

PowerUp Family Message – Week 1

The PowerUp School Challenge has started strong! At school or at home, it's all about powering up with fruits, veggies and active play every day. You can also help your school earn up to \$500 in PowerUp Bucks by reminding your child to track their fruits, veggies and activity! You can help your child and your whole family PowerUp at home:

Keep produce in sight

- Store clean, cut veggies in clear containers so they can't be missed
- Trade in the cookie jar for a fruit bowl
- Fill the snack cupboard with portable fruit cups or dried raisins, cranberries, or apples

Offer fruits and veggies at every meal

- Add berries or sliced bananas to cereal
- Serve spaghetti with a green salad and fruit slices
- Sweeten up a sandwich with sliced pears and a side of baby carrots

Add “invisible” fruit and veggie power

- Slip shredded carrots, zucchini or sweet potatoes into chili, soups, stews or pasta sauce
- Mince spinach, mushrooms, broccoli or pineapple on top of pizza
- Mix chopped apples, dates or bananas into muffins or pancakes

Get kids in the kitchen

- Kids can help wash veggies, toss salad or mix ingredients
- Checks out fun, kid-friendly recipes and ideas at www.powerup4kids.org!

