

# POWER<sup>UP</sup>

## PowerUp Press ....For Families



Find recipes, open  
gyms & classes at  
[powerup4kids.org](http://powerup4kids.org)

## PowerUp Your Summer Vacation

Make the most of your summer with these simple tips to PowerUp your vacation and family time!

**1 Hydrate.** When the summer sun is shining, it's important to keep kids hydrated. Plain water is nature's perfect beverage- it's readily available and doesn't contain any unnecessary ingredients. Bring cold water to the beach, sporting events, picnics or bike rides. You can also add a splash of flavor by infusing your water with fruit or veggie slices. Find recipes at [powerup4kids.org](http://powerup4kids.org).



**2 Pack Smart Snacks.** Keep it simple this summer with easy, ready-to-eat snacks on the go. Try these fun yummy snacks:

- Homemade trail mix
- Fresh summer produce (berries, peaches and cherry tomatoes)
- Baked apple chips
- Pita pocket with hummus and veggies
- Fruit kabobs

**3 PowerUp Your Picnic.** Picnic time is family time! Check out this PowerUp Picnic Checklist to make your next picnic fun and safe - from start to the last bite!

- Dirty hands make dirty food:** Pack soap and antibacterial lotion. It's important for everyone to wash their hands before eating, especially after using the play ground equipment.
- Fight Bacteria:** Keep food safe by not using the same utensils and plates for raw (or uncooked foods) as you do for cooked or fresh foods
- Keep HOT foods hot, and COLD foods cold**
  - o Keep hot foods in an insulated container until ready to serve.
  - o Keep cold foods in a cooler. Transport coolers in the air conditioned car instead of the hot trunk.
  - o Use a thermometer, not your eyes. Use a food thermometer to make sure foods are cooked to the proper temperature.
  - o 1-hour rule: You can safely leave food out at room temperature for 1-hour, but after that chill it or toss.

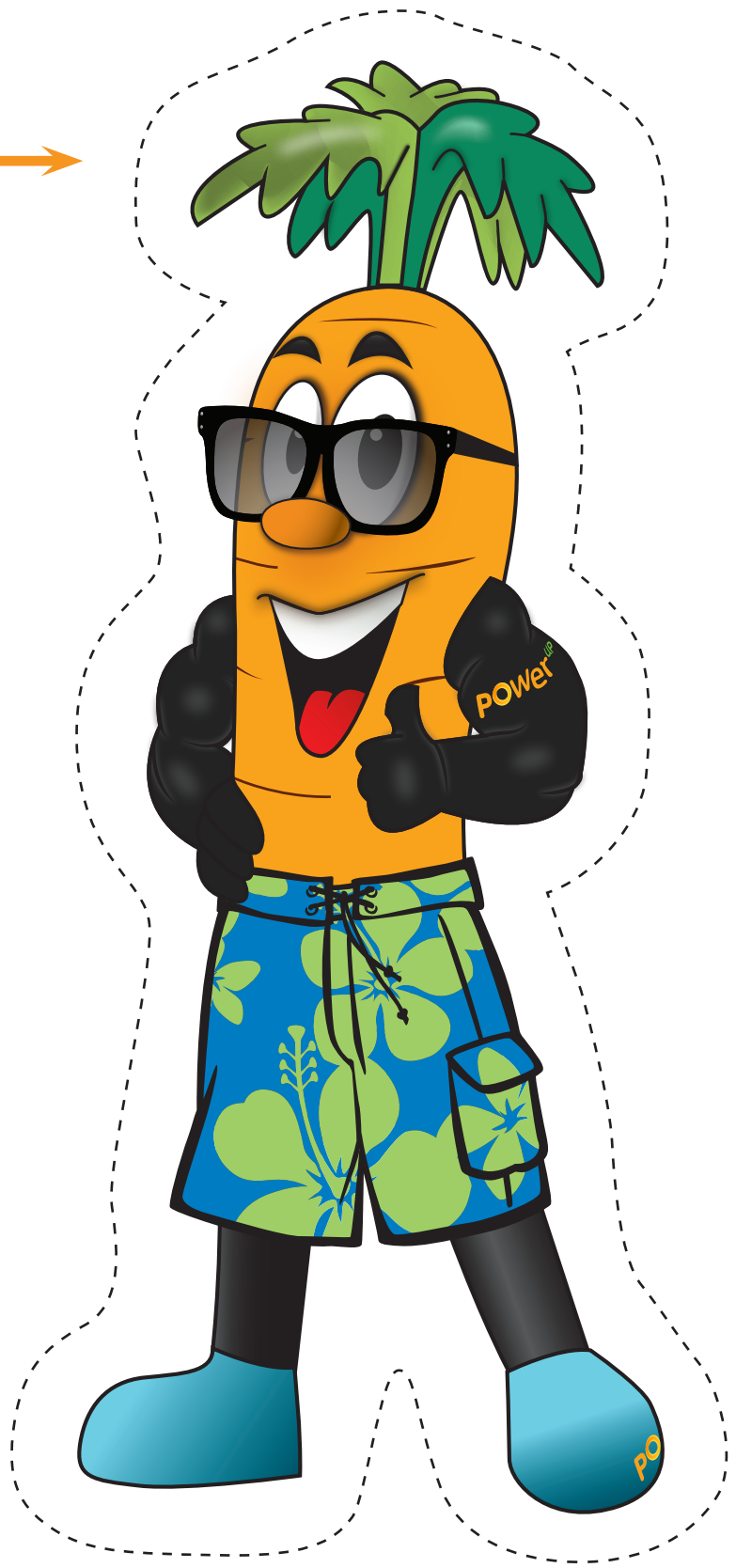


# TRAVELING CHOMP

Cut out Chomp and bring him on your next adventure!

Send your favorite photo of how you and Chomp PowerUp on your vacation to [info@powerup4kids.org](mailto:info@powerup4kids.org). Be sure to include your mailing address and we'll send you a pack of PowerUp Cards!

Use #PowerUp on Facebook, Twitter and Instagram to share your photo.



## Long summer days give more time for family fun!

### Go Gardening!

Check out this new PowerUp card game idea...Go Gardening, instead of Go Fish! These fun PowerUp playing cards are full of fruits and veggies to make this new twist on an old game even more fun.

You can win your own pack of playing cards! Follow the instructions above.

*Lauren from Hudson, WI already won a pack!*

