

PowerUp Family Message – Week 2

Fruits and Veggies are a lot of fun with the Power School Challenge! Did you know a plate filled with colorful foods is better for you? The bright rainbow colors of fruits and veggies give you and your family power to be healthy. Make a rainbow at your family meals this week and fill your cart with these colorful foods!

Red: apples, beets, cherries, cranberries, onions, papaya, pears, peppers or red potatoes

Orange/Yellow: carrots, cantaloupe, corn, grapefruit, lemons, mango, mushrooms, oranges or squash

Green: avocado, broccoli, honeydew, kiwi, leeks, lettuce, peas, spinach or zucchini

Blue/Purple: blueberries, eggplant, endive, figs, grapes, onions, plums, pomegranate or prunes

PowerUp with a family food adventure!

- Sample one new fruit or veggie with your family every week.
- Let the kids join you at the grocery store. Encourage them to pick a new fruit or veggie to try like pomegranates, star fruits, asparagus or jicama.
- Lead by example. Kids want to be like you so let them see you eating fruits and veggies too.

PowerUp tip: Ask your child to show you some of the “dance moves” they learned at the School Challenge kick off and in class. Work up a good sweat then drink water to rehydrate and power up!

Remember, your school can earn up to \$500 PowerUp Bucks based on overall participation. Your school can also earn up to \$200 additional PowerUp Bucks just by “liking” PowerUpkids on Facebook during the 4 weeks of your School Challenge. Go to: www.facebook.com/PowerUpKids and “Like” the page. Then, go to our Photos, find the album “School Challenge” and “like” your school’s photo. Watch your school raise even more PowerUp Bucks!

