

## PowerUp Family Message – Week 4



The school challenge is coming to a close, but the fun doesn't have to end! This week focus on fun ways to find fruits, veggies and physical activity for your family. Start by taking a food field trip together. Here are some great ideas:

- Visit a farmer's market near you and let the kids pick out something new like eggplant, squash or herbs. Visit [Powerup4kids.org](http://Powerup4kids.org) for a tasty recipe using your new ingredient.
- Go to a convenience or corner store. How many fruits and veggies can you find? Look for dried fruit, 100 percent fruit juice and fresh or canned fruits and veggies.
- Take an adventure through the produce and frozen food aisles of a grocery store. Look for red veggies, blue fruits and more. Compare prices on fresh versus frozen or canned fruits and veggies and select produce that fits your family's budget.
- Plant lettuce, bean or pea seeds in small pots. Watch them grow and then eat up! A small garden, in a pot or the ground, is a great way to make veggies and herbs more fun and affordable.
- Go on a family hike, or play an active game together!

