

POWERUP

**PowerUp Press
....For Families**



**Celebrate
May 7-14!**

Join the fun during the 2nd Annual PowerUp for Kids Week!

May 7th-14th is a time to have fun, get inspired and PowerUp with lots of activities to help kids, families and the entire community eat better and be active! This special week is a great way for communities in the St. Croix Valley to come together and do what's best for our kids, so they can grow up healthy and strong.

Inside this special edition of the PowerUp Press you will find lots of ways for your family, your neighbors and friends to celebrate and PowerUp all week long.

THREE FUN WAYS TO POWERUP AND WIN PRIZES:

Play PowerUp for Kids Week BINGO

Use the BINGO card/calendar inside as a fun way to stay up to date on all of the fun activities during this special week. Plus, there are lots of ways for every family to play BINGO by making fun and easy changes right at home.



HOW DID YOU POWERUP THIS WEEK?

Complete 1 or more of these activities to receive a prize and a chance to win a bike. Enter at powerup4kids.org/week.

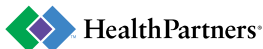
Take the Try for 5 Community Challenge

See how many fruits and veggies you can eat this week with the Try for 5 Tracker on the back of this newsletter. Make it a friendly competition with friends and family. Plus, PowerUp will be totaling it all up to see which St. Croix Valley Community tracked the most fruits and veggies.



Kids Dance and Other Fun Activities

Kids Dance will be moving and grooving in different communities all week long. Plus, don't miss FREE veggie giveaways and plenty of other events and activities going on all week long throughout the St. Croix Valley.



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

Look Inside to get the full scoop on all of these events, plus ideas for how to **PowerUp** at home too!

Play **POWER**^{UP} for Kids Week BINGO!

How to Play? Complete as many PowerUp activities as you can and try to get BINGO!
To receive a prize, and a chance to win a bike, enter at powerup4kids.org/week. (see details online)

Hint: Take the Try for 5 challenge all week and you will get BINGO!

All events are FREE!

Celebrate May 7-14!



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

*To Register or find special promotions, visit powerup4kids.org/week.

	B	I	N	G	O	
<p>May 7/8 KICK-OFF WEEKEND!</p>	<p>START TRACKING this weekend with the TRY for 5 Community Challenge! (see back page for a challenge tracker and details)</p>	<p>SATURDAY MAY 7</p> <p>STILLWATER PowerUp Kids Tent Party with Kids Dance & more! 10 am – 1pm Valley Ridge Mall, Event Tent, Parking Lot, Stillwater</p>	<p>SATURDAY MAY 7</p> <p>AMERY PowerUp Family 2K Run Race time: 9:15am (arrive by 8:45) Soo Line Park - Amery Pavilion <i>*Registration required</i></p>	<p>SATURDAY MAY 7</p> <p>LIKE PowerUp on Facebook and stay updated on all the fun events happening throughout this special week</p>	<p>SUNDAY MAY 8</p> <p>HAPPY MOTHER'S DAY! Serve mom fruits & veggies on her special day! OR Go for a walk or bike ride with your family</p>	
<p>MAY 9 10</p>	<p>MONDAY MAY 9</p> <p>MAHTOMEDI Kids Dance & Bike Safety Rodeo 5-7pm Wildwood Elementary</p> <p>SOMERSET Kids Dance & Open Gym 5-7pm Somerset Middle School</p>	<p>KEEP TRACKING fruits & veggies with the TRY for 5 Community Challenge!</p>	<p>POWERUP IN THE PARKS! Visit a National, State or your own neighborhood park! Print a PowerUP Park Passport at powerup4kids.org/passport</p>	<p>HELP OTHERS!</p> <p>Collect non-perishable food items for your local food shelf.</p>	<p>TUESDAY MAY 10</p> <p>MAHTOMEDI FREE Veggie Giveaway 5-7 pm Stillwater Medical Group Mahtomedi Clinic</p>	
<p>ANY DAY OF THE WEEK</p>	<p>GET CREATIVE! Draw a picture or write a note to Chomp to tell us how you PowerUp! Email it to info@powerup4kids.org</p>	<p>GET A POWERUP DEAL OF THE WEEK! Check out powerup4kids.org/week to find special promotions and discounts offered throughout the week by our PowerUp Partners.</p>	<p>FREE SPACE!</p>		<p>UNPLUG! Collect cell phones in the middle of the table during mealtime. First one to check their phone does the dishes! Mark your calendar for the SCREENAGER event on May 12th!</p>	<p>MAKE A POWERUP RECIPE! Find recipes at powerup4kids.org Snap a photo of your finished recipe and share it on Facebook with #PowerUpStCroix</p>
<p>MAY 11 12</p>	<p>WEDNESDAY MAY 11 FREE Veggie Giveaway</p> <p>HUDSON 3-5 pm Hudson Hospital & Clinic</p> <p>SOMERSET 5-7 pm Stillwater Medical Group Somerset Clinic</p>	<p>THURSDAY MAY 12</p> <p>STILLWATER Special documentary: SCREENAGER Find out how screen time is affecting our kids. 6-8 pm Stillwater High School <i>*Registration required. Partner with Youth Service Bureau.</i></p>	<p>GET COLORFUL! Serve a meal with four colors or more OR Plant fresh herbs or lettuce in pots</p>	<p>KEEP TRACKING fruits & veggies with the TRY for 5 Community Challenge! Don't forget to get four colors or more.</p>	<p>SKIP SUGARY DRINKS Try all week! Choose water or milk instead.</p>	
<p>MAY 13 14 CELEBRATE!</p>	<p>FRIDAY MAY 13 Kids Dance & Open Gym</p> <p>AMERY 6:15 – 8:15 pm Lien Elementary</p> <p>HUDSON 6:15-8:15 pm Hudson Middle School</p>	<p>GO SCREEN-FREE TODAY (except for work and school)</p>	<p>SATURDAY MAY 14</p> <p>AMERY Hungry Turtle PowerUp Kids Cooking Class at: 11 am-12pm Hungry Turtle Institute <i>*Registration required</i></p>	<p>SATURDAY MAY 14 NEW RICHMOND</p> <p>Westfields Community Health Fair with Kids Dance & Bike Safety Rodeo! 10 am – 1 pm Westfields Hospital & Clinic, New Richmond</p>	<p>FINISH YOUR TRY FOR 5 Challenge. To receive a prize, and a chance to win a bike, enter at powerup4kids.org/week</p>	

