



# BEARPOWER

## Press

Vol 2 Issue 1



**BEARPOWER**  
Your Kid's Lunch

FRUITS	VEGGIES
<input type="checkbox"/> Mix of berries or melons	<input type="checkbox"/> Carrot, celery or jicama sticks
<input type="checkbox"/> Apple, pear, peach, or mango	<input type="checkbox"/> Colorful sweet pepper slices
<input type="checkbox"/> Dried fruit	<input type="checkbox"/> Pea pods, cherry tomatoes, broccoli
<input type="checkbox"/> Frozen fruits (no sugar added)	<input type="checkbox"/> Frozen veggies (no sugar added)
<input type="checkbox"/> _____	<input type="checkbox"/> _____
PROTEIN	WHOLE GRAIN
<input type="checkbox"/> Chicken/turkey/tuna	<input type="checkbox"/> Whole grain tortilla, bread, or crackers
<input type="checkbox"/> Hard-boiled eggs	<input type="checkbox"/> Popcorn
<input type="checkbox"/> Black or other beans, hummus	<input type="checkbox"/> Brown or wild rice (cooked)
<input type="checkbox"/> Yogurt/cottage cheese/ natural cheese	<input type="checkbox"/> Whole grain pasta or quinoa (cooked)
<input type="checkbox"/> Nuts or nut butter	<input type="checkbox"/> Oatmeal or whole grain cereal

**3**  
mix & match  
or more

Back-to-school means a fresh notebook, new things to learn, and a great chance to revitalize the lunchbox. Try this simple strategy to pack a flavorful punch at lunch.

**MIX-AND-MATCH MEALS** are quick and simple, and will give your kids the power they need to play, learn and grow.



**MILK**  
or  
**WATER**

Always offer milk or water with meals instead of a sugary drink (like soda, fruit drinks, sweetened teas)

**SELECT 1 OR MORE FOODS FROM AT LEAST 3 OF THESE CATEGORIES:**

1 fruit + 1 veggie + 1 protein + 1 whole grain

Add water or milk to drink

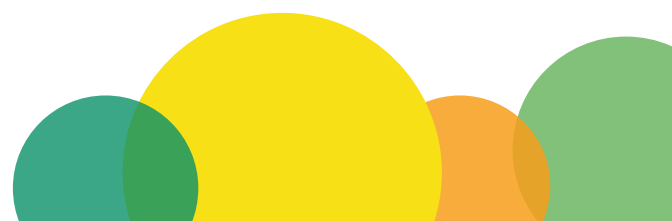
Let your kids have fun picking and checking off their own mix-and-match lunch combos. To make these lunches even more fun use lots of color and shapes. When food is fun, kids tend to eat better and try more.

## KEEP IT SAFE & COLD!

**3-4 HOUR RULE:** after 3-4 hours at room temp, throw it out!

- Freeze yogurt and add it to the lunch bag in the morning.
- Use frozen fruit and veggies (like berries, cherries, mango, grapes, peas, corn)
- Freeze fruit (like berries) into ice cubes
- Use ice packs specially made for lunch bags
- Uncut fruits and veggies are safe at room temp; once it's cut, keep it cold!

for fun recipes, tips, and activities visit  
[FACEBOOK.COM/BEARPOWER4KIDS](https://www.facebook.com/BearPower4Kids)





# BEARPOWER

**Join BearPower for some fall family fun!**

Mark your calendar, gather the family, and join us. Events are free and open to all ages.

## BEARPOWER MOVIE NIGHT

**Friday, September 19th, 6:30 – 9pm**  
**White Bear Area YMCA**

Lawn games, tasty treats and a screening of  
"Cloudy with a Chance of Meatballs 2"

## BEARPOWER HOMECOMING 6.24K WALK/RUN

**Saturday, September 27th, 8am**  
**White Bear Lake High School - South Campus**

Get moving with us! Show your BearPower spirit  
in the 6.24K (3.87 miles) and/or 1 mile walk/run.  
We will have music, games and refreshments.  
All ages and abilities welcome.

Register at [www.whitebearregistration.org](http://www.whitebearregistration.org)

## FOOD, FAMILY AND FUN

**Saturday, October 25th, 9-11am**  
**Normandy Park Education Center**

Join other families with young children to eat, play and talk about the successes and challenges you face in feeding your family. Enjoy a tasty breakfast together then children will play while the adults talk nutrition: picky eaters, snack ideas, and more. Best for families with children 0-6 years, but all are welcome.

Register at [www.whitebearregistration.org](http://www.whitebearregistration.org)

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