

PowerUP

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



New Year. New Ways to PowerUp.

TRY FOR 5 WITH THE SCHOOL CHALLENGE

The PowerUp School Challenge is back and better than ever, inspiring students, teachers and families to Try for 5 fruits and veggies every day! Over the next few months your school, plus schools throughout the St. Croix Valley, will spend three weeks exploring and trying new and different fruits and veggies. The School Challenge also helps your school earn PowerUp Bucks to buy wellness supplies and equipment.

Each school kicks off the Challenge with a surprise visit from Chomp and a special veggie tasting. Each student gets a chance to Try for 5, right in their classroom. Tasting gets kids excited about gobbling up fruits and veggies at school and at home. Kids will track how many fruits and veggies they eat with an at-school tracker.

Schools Met the Challenge!

Last year the School Challenge was a huge success.

3 out of 4 Parents and **4 out of 5 Schools** said the Challenge inspired students to eat more fruits and veggies.

That's pretty amazing!

Share how your family likes to PowerUp!

Post a photo, along with the name of your school to **#powerupstcroix** or send us an email at **info@powerup4kids.org**

We love to see how kids and families PowerUp with fruits and veggies.

Your family can join the Challenge too!

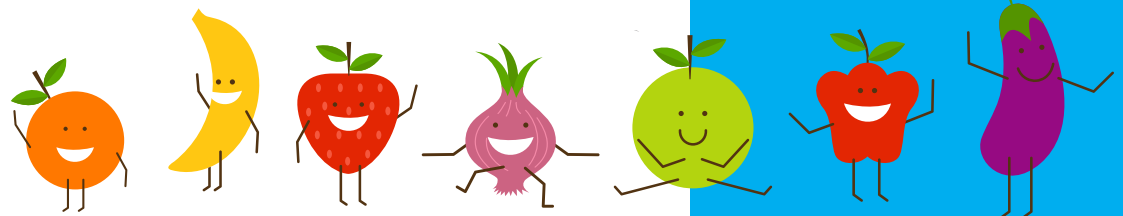
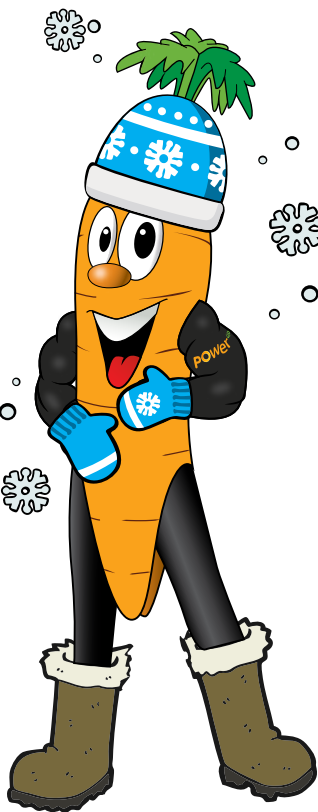
Try for 5 at home:

- Take the TRY IT Family Challenge found in the PowerPack Family Magazine, which will be sent home with each student
- Pick out new fruits and veggies to try at home
- Try new recipes and ideas for helping your family Try for 5

Help your school earn more PowerUp Bucks:

- Remind your child to complete their at-school tracker
- LIKE PowerUp on Face Book and watch for additional ways to earn PowerUp Bucks for your school

Watch for your PowerPack Family Magazine coming soon in your child's backpack. For more information on PowerUp, the School Challenge, recipes and more go to powerup4kids.org.





powerUP

cooking classes



JOIN THE POWERUP COOKING CLUB BY TAKING ONE OR MORE OF THESE NEW CLASSES.

At the first class, your child will receive a PowerUp apron and then a new button for each additional class they attend.

AGES 3-8

LAKEVIEW HOSPITAL | STILLWATER

BRUNCH BUNCH WEEKEND COOKING

January 16 | 10:00am - 11:30 am

PowerUp your weekends with fun brunch ideas that you can make together! This class will provide ideas and recipes to help get kids in the kitchen for your favorite weekend meals.

SHARE YOUR HEART

February 13 | 10:00am - 11:30 am

Create heart healthy valentine treats to make, taste and take home for your special valentines.

SUPER SPUDS

March 5 | 10:00am - 11:30 am

PowerUp with different varieties of baked potatoes. Add surprise toppings to create a colorful and yummy super spud!

DIPS AND DIPPERS

April 9 | 10:00am - 11:30 am

Power Up your kids with fun recipes for dips and dippers. Then sample and take home dips and foods to scoop and munch on.

SPRINGTIME SMOOTHIES AND SNACKS

May 14 | 10:00am - 11:30 am

It's spring, and time for fun outside!! PowerUp kids' beverages and snacks just in time for summer!

WILD, WACKY AND YUMMY

June 11 | 10:00am - 11:30 am

Add a little fun to your menu! At this class we will explore some fun fruits and veggies that can help PowerUp your summer!

SUPER FAMILY SAVING SUPPER

July 16 | 10:00am - 11:30 am

Come to taste and create a thrifty, family-friendly meal! Kids will help measure ingredients to make their own dinner using vegetables that are in season! You will even take home the basic ingredients to make a meal at home for the whole family to enjoy.

AGES 7-14

COOKS OF CROCUS HILL | STILLWATER

SAVORY SAFARI

January 23 | 10:00am - 11:30 am

Give your taste buds a trip around world as we explore some exotic fruits and veggies during this Savory Safari! The seasonal fruits and veggies will be selected based on availability, but Chef Jeremy can guarantee it will be a fun, and tasty, food adventure!

CHOP CHOP

February 20 | 10:00am - 11:30 am

(Gf) (Df) (Nf)

Recommended for all students and parents* Come kickoff the new year with our Chop Chop class. You will learn everything you need know to start your year off cookin'! During this class you will also learn the basics of handling a knife while whipping up a delicious meal!

POWERUP PASTA

March 19 | 10:00am - 11:30am

Can you really make Mac & Cheese without the box and the "cheese powder"? You bet! In this class you will learn how to PowerUp your pasta with real cheese and veggies. You will also learn how to make other pasta dishes that the whole family will enjoy!

POWERUP CHEF CHALLENGE II

April 16 | 10:00am - 11:30am

Do you like surprises? During this class you will get to pick out some wacky veggies from a "mystery box". Then you'll challenge yourself and Chef Jeremy to create a delicious recipe with the items picked!

POWERUP CHEF CHALLENGE II

April 21 | 6:30 - 8:30pm (11-14)

Do you like surprises? During this class you will get to pick out some wacky veggies from a "mystery box". Then you'll challenge yourself and Chef Jeremy to create a delicious recipe with the items picked!

POWERUP ON THE GO

May 7 | 10:00am - 11:30am (Nf)

Powering up doesn't mean you need to have a lot of time. If you're constantly on the go, check out this class where you will prepare easy snack recipes that will help you fuel your busy body all day long!

POWERUP ON THE GO

May 12 | 6:30 - 8:30pm (Nf) (11-14)

Powering up doesn't mean you need to have a lot of time. If you're constantly on the go, check out this class where you will prepare easy snack recipes that will help you fuel your busy body all day long!

SAVORY SAFARI

June 25 | 10:00am - 11:30am

Give your taste buds a trip around world as we explore some exotic fruits and veggies during this Savory Safari! The seasonal fruits and veggies will be selected based on availability, but Chef Jeremy can guarantee it will be a fun, and tasty, food adventure!

MAI POWERUP SPRING ROLLS

July 23 | 10:00am - 11:30am (Df)

Chop, roll and wrap up a delicious meal tasty enough to be named after a Holiday! This spring roll recipe will include tons of veggies, herb identification, protein, homemade nuoc cham sauce and rice wraps.

Gf: gluten free, Df: dairy free, Nf: nut free

It's important for kids and their parents to learn safety in the kitchen. While classes for younger kids (age 3-8) do not use knives, we encourage all parents of young cooks to watch the new *PowerUp Kitchen Safety: Knife Knowledge* video at powerup4kids.org/safety. It has information you need to keep your kids safe in the kitchen.

COMING SOON!! MAHTOMEDI CLASSES - powerup4kids.org

All classes are \$10/child or \$20/family

To register and to check out other classes and events, visit powerup4kids.org!



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