



BEARPOWER

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TOP 5 WAYS TO GET BEARPOWERED (on a BUDGET) IN 2015



The New Year is a great time to restart and refresh. And after the rush of the holidays, it is also a time when many of us are trying to find budget-friendly ways to simplify things around the house. These 5 wallet-wise tips can help your family eat well and save in 2015.

5 EAT AT HOME. Plan ahead and stock your pantry and freezer with staples when they go on sale. This helps make meal time more enjoyable, affordable and less stressful.

4 MEATLESS MONDAYS! Protein, fiber-packed beans or legumes (dried or canned) are low cost, fill you up and taste great. Add to stews, soups, stir fry, salads or pasta.

3 GO FROZEN. Don't hesitate to use frozen vegetables or fruit. They're just as good for you as fresh, but often less expensive. Slip frozen spinach, kale or green peas into soups and pasta. Frozen fruit is a great topper on pancakes and oatmeal, or try swirling into yogurt and smoothies.

2 BACK TO BASICS. Onions, mushrooms and garlic are simple, quick and budget friendly veggies that pack a lot of flavor and goodness into any dish. If a recipe calls for a specialty vegetable that is pricey or out of season, swap it out for a lower-cost substitute.

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.

Visit BearPower.org for a list of dates and locations.



1 GRAB A JAR. A jar of nut butter goes a long way. Switch up the typical PB&J by adding shredded carrots or skip the bread all together and make an "apple-wich." SunButter (made with sunflower seeds) and Almond Butter are great alternatives to traditional peanut.



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](mailto: BearPower@HealthPartners.com)

MEET THE MALOYS

Our family gets **BEARPOWERED** by moving, grooving and enjoying fresh foods together daily. We love to run, and have joined together in races that are sometimes goofy and sometimes grueling.

This summer, we also planted a neighborhood garden together and shared the produce with family and friends. Our children, Jenna and Liam, loved watching the fruits and vegetables grow from seeds into produce we could harvest. They helped weed the garden and pick the produce, so they got to experience the whole process. We came up with fun new recipes to use what we grew and enjoyed eating the food together.

Together as a family we enjoy taking walks, going on bike rides, running together and gathering with the neighborhood kids at the park for soccer games. Everyone leaves sweaty and happy! We love the way we feel when we eat well and stay active – and we hope to inspire more families to do the same!

Mary and Josh are both teachers in the White Bear Lake Area Schools. Liam and Jenna attend school in the community and are active all around town!



JUST FOR LAUGHS

Q: What is an egg's least favorite day of the week?

A: Fry-day

for fun recipes, tips, and activities visit our NEW website BEARPOWER.ORG

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WITH

