



BearPOWER

Press

Vol 2 Issue 3



EVENTS

FAMILY FITNESS NIGHT

Don't let the cold weather stop you from getting BearPowered. Join us for a night of fun games and activities, and lots of ways for families to get moving. Free and open to all – parents are responsible for supervising their children.

Friday, Dec. 12, 2014

6-7:30 pm

Otter Lake Elementary
1401 Co. Road H2

LOVIN' LUNCH!

Lunch is an important "pit stop" for kids to power up for the rest of the day. Whether packing a lunch or eating at school, it helps kids:

- Re-boot the body and brain for big energy the rest of the day
- Avoid the midday slump and getting overly hungry before the day ends
- Keep adding in fruits and veggies.

Q: "How can I mix up my kids' lunch, so they don't get bored, but still get what they need to power through their day?"

A: Get kids involved in the planning and prepping of their own lunches and they will be bored no more! Also, making foods that are bite size and easy to eat will help kids eat better especially when they are short on time.

HERE ARE JUST A FEW IDEAS:

- Bite-size fruits & veggies – cut them up and they will eat them up. Let kids pick their own favorite combos.
- Simple sandwiches or wraps – cut into small squares or pinwheels to make them fun and easy to eat
- Do the dip – send hummus or bean dip with cut-up veggie sticks and/or whole grain crackers
- Dress up your leftovers – no need to waste last night's dinner... try different combos to give new life to your leftovers.





SHARE YOUR STORY!

What does your family do to get BearPowered? Send us an email with your story and we will feature you in the BearPower Press!

BearPower@HealthPartners.com

ROASTED SQUASH SEEDS

Winter squash is everywhere! Whether you are making soup or roasting it for a tasty side dish, don't forget about the seeds. They make a tasty snack or a crunchy addition to any salad.



1. Scoop. Kids love helping with this. Using clean hands let them dig in!
2. Wash. Put seeds into a big bowl of water. The seeds will float and the pulp sinks. Scoop seeds out into a colander and rinse under water.
3. Season. Drizzle with oil (olive or canola), garlic salt, pepper or any seasoning you like.
4. Roast. Spread the seeds in a single layer on a pan (parchment paper optional). Roast at 350 degrees for about 20 minutes.



HARVEST SPROUTS!

INGREDIENTS:

1 1/2 pounds Brussels sprouts
2-3 Tbsp. extra virgin olive oil
1 Tbsp. fresh thyme (1 tsp. dried)
1 large shallot (or small onion), chopped

1/2 cup pecan halves (optional)
Freshly ground black pepper
1/2 tsp. balsamic vinegar
1/4 tsp. salt

DIRECTIONS:

Preheat oven to 400°F.

Trim the brown bottoms off the sprouts and remove any yellow leaves. Cut larger sprouts into 4 pieces and smaller sprouts in half. In a large bowl, toss the Brussels sprouts with olive oil, thyme, shallots, pecans, salt and a few grinds of pepper. Spread on a sheet pan and roast in the oven until sprouts are tender on the inside and crisp on the outside, 20-30 minutes, flipping the sprouts every 7-8 minutes.

Remove from oven, sprinkle with remaining seasonings and enjoy!

**GROOVY
GREEN
ADDITION TO
YOUR FALL
FEAST**

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