

POWER^{UP}

PowerUp PressFor Families



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powerup4kids.org.

AWESOME Orange Veggies...

Roast them – and eat them all week long!

Save time by roasting a large mix of orange, yellow and other colorful veggies at the start of the week. Then enjoy the flexibility of having them in whatever meals you cook!

Day 1: Roast veggies and enjoy them right away. Cut up a variety of veggies into 1" pieces or smaller. Toss evenly with olive oil, a pinch of salt and pepper and spread out on a pan. Roast at 400-450 degrees for 20-30 minutes until soft (not mushy) and lightly browned. Try sweet potatoes, carrots, squash and mix in other veggies like asparagus, Brussels sprouts, kale, broccoli, red onions, red peppers, parsnips, cauliflower, mushrooms, garlic...anything! Enjoy as a side dish or even the main dish.

Day 2: Pasta Time! Add roasted veggies to sauce, and toss it with your favorite whole grain pasta. Serve it up with a salad and milk and voila, dinner is served! So quick and easy.



Day 3: Make-It-Yourself Pizzas. Let kids have fun making their own personal pizzas. Start with whole grain tortillas, English muffins, or pizza crust. Top with a variety of ingredients like roasted veggies, sauce, cheese, precooked meats. Bake pizzas on a

greased cookie sheet at 375 degrees until cheese melts (about 10 minutes).

Day 4: Quick Scramble. In a skillet, scramble up eggs, milk, leftover roasted veggies and cheese. Or bake it as a frittata (veggie egg bake) at 350 degrees for 20-30 minutes. Cut into wedges and serve with fruit. This is a great meal for breakfast, lunch or dinner.

Adjust these ideas to what your family likes and what veggies you have on hand!

"Even my pickiest eater is more willing to try new foods when I let him help prepare it!"
-Karen, mom of 3



3 Ways to Get Active...on a budget!

1. Take a family field trip to Play it Again Sports for inexpensive sports "gear." They also take trade-ins on items that your kids may have outgrown. Nearby locations include Woodbury, Roseville and St. Paul.
2. The Valley is full of places to explore. Grab a water bottle and check-out our local parks, trails and playgrounds. Make a plan to visit a new park each week.
3. Youth Advantage has sports equipment and scholarships for sports participation for families in the Stillwater Area district who qualify for free or reduced lunch or who are experiencing financial crisis. To learn more go to: youthadvantage.org

GETTING STUCK ON FRUITS & VEGGIES!

Up for a Family Challenge?



Collect stickers found on fresh fruits and veggies when you eat them (you can also use your own sticker or make up your own creative mark for any fruit or veggie you eat – fresh, frozen, canned or dried). Place your sticker (or mark) in a space on this card. First one in the family to fill up their card wins a fun prize! Then keep the challenge up. Start another card & play again!

Spring into Motion!

“Walk, run, bicycle, unicycle, pogo stick, cartwheel, ANYTHING to get your body moving. If it’s cold or rainy, go outside anyway, and prove you are tougher than our Minnesota/Wisconsin weather!” - **Paul Schaefer, MD, Sports Medicine**



Check-out how, **Jason Anderson, Stillwater Adventure Club Supervisor** and dad of two, loves to PowerUp and keep active with his kids!

Sunshine Squad: Why are we orange and yellow?

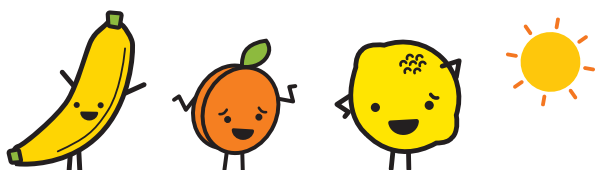
Do you ever wonder in the Fall, why leaves are orange...not green? If you're asked, don't stall, just say, "Because the leaves have carotene!"

Carotene puts the color in fruits and veggies too.

Like mangoes, corn and carrots, to name a few.

So fill your plate with orange and yellow yummy foods galore.

These sunshine foods are fun to eat and help you PowerUp more!



Kids Cooking Classes for ages PreK–2nd Grade

June 7 - **Summertime Chefs**

August 16 - **Fun With Salads**

July 12 - **Picnics**

- Class location: Lakeview Hospital
- Parents/Guardians are free. *Parent/adult participation is required.*
- \$10/child (parent free), \$20/family (max)
- Pre-registration required: **powerup4kids.org** or (651) 430-4510