



SUPER HERO PARTY PACK

Ready to turn the fun up, up and away? Give this super hero party pack a whack! With a healthy snack recipe, fun activity and cutout super hero masks, you're sure to make your child's birthday party a super-duper one.



SUPER HERO RECIPE

Apple Shields

Defend your body from unhealthy snacks by trying these delicious Apple Shields!

INGREDIENTS

- Apple
- Peanut Butter (or other nut butter)
- Toppings - nuts, seeds, fruit, coconut flakes, semi-sweet chocolate chips

INSTRUCTIONS

1. Slice up some apples into rings.
2. Spread on some peanut butter.
3. Have kids decorate their shield with toppings of their choosing, like nuts, seeds, fruit, coconut flakes or semi-sweet chocolate chips!



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SUPER HERO ACTIVITY

Kryptonite Relay Race

YOU WILL NEED

- Green paper (10-12 sheets, crumbled up)
- A few brooms, rakes or shovels
- Prizes


HOW TO PLAY

Before the game begins, have everyone pick his or her super hero name using the chart below. Then, divide the heroes into two teams (or more, depending on the number of guests). Give each team a broom, rake or shovel, and equal amounts of kryptonite (the green paper). Because kryptonite cannot be touched, players must take turns sweeping it from the starting line to the finish line. The first team to sweep all of their kryptonite across the finish line wins a prize!



WHAT'S YOUR SUPER HERO NAME?

Take the first letter of your first name...



A = Mighty
B = Incredible
C = Super
D = Invisible
E = Dynamic
F = Night
G = Fantastic
H = Professor
I = Steel

J = Atomic
K = Magic
L = Phoenix
M = Green
N = Dark
O = Iron
P = Elastic
Q = Phantom
R = Brave

S = Magnificent
T = Mr./Mrs.
U = Turbo
V = Silver
W = Amazing
X = Young
Y = Unstoppable
Z = Agent

... and the month you were born.

January = Wonder
February = Hulk
March = Ninja
April = Warrior

May = Eagle
June = Knight
July = Giant
August = Lightning

September = Justice
October = Soldier
November = Flame
December = Hurricane



SUPER HERO MASKS

Use these masks to protect all of your party guests' secret identities! Simply cut them out, punch out the small holes and tie some elastic string around both holes.

