



BEARPOWER

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MOUTH-WATERING MILK

Milk is more than a drink. It's part of the basic food groups and full of the protein, calcium and vitamin D that growing bodies need each day. Milk naturally has some sugar (lactose), but this natural sugar is not a concern like the added sugars found in sugary drinks.



If your kids can't or don't drink milk, try yogurt and cheese to squeeze in more servings from the milk group. Milk alternatives with calcium and vitamin D — like soy, rice or almond milk — can help fill some gaps, but they may lack protein and other important nutrients found in milk.

Many parents ask... what about flavored milk? Plain milk and water are the best choice to get BearPowered, but sometimes flavored milk can be OK. Flavored milk is not like other sugary drinks. While it has some added sugar, it also has all the important nutrients found in plain milk. Flavored milk may be an option for some kids and is even one of the best recovery drinks after vigorous exercise or training. So while plain milk is still the best choice, a little flavored milk can be OK too.

TIME TO GET COOKIN' WITH BEARPOWER!

Stir, sift and slice with us at the next BearPower cooking class! Kids and parents can dig in to some yummy recipes and learn tasty tips. No prior cooking skills necessary. No peanuts involved.

SATURDAY, MAY 9

9:30am – 11:00am (ages 4-12)
12:00pm – 1:30pm (ages 4-12)

WBLAHS – South Campus
\$10 per child, parents attend free

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



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, MAY 15, 6-7:30PM
LINCOLN ELEMENTARY
1961 Sixth Street | White Bear Lake

Visit BEARPOWER.ORG for other upcoming events