

ARE YOU HUNGRY FOR SOME FAMILY TIME?

Turns out, just sharing meals together is a great way to build in family time — and for more reasons than you may know

Making room on busy schedules for sharing meals together helps build family connections and serves up great results for kids too. Research shows that more time together leads to higher self-esteem, better grades and healthier overall choices for kids. And that's not all! Studies also find that mealtime conversation can actually be a powerful vocabulary-booster for kids, very similar to reading. Telling stories and sharing the day's experiences actually helps our kids become better problem-solvers and even eat better.

Relax, unplug, tell stories, laugh, reconnect and recharge through family time at mealtime.

Building family time around mealtime is a powerful way to build strong family ties and healthy kids, too!

FUN, QUICK AND EASY



EGGS-ELLENT FEAST

- Eggs anyway you like hard boiled, scrambled, baked into an omelet or frittata (this one can even be made ahead and eaten bot or cold).
- 2. Toss in or top your eggs with any veggies you've got spinach, kale, onions, peppers, mushrooms, beans, avocado or even salsa.
- 3. Grab a glass of milk + a side of fruit.

DIY PASTA BAR

- 1. Start with cooked whole grain pasta
- 2. Top with pesto or tomato pasta sauce-from a jar will do just fine
- 3. Add protein chicken, hamburger, shrimp, black beans or ham...whatever you have on hand
- 4. Pile on some veggies- Set out favorites like peas, peppers, broccoli, onions, mushrooms and even pineapple.

DRIVE-THRU DINING — DONE RIGHT

Drive through dining happens. We get it. Some of the best picks are grilled chicken or fish, a plain burger or sub sandwich filled with veggies on whole grain bread/bun or even wrapped in lettuce. Fresh salads with beans or quinoa and egg and veggie wraps/sandwiches are also popping up in many restaurants. Ask for a side of fruit and stick with water or milk to drink. Most importantly, even with fast food, slow down and enjoy the time together!





POWERUP YOUR FAMILY'S CALENDAR FOR SPRING!

MARK YOUR

CALENDAR

FULL OF FUN

FAMILY WAYS

TO POWERUP!

* Requires registration

at powerup4kids.org.

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ALL EVENTS are FREE or low cost. Find times, location and all the details at powerup4kids.org.



Visit powerup4kids.org to register and find more open gyms, cooking classes, events and recipes, too!

powerup

and play together as a Family!





PLAY "I SPY POWERUP"

Go on a walk and look for things that begins with the letter "P", then an "O",



"P", then an "O", then a "W" until you spell POWERUP

Make a popcorn string to feed the birds.







Bowl indoors with 6 water bottles in a triangle. Try to knock them over with a tennis ball

PLAY RED-LIGHT GREEN LIGHT.

One person is the "stoplight" and calls out the colors. Green light means start moving, skipping, or running. Yellow light means slow down. Red

stop

light means stop. Make it a competition! Try bird watching with a library book or online tool.

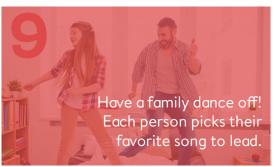


MAKE A DIY BALANCE BEAM.

Place strips of masking tape on the floor. Each person walks the tape, toe-to-heel. Try it backwards too!









Tell us other ways that you PowerUp as a family! Include a story and a picture of your PowerUp family time and you could be featured in our next PowerUp Press! Please send your photos and descriptions to info@powerup4kids.org.