

# PLAN of the DAY



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## WEDNESDAY, APRIL 22

Today marks the 50th anniversary of Earth Day. We're celebrating with fun ways to love the planet, like making homemade seed bombs and more! Stay up to date with the latest FFR news. Visit our website at [navylifepnw.com/plan-of-the-day](http://navylifepnw.com/plan-of-the-day) and select your installation to view previous **Plans of the Day**.

### TODAY'S WORKOUT

Take a hike outdoors!

### WHAT'S COOKING?

Do you have overripe bananas? Don't throw them out! The browner they are, the better for this Earth-friendly dessert. Just cut up two peeled and frozen bananas and toss into food processor. Slowly add 1 teaspoon of vanilla and water (or other non-dairy liquid) until mixture has an "ice-cream" like consistency. This recipe is a healthy alternative to the old banana bread standby.

*Contributed by Katrina Kane, RNW Marketing*

### FAMILY FUN

Start a new tradition this Earth Day by making homemade seed bombs. This earth-friendly activity is a great way to reuse paper while making spring planting a breeze. Here's what you'll need to get started:

3-4 sheets of construction paper or newspaper | 2-3 seed packets | large bowl  
2 cups water | Food processor | t-shirt | ice cube tray

**Directions:** Shred sheets of paper into pieces over a bowl. Mix shredded paper and place it into a food processor. Add water to a food processor. Blend paper and water, mix until it has a pulp consistency. Transfer pulp mixture into a T-shirt, add seeds, and mix. Wrap T-shirt around the pulp and seed mixture and squeeze out the excess water. Place pulp mixture to an ice tray. Let dry for about 24 hours. Pop out and plant in a flower pot or a garden! See our demonstration video here: <https://www.youtube.com/Navylifepnw>

*Contributed by Nhu Mai Le, RNW Marketing*

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