



## New Year. New Look. **MORE POWER!**

We are kicking off the new year with a new look and more power to help kids in the St. Croix Valley grow up healthy and reach their full potential.

## TRY FOR FIVE SCHOOL CHALLENGE IS BACK...

for the seventh year, and inspiring kids across the St. Croix Valley to Try for Five fruits and veggies everyday. You can have fun trying for five at home, too! Share your family favorites by posting it using **#Powerup4kids**.



## POWERUP PARTNER SPOTLIGHT

PowerUp is all about working together to make it easy and fun to eat better and move more. This happens because of great partners.

In the SPOTLIGHT this month are two partners who have gone above and beyond to help get kids in the kitchen and trying lots of fruits and veggies in many creative ways!

### COOKS OF CROCUS HILL, STILLWATER, MN

*"Life happens in the kitchen. It's the hearth of the home. We love inspiring families to embrace the warmth and beauty of the best room in the house",* said Karl Benson, owner of Cooks of Crocus Hill.

Cooks of Crocus Hill, in Stillwater, has partnered with PowerUp from the very beginning (2013), helping to spark kid's curiosity about food and how to prepare it in fun and delicious ways. "We live in your neighborhoods. Our kids go to school with your kids. We all share the same kitchen tables", said Karl. He went on to say, "We know that one of the best ways to create sustainable change is to start with kids. One child can start to change the perspectives of one family. One family can start to change the perspectives of one community." Read the full story at [powerup4kids.org/news](http://powerup4kids.org/news).

### FARM TABLE, AMERY, WI

*"We have a special place in our hearts for children. We want to help them get off to a good start by helping them understand and experience where food comes from and how to prepare it, making them "lifetime eaters",* said Peter Henry, co-founder of Farm Table.

Farm Table, in Amery, WI is a non-profit that promotes and supports local farms and food and helps to make the connection that "how we feed ourselves matters". In 2015, Farm Table opened their teaching kitchen for PowerUp cooking classes. Farm Table invests in helping to grow a community culture that connects healthy farms, local food and healthy communities, which helps everyone PowerUp! To read the full story at [powerup4kids.org/news](http://powerup4kids.org/news).

# POWERUP YOUR FAMILY CALENDAR

**ALL EVENTS** are **FREE** or low cost.  
Find times, location and all the details at [powerup4kids.org](http://powerup4kids.org).

## FEBRUARY

### FRIDAY

Dance Party  
Curio Dance Studio  
Stillwater  
7:00 pm-8:30 pm

### FRIDAY

Open Gym  
River Crest  
Elementary  
Hudson, WI  
6:15 pm-8:15 pm

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### SATURDAY

Kids Cook Class: Super Soups  
Cooks of Crocus Hill, Stillwater  
Class 1: 9:00-10:00 a.m.  
Class 2: 11:00 – noon  
\*(requires registration)

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### SUNDAY

Open Skate  
Amery, WI  
4:00-6:00 pm

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## MARCH

### FRIDAY

Open Gym  
Starr Elementary  
New Richmond  
6:00pm-8:00pm

### FRIDAY

Open Gym  
North Hudson  
Elementary  
6:30-8:30pm

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### SATURDAY

Open Gym  
Early Childhood Family Center  
Stillwater  
9:00am-11:00am

3

### SUNDAY

FREE Snow Shoeing  
Diro Demos  
Afton State Park  
1-2pm, 2-3pm, 3-4pm  
\*(requires registration)

### SUNDAY

Open Gym  
Amery  
Intermediate School  
1:30pm-3:30pm

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### WEDNESDAY

Open Gym  
Somerset Elementary  
School  
6:00pm-8:00pm

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### FRIDAY

Open Gym  
Stillwater Middle  
School  
6:00pm-8:30pm

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### FRIDAY

Open Gym  
North Hudson  
Elementary  
6:30-8:30pm

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### FRIDAY

Dance Party  
Curio Dance Studio  
Stillwater  
7:00pm-8:30pm

### FRIDAY

Open Gym  
North Hudson  
Elementary  
6:30-8:30pm

23

### SATURDAY

Kids Cook Class  
Farm Table,  
Amery, WI  
10:30am-12:00pm  
\*(registration required)

24

### WEDNESDAY

Open Gym  
Somerset Elementary  
School  
6:00pm-8:00pm

4

### SATURDAY

FREE Fat Tire Biking  
Diro Demos  
Lake Elmo Park Reserve  
11-11:30 a.m., 11:45-12:15, and  
12:30-1 pm \*(registration required)

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### WEDNESDAY

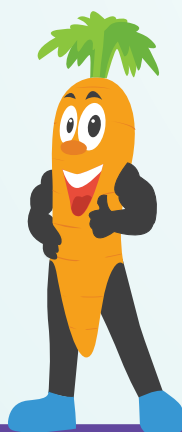
Open Gym  
Starr Elementary  
New Richmond  
6:00pm-8:00pm

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### SATURDAY

Kids Cook Class  
Cooks of Crocus Hill, Stillwater  
Class 1: 9:00-10:00 a.m.  
Class 2: 11:00-noon  
\*(requires registration)

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## APRIL

\*TO REGISTER go to [powerup4kids.org](http://powerup4kids.org), click Classes and Events.

# powerup SPOTLIGHT RECIPES



## ROASTED BRUSSELS SPROUTS

Serves: 4

### INGREDIENTS

- 1 pound Brussels sprouts (about 4 cups)
- 1 1/2 - 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

### INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Preheat your oven to 425°F. Line a baking sheet with aluminum foil.
2. Trim off the outer, dry leaves, cut the bottom off and slice lengthwise.
3. In a medium mixing bowl, toss Brussels sprouts with olive oil, salt, and pepper.
4. Spread evenly onto a baking sheet with cut side down.
5. Roast them for about 20 minutes; sprouts will appear browned and crisp on the outside and will be tender on the inside.
6. To make these sprouts extra yummy: after roasting, put them back into a bowl and toss them with 1 tablespoon olive oil, 1-2 teaspoons honey and 2 tablespoons balsamic vinegar.

RECIPE FROM THE POWERUP KITCHEN



## SUNRISE SKILLET SCRAMBLER

Serves: 3 - 4

### INGREDIENTS

- 1 tablespoon canola oil
- 1 clove garlic, diced
- 1/2 medium onion, diced
- 1 large or 2 small yellow, red, or orange bell peppers, diced
- 1 medium sweet potato, peeled and shredded
- 1/2 teaspoon salt
- 3 eggs, beaten
- 1/2 cup cheese of choice: feta, shredded sharp cheddar, shredded mozzarella



### INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Heat oil on a large skillet on med-low.
2. Add onion and garlic and cook until translucent, about 5-7 minutes.
3. Add diced bell pepper and cook for 5 minutes.
4. Add shredded sweet potato and salt and cook for about 15 minutes, stirring occasionally.
5. Once the sweet potato has darkened in color and softened, push all contents to the outer edge of the skillet, leaving an open circle in the middle. Pour in the beaten eggs and cook until done, about 5 minutes. Use a spatula to scramble eggs as they cook, eventually stirring everything in the pan together.
6. Top with choice of cheese and serve.

RECIPE FROM THE POWERUP KITCHEN



# RECIPE CONTEST

## CALLING ALL POWER CHEFS!

It's time to tune up your taste buds and show off your skills by sending in your **favorite, kid-created recipe** for a chance to WIN some awesome PowerUp cooking gear and EARN THE TITLE of POWER CHEF! Plus, winning recipes will be featured in PowerUp publications.



ENTER TO WIN!

## TO QUALIFY FOR THE CONTEST, RECIPES MUST:

- Be an original, kid-created recipe with a fun, creative name
- Feature fruit and/or vegetables as the main ingredient
- Contain no artificial sweeteners and little or no added sugar
- Be easy to prepare and taste delicious!

For complete contest rules, PowerUp nutrition recipe guidelines and to enter your recipe, go to: [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily)

READY  
TO WIN?

## SUBMIT YOUR RECIPE BY JUNE 30, 2018

**Looking for a little inspiration?** Check out our winning Power Chefs from last year. You can find their recipes and many more delicious, kid approved recipes at: [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily)

BANANA BLAST  
BY TIFFANNI S.



SLOPPIEST JOES  
BY BRADY J.



SASSY ST. CROIX  
SUMMER SALAD  
BY HANNA L.



WHAM BAM VEGGIE SLAM  
BY CODY Z.



CHICKPEA CHOP CHOP  
BY LUCY F.



CHECK OUT LAST  
YEARS WINNING  
POWER CHEFS