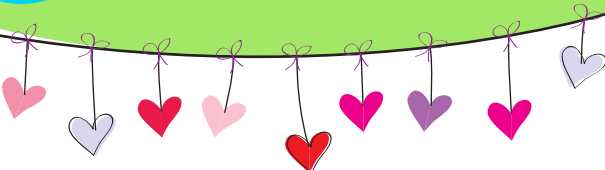


POWERUP

PowerUp Press
....For Families



← Love TO POWERUP →

Tips and tricks to get even your pickiest eaters to love mealtime

LET KIDS HELP

- ♥ While shopping, put them in charge of picking a fruit or veggie and ask how they want it prepared for a meal or snack.
- ♥ During meal prep, make up silly games to make it fun to try new foods. When chopping veggies play “One for the bowl, one for me and one for you.”

ONE MEAL + A FAVORITE SIDE DISH

- ♥ Continually exposing kids to new foods gets them interested in trying. Instead of being a “short-order cook”, stick to making one meal for the whole family, and include a side dish you know they will like.
- ♥ Praise kids just for trying, not whether they like it or eat it all. One bite is a great start.

VISUAL APPEAL + FUN

- ♥ We eat with our eyes. If it’s colorful, fun and easy to eat, kids are more likely to try.
- ♥ Turn the dinner table into a fun theme, like a restaurant. Then let kids play waiter or chef.

EAT TOGETHER

- ♥ Kids eat better when you eat together. Plus, this special time is something kids crave.
- ♥ Talk about the food you’re eating. It will raise curiosity in wanting to try it. Keep it specific to them, such as “Did you know eating broccoli helps make you stronger so you can run faster” or “carrots help your eyes see better so you can read all those books you love”.



Surprise your sweetheart with *Lovewiches*

All you need is: whole grain bread, nut butter (or low-fat cream cheese), no-cook raspberry jam (find this recipe at powerup4kids.org) and a heart-shaped cookie cutter.

Kids Cook Classes: coming to Mahtomedi

SHARE YOUR HEART
Friday, Feb. 19 | 10 to 11:30 AM
District Education Center

Create heart healthy treats to make, taste and take home.

To Register for this class and other **PowerUp** Kids Cook Classes visit powerup4kids.org.



powerUP

at OPEN GYMS

GET YOUR heart PUMPING WITH OPEN GYMS THIS WINTER

LOOKING FOR AN INDOOR SPACE TO RUN AND PLAY WITH YOUR WHOLE FAMILY?

Join us for a fun and affordable way to PowerUp regardless of the weather at OPEN GYMS. Open gyms are a chance to bounce a ball, shoot some hoops, play catch or just run around and be active together. Look for PowerUp next to the Open Gym dates to see when the PowerUp Street Team will be there ready to play.

STILLWATER: OPEN GYMS EARLY CHILDHOOD FAMILY CENTER

Kids 0-7 and Families

2/6/2016 9:30-11:30am PowerUp

2/20/2016 9:30-11:30am

3/5/2016 9:30-11:30am

4/9/2016 9:30-11:30am PowerUp

4/23/2016 9:30-11:30am

STILLWATER: JUNIOR HIGH SCHOOL

ALL Kids and Families

2/5/2016 6-8:30pm

2/19/2016 6-8:30pm Rock Wall

3/4/2016 6-8:30pm PowerUp & Rock Wall

3/18/2016 6-8:30pm

4/8/2016 6-8:30pm PowerUp

4/9/2016 6-8:30pm

4/22/2016 6-8:30pm

SOMERSET: OPEN GYMS SOMERSET MIDDLE SCHOOL

ALL Kids and Families

2/13/2016 9-11:30am PowerUp

2/17/2016 5-7:30pm

3/12/2016 9-11:30am PowerUp

3/16/2016 5-7:30pm

4/9/2016 9-11:30am PowerUp

4/20/2016 5-7:30pm

NEW RICHMOND: OPEN GYMS COMMUNITY COMMONS

Kids 0-5 and Families

Every Wednesday 9-10:30am

Every Thursday 8:30-10:00am

NEW RICHMOND: COMMUNITY COMMONS

ALL Kids and Families

2/20/2016 10am-12pm PowerUp

3/19/2016 10am-12pm PowerUp

HUDSON: NORTH HUDSON ELEMENTARY

2/12/2016 6:30-8:30pm

2/19/2016 6:30-8:30pm

2/26/2016 6:30-8:30pm

3/4/2016 6:30-8:30pm

AMERY: AMERY INTERMEDIATE SCHOOL

2/14/2016 1:30-3:30pm

2/28/2016 1:30-3:30pm

3/13/2016 1:30-3:30pm



Lakeview Hospital
Stillwater Medical Group
Amery Hospital & Clinic
Hudson Hospital & Clinic
Westfields Hospital & Clinic

REGISTRATION AND DETAILS AT POWERUP4KIDS.ORG/opengym

Don't miss our FREE rock climbing!

[WITH A CERTIFIED INSTRUCTOR]

February 19 + March 3 | Stillwater Junior High

