



BEARPOWER

Press Vol 2 Issue 7



POWER UP YOUR PARTY!

It's fun to celebrate birthdays, holidays and other special occasions with loved ones. It brings people together and creates lasting traditions. But, you may have noticed some celebrations becoming overly centered on sugary foods and drinks.

Why not try a different kind of tasty treat for your next party?

FRUIT OR VEGGIE KABOBS: choose your favorite bite sized pieces, and mix

Banana Ice Cream: take a few ripe bananas, slice then freeze them. Put them into a blender or food processor and mix until they are creamy and smooth (add a little milk if you want).

CELEBRATION SMOOTHIES: there is no wrong way to make a smoothie! Choose your favorite fruits, add some milk or plain yogurt, and even try some leafy veggies like kale. Let everyone at the party mix up their own creation!

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.



BEARPOWER FAMILY FUN

Don't miss these upcoming family events!

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.

**THURSDAY, APRIL 16,
6-7:30PM**

ONEKA ELEMENTARY

4888 Heritage Pkwy | Hugo, MN

FAMILY BREAKAWAY EVENT

Come ride with us at our first annual family bike event! Three courses for cubs to bears, plus fun games, music and more. Free!

**SATURDAY, MAY 16
9:30am**

OTTER LAKE ELEMENTARY

1401 Co. Road H2 | White Bear Lake

Visit **BEARPOWER.ORG** for other upcoming events



TRY THIS RECIPE!

POPCORN MUNCH MIX

Serves: 5-6 (1 cup each)

INGREDIENTS

- 2 tablespoons un-popped popcorn kernels or 6 cups popped
- ½ cup dried apples or apricots — left whole or break into smaller pieces
- ½ cup dried cranberries
- ½ cup sunflower seeds
- ½ cup of pepitas (pumpkin seeds)

DIRECTIONS

Combine all ingredients in a large bowl. Add any other dried fruits or nuts as desired. Stir well.

HOW TO POP YOUR OWN POPCORN

Stovetop: Add 1 tablespoon oil and 2 tablespoons kernels to a pan. Heat to medium and shake the pan back and forth until popped.

Microwave: Put 2 tablespoons kernels in a paper bag. Fold bag down three times leaving plenty of room inside for the kernels to pop. Microwave on high for 3-4 minutes.



EXTENDED DAY IS BEARPOWERED!

The White Bear Lake Area Schools District's Extended Day program is proud to be BearPowered. Our staff understands the important role that physical activity and healthy eating play in every child's success in the classroom and beyond.

In our before and after school and summer programs we strive to provide kids with plenty of ways to stay active in the gym, on the playground and even in our classrooms. With everything from field trips to pools, climbing walls, disc golf courses, to archery camp, assorted tournaments, dance parties, and good old gym and recess games, we keep our kids up and moving throughout the year. We limit screen time in the computer lab to 30 minutes each day. We've always done cooking projects with our students, but now we've replaced sugary sweet recipes with delicious and nutritious treats that feature fruits and vegetables.

We hope to help kids develop a love of healthy routines and habits that they can carry with them throughout their lives.



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

POWERED BY



WITH

