



powerUP

Press For Families

POWERUP & DINE IN
SEE BACK PAGE FOR DETAILS!



Vol 6 Issue 2

Hold on to your Chef's Hat... It's time to Try for Five with the PowerUp School Challenge

The PowerUp School Challenge is back in 2018 and ready to help kids get excited to Try for Five fruits and veggies. Over the next few months, more than 40 schools across the St Croix Valley will spend three weeks trying and tracking their fruits and veggies.

AND... back by popular demand, it's the PowerUp POWER CHEF RECIPE CONTEST! This contest will have kids sharpening their chef skills and tuning up their taste buds with a chance to earn the title of Power Chef.

COMING SOON: POWER CHEF RECIPE CONTEST

Families, watch for the 2018 Power Pack Family Magazine in your child's backpack.

- Use the Power Pack to help your family **Try For Five** fruits and veggies everyday while mastering your chef skills.
- Get creative and whip up your own yummy, kid-approved fruit and/or veggie recipe and enter it for a chance to win and earn the title of Power Chef!



Like and follow us on the [PowerUp Facebook](#) page to stay up-to-date on the contest rules and details, plus your chance to help pick the winning recipes!

NEED A LITTLE FRUIT AND VEGGIE INSPIRATION?



Look inside to be inspired by the recipes from Tiffanni S. and Brady J., two of last year's winning Power Chefs! To find all of the winning Power Chef recipes visit powerup4kids.org/recipes.



MOVE MORE! OPEN GYMS ARE BACK FOR THE SEASON!

A fun and affordable way to PowerUp regardless of the weather! Open gyms are a chance to run, play and be active together as a family! Look inside for open gym dates and locations.

For a complete listing visit powerup4kids.org/opengyms.



AMERY HOSPITAL & CLINIC
HUDSON HOSPITAL & CLINIC
LAKEVIEW HOSPITAL
STILLWATER MEDICAL GROUP
WESTFIELDS HOSPITAL & CLINIC

POWERUP YOUR FAMILY WINTER CALENDAR

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

DECEMBER

SUNDAY
"Dine In" Day

SUNDAY
PowerUp Open Gym Amery Intermediate School
1:30-3:30 pm

SUNDAY
Open Gym
Oneka Elementary
Hugo
1:00-5:00 pm

TUESDAY
Open Gym
Oneka Elementary
Hugo
5:30-7:30 pm

WEDNESDAY
PowerUp Open Gym
Somerset Elementary School
6:00-8:00 pm

WEDNESDAY
WBL School District
Open Gym | Normandy Park Education Center
5:30-7:30 pm

THURSDAY
Open Gym
Oneka Elementary
Hugo
5:30-7:30 pm

FRIDAY
PowerUp Open Gym
New Richmond Hillside Elementary School
6:00-8:00 pm

WEDNESDAY
WBL School District
Open Gym | Normandy Park Education Center
5:30-7:30 pm

FRIDAY
PowerUp Open Gym & Rock Climbing
Stillwater Middle School
6:00-8:30 pm

FRIDAY
PowerUp Open Gym
Hudson Willow River Elementary School
6:15-8:15 pm

SATURDAY
Open Gym
Stillwater Early Childhood Family Center
9:00-11:00 am

SUNDAY
PowerUp Open Gym
Amery Intermediate School
1:30-3:30 pm

JANUARY

MONDAY
National "First Day" Hike
[Kick off 2018 with a family hike]

TUESDAY
Open Gym
Oneka Elementary
Hugo
5:30-7:30 pm

WEDNESDAY
PowerUp Open Gym
Somerset Elementary School
6:00-8:00 pm

WEDNESDAY
WBL School District
Open Gym* | Normandy Park Education Center
5:30-7:30 pm

WEDNESDAY
Open Gym*
Oneka Elementary
Hugo
1:00-5:00 pm

THURSDAY
Open Gym
Oneka Elementary
Hugo
5:30-7:30 pm

FRIDAY
PowerUp Open Gym
New Richmond Hillside Elementary School
6:00-8:00 pm

SUNDAY
PowerUp Open Gym | Amery Intermediate School
1:30-3:30 pm

FRIDAY
PowerUp Open Gym | Hudson Middle School
6:15pm-8:15pm

SUNDAY
PowerUp Open Gym | Amery Intermediate School
1:30pm-3:30pm

FRIDAY
Curio Dance Party
Dance Curio Studio
Stillwater
7:00 pm



Visit powerup4kids.org to find more open gym dates and locations, other classes, events and recipes, too!



Sloppiest Joes

INGREDIENTS

- 2 tablespoons olive oil
- 1 red bell pepper, diced
- 1 large yellow onion, diced
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 lb. lean ground beef
- ¾ cup ketchup
- ¼ cup soy sauce or coconut aminos
- 2 tablespoons tomato paste

INSTRUCTIONS

1. Heat a large skillet over medium heat. Add olive oil and heat for 2 minutes. Add red pepper and onion to the oil and sauté over medium heat. Cook approximately 5 minutes or until vegetables start to soften.
2. Add the beef and break it up with a spatula. Cook until browned. Add salt and garlic powder.
3. Add ketchup, soy sauce, and tomato paste. Stir to combine.
4. Adjust heat to low and cook for at least 10 minutes (or up to 30 minutes to let the flavors meld together).

Instead of a bun: Slice potatoes into thicker slices "planks" than drizzle with olive oil and a dash of salt. Lay them on a baking sheet and bake them at 425 degrees for about 20-30 minutes. Remove from oven, put a scoop of the sloppiest joe on a potato slice, fold the potato over like a bun, eat and enjoy!

We also like to eat this over homemade oven baked potato and sweet potato wedges or even zoodles (zucchini noodles).

From the kitchen of Brady J.
Serves: 4-6



Banana Blast

INGREDIENTS

- 8 slices of whole grain bread
- 8 tablespoons peanut butter (optional: use any nut or sunflower butter)
- 2 bananas
- Cinnamon, sprinkle to taste
- Nonstick spray or drizzle of canola oil

INSTRUCTIONS

1. Slice bananas lengthwise.
2. Spread nut butter on each slice of bread.
3. Put bananas on top of peanut butter and sprinkle with cinnamon.
4. Top with second slice of bread.
5. Spray pan with non-stick spray or a drizzle of oil.
6. Put sandwiches in heated fry pan.
7. Flip as need to crisp both sides.
8. Slice sandwich in half. Eat and enjoy!

From the kitchen of Tiffanni S.
Serves: 4-8



DINE
IN

DECEMBER 3, 2017

powerUP + Dine In

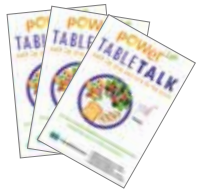
There's magic that happens when family's share mealtime together. They often eat better, improve family communication and connections, make memories and traditions, and even help teach kids life skills, such as meal planning, budgeting and food preparation.

SUNDAY, DECEMBER 3 IS THE 4TH ANNUAL "DINE IN" DAY

— a day dedicated to gathering with family and friends to prepare and share a PowerUp meal together. Since 2014, the American Association of Family and Consumer Sciences (AAFCS) has inspired more than 300,000 people across the country to share a family meal on "Dine In" Day! PowerUp and the AAFCS both agree family mealtime plays an important role in helping kids grow up healthy. This year, PowerUp is partnering with AAFCS to celebrate family mealtime together throughout the St. Croix Valley!

Fun ways to PowerUp and celebrate "Dine In" day:

1. **Gather your family and friends** to prepare and share a healthy meal together
2. **Dine in, device-free.** Connect with your family the dinner table, not devices. Keep all phones electronics off the table at mealtime. Need some fun conversation starters? Find our Table Talk deck at powerup4kids.org/ConversationStarters
3. **Snap a family photo** preparing your meal together or gathered around the table and then post it to Facebook or Instagram (after your mealtime, of course) using #FCSday #healthyfamselfie and #Powerup4kids
4. **Share your family favorite recipe** or mealtime memory by posting it to Facebook or Instagram using #FCSday, #healthyfamselfie and #Powerup4kids



Make plans to "Dine In" on December 3!

To learn more about "Dine In" Day visit aafcs.org/FCSday.