



BEARPOWER

Press Vol 2 Issue 6



EATING TOGETHER... made easier

Sharing a meal is one of the best ways to keep your family connected and trying for five. Could your family carve out time for more, quick family meals? Start with these simple tips:

FIND 15-30 MINUTES TO EAT TOGETHER. It can be at home, on the go, every day or a few days a week.

FOCUS LESS ON FOOD. Whether you eat takeout, leftovers or a gourmet meal, taking time together over a meal is what matters.

TALK AND CONNECT. Leave the tough stuff (and the technology) off the table and enjoy fun table talk!

GET ALL YOUR COOKS IN THE KITCHEN. Give each family member a task and watch their kitchen skills grow. A BearPower cooking class is a great way to get started!

FAMILY FITNESS NIGHT

Join us for a night of fun games and activities. Free and open to all – parents are responsible for supervising their children.

FRIDAY, MARCH 27, 6-7:30PM
LAKEAIRES ELEMENTARY
3963 Van Dyke | White Bear Lake

TIME TO GET COOKIN' WITH BEARPOWER!

Getting kids in the kitchen is one of the best (and most fun) ways to help them eat well. Join this class to learn how to make meal planning and preparation a family event. Each class will make yummy snacks and meals, so come prepared to roll your sleeves up and work in the kitchen!

No prior cooking skills necessary.
No peanuts involved.

SATURDAY, APRIL 25
and
SATURDAY, MAY 9

9:30am - 11:15am (k-2nd grade)
12pm - 1:45pm (3-5 grade)
\$10 per child, parents attend free

Register at
whitebearregistration.org
or call 651-407-7501.



Visit BEARPOWER.ORG for other upcoming events



TRY THIS RECIPE!

CREAMY HOMEMADE RANCH YOGURT DIP

Serves: 10 (about 2 tablespoons each)

INGREDIENTS

- ½ cup nonfat plain Greek yogurt
- ¼ cup buttermilk
- ¼ cup mayonnaise
- 1 clove garlic, minced or 1/8 teaspoon garlic powder
- ½ tablespoon onion powder
- 1 tablespoon fresh chives, minced or 1 teaspoon dried
- 1 tablespoon fresh parsley, minced or 1 teaspoon dried
- Dash of Worcestershire sauce



HOW BEARPOWER HAS CHANGED THE

‘WORLD AROUND US’

In the beginning of February, World Around Us Child Care had an all staff training on nutrition through activities called The LANA Preschool Program. They’re hoping to incorporate healthier eating by encouraging children to try new foods, then helping them to bring that knowledge home to their families.



World Around Us is having a “Spirit Week” March 16th through March 20th incorporating what they have learned from BearPower. There, they’ll have special tastings of new foods from around the world. There will also be an obstacle course set up in the gym!

Parents, there’s something for you too! March 19th is parent’s night, where children can teach mom and dad how to make crafts with fun foods.

See more of what’s happening on their community bulletin board – which provides families with some great eating tips and places to be active!

www.worldarounduschildcare.com

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

POWERED BY



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