract
1 tablespoon honey
2 bananas, cut into chunks

Step 1: Combine all ingredients except banana in a large mason jar, close the lid and shake the jar until contents are well mixed. **Step 2:** Add banana chunks to the jar and stir. **Step 3:** Close the jar and refrigerate at least 8 hours overnight.

SNACK

Honey Garlic Popcorn

1 tablespoon honey
1/4 teaspoon garlic granules
1/4 teaspoon fine sea salt
3 cups unsalted pre-popped popcorn

Preheat the oven to 350°F.

Step 1: Whisk together honey, garlic granules, salt and 1 teaspoon water. **Step 2:** Toss with popcorn and spread onto a parchment-paper-lined baking sheet. **Step 3:** Bake until crisp, about 10 minutes. Serve immediately.

DINNER

Honey-Lime Taco Salad Bar

Dressing Ingredients:

2 tablespoons lime juice
2 teaspoons local honey
2 tablespoons olive oil
1/4 teaspoon salt
1/2 teaspoon cumin powder
dash of cayenne or chili powder (optional)

Salad Ingredients:

1 bunch mixed greens, rinsed and dried
14 oz. can black or pinto beans, drained and rinsed
2 ears fresh corn, kernels removed (or 14 oz. canned corn, drained)
2 carrots, grated
1-2 cups chopped fresh tomatoes
1 bunch fresh cilantro, chopped
grated Monterey Jack or crumbled queso fresco (optional)
chopped jalapeños (optional)
crumbled tortilla chips (preferably baked, not fried) for garnish

Step 1: Place all dressing ingredients in a screw-top jar, close the lid and shake vigorously. **Step 2:** Place each of the salad ingredients in a separate container and arrange them salad bar style on the counter so each family member can build their own salad on individual plates. **Step 3:** Serve ingredients, toss with dressing and top with crumbled tortilla chips.

DESSERT

Honey-Nut Pears

2 very ripe pears (or unsweetened canned pears)
3/4 cup walnuts or pecans, chopped
4 tablespoons honey
1 teaspoon fresh orange or lemon juice
1/4 teaspoon cinnamon
dash of nutmeg (optional)

Step 1: Stir the honey, spices and citrus juice together in a small bowl. **Step 2:** Slice the pears lengthwise and remove cores and seeds, then place each half on a plate. **Step 3:** Divide the nuts evenly and sprinkle them on top of the four pear halves. **Step 4:** Drizzle an equal amount of the honey mixture over each pear and serve.