

PowerUp Family Message – Week 3

Your child's school is halfway through the PowerUp School Challenge and students are gaining lots of power from fruits and veggies. Sugary drinks just zap their power, **so skip the sugar and PowerUp your family with these tips:**



- Serve only water or milk with meals and snacks.
- Try fruit flavored water or 100 percent fruit or vegetable juice for a fruity taste.
- Skip drinks with “sweet” words on the ingredient list such as sugar, corn syrup, cane syrup, maltose, honey, molasses, high-fructose corn syrup, or “other sweeteners”.
- Choose water over sports drinks during. Sports drinks just add sugar and calories.
- Drink water, milk or chocolate milk after physical activity.

PowerUp tip: Did you know that soda, sweet tea, shakes, and other sugary drinks can have 50-100 grams of added sugar in just one serving? Read labels for sugar and stick to drinks with 0-7 grams of added sugar per serving instead.

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 to improve wellness at your school.

