



powerup



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THE POWERUP TRY FOR 5 SCHOOL CHALLENGE IS BACK!

The PowerUp Try for 5 School Challenge (a three-week, school-based program) is back in schools throughout the St. Croix Valley for its eighth year and ready to inspire kids to Try for 5 fruits and veggies every day.

PowerUp is hitting schools with a fun, high-energy kick-off that gets students moving, grooving and excited about trying fruits and veggies! During the kick-off students get to try five different veggies and vote on their favorites – right in their classroom!

This is just one of the ways PowerUp partners with schools to help encourage positive changes within the school environment to make it easier for kids to eat better and move more.

healthpartners.com/powerupfamily

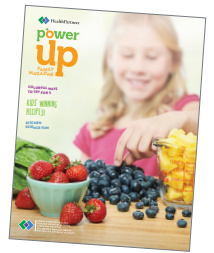


“What you are doing is absolutely working! My reluctant veggie eater is sitting here not only eating his roasted veggies for dinner, but finishing off his raw veggies from the PowerUp School Challenge.”

– Katie, Parent of two elementary age boys from Amery

FAMILIES, YOU CAN JOIN IN THE TRY FOR 5 FUN, TOO!

Watch for this PowerUp Family Magazine coming home in your child’s backpack. It’s power-packed with lots of fun kitchen experiments, activities and recipes.



Did you know the PowerUp Try for 5 School Challenge has been offered in schools since 2012? Today more than 25,000 students throughout the Valley and Twin Cities area participate annually! In fact, 85% of school staff and 73% of families report kids eat more fruits and veggies as a result of this challenge.*

*Based on 1,098 survey respondents.

SAVE THE DATE!

May 4-11, 2019 is the 5th Annual PowerUp Week across the St. Croix Valley and you’re invited to join in the fun! Visit powerup4kids.org/week.



AMERY HOSPITAL & CLINIC
HUDSON HOSPITAL & CLINIC
LAKEVIEW HOSPITAL
STILLWATER MEDICAL GROUP
WESTFIELDS HOSPITAL & CLINIC

POWERUP YOUR FAMILY CALENDAR

ALL EVENTS are FREE or low cost. Find all the details at powerup4kids.org.

FEBRUARY

THURSDAY 7
 Kids Cooking Class*
 POWERUP DOES DINNER:
 AFTER SCHOOL COOKING
 3:30 to 5 p.m.
 Farm Table | Amery, WI

SATURDAY 9
 Kids Cooking Class*
 "TRY FOR 5" SUPER SOUP
 10 a.m. and Noon
 Cooks of Crocus Hill
 Stillwater, MN

SUNDAY 10
 Open Gym
 1 to 3 p.m.
 Clear Lake Elementary
 Clear Lake, WI

TUESDAY 12
 Open Gym
 11 to 11:45 a.m.
 Amery Intermediate
 School
 Amery, WI

WEDNESDAY 13
 Open Gym
 5:30 to 7:30 p.m.
 Normandy Park
 Education Center
 White Bear Lake, MN

FRIDAY 15
 Open Gym
 6:30 to 8:30 p.m.
 River Crest Elementary
 Hudson, WI

SATURDAY 16
 Family
 Snowshoeing*
 10:30 a.m. and Noon
 Nature Center Park
 New Richmond, WI

SUNDAY 17
 Open Gym
 1 to 3 p.m.
 Clear Lake Elementary
 Clear Lake, WI

SUNDAY 17
 Open Gym
 1:30 to 3:30 p.m.
 Amery Intermediate
 School
 Amery, WI

TUESDAY 19
 Open Gym
 11 to 11:45 a.m.
 Amery Intermediate
 School
 Amery, WI

WEDNESDAY 20
 Open Gym
 5:30 to 7:30 p.m.
 Normandy Park
 Education Center
 White Bear Lake, MN

FRIDAY 22
 Open Gym
 6:30 to 8:30 p.m.
 River Crest Elementary
 Hudson, WI

SUNDAY 24
 Open Gym
 1 to 3 p.m.
 Clear Lake Elementary
 Clear Lake, WI

TUESDAY 26
 Open Gym
 11 to 11:45 a.m.
 Amery Intermediate
 School
 Amery, WI

WEDNESDAY 27
 Open Gym
 5:30 to 7:30 p.m.
 Normandy Park
 Education Center
 White Bear Lake, MN

MARCH

FRIDAY 1
 Open Gym
 6 to 8 p.m.
 Hillside Elementary
 New Richmond, WI

SATURDAY 2
 Open Gym
 9 to 11 a.m.
 Early Childhood
 Education Center
 Stillwater, MN

SUNDAY 3
 Open Gym
 1 to 3 p.m.
 Clear Lake Elementary
 Clear Lake, WI

SUNDAY 3
 Open Gym
 1:30 to 3:30 p.m.
 Amery Intermediate
 School
 Amery, WI

TUESDAY 5
 Open Gym
 11 to 11:45 a.m.
 Amery Intermediate
 School
 Amery, WI

WEDNESDAY 6
 Open Gym
 5:30 to 7:30 p.m.
 Normandy Park
 Education Center
 White Bear Lake, MN

THURSDAY 7
 Kids Cooking Class*
 POWERUP DOES DINNER:
 AFTER SCHOOL COOKING
 3:30 to 5 p.m.
 Farm Table | Amery, WI

FRIDAY 8
 Open Gym
 6 to 8:30 p.m.
 Stillwater Middle School
 Stillwater, MN

FRIDAY 8
 Open Gym
 6:30 to 8:30 p.m.
 Willow River
 Elementary
 Hudson, WI

SUNDAY 10
 Open Gym
 1 to 3 p.m.
 Clear Lake Elementary
 Clear Lake, WI

FRIDAY 15
 Open Gym
 6:30 to 8:30 p.m.
 Willow River
 Elementary
 Hudson, WI

SUNDAY 17
 Open Gym
 1 to 3 p.m.
 Clear Lake Elementary
 Clear Lake, WI

TUESDAY 19
 Open Gym
 11 to 11:45 a.m.
 Amery Intermediate
 School
 Amery, WI

THURSDAY 21
 Open Gym
 6 to 7:30 p.m.
 Matoska Elementary
 White Bear Lake, MN

TUESDAY 26
 Open Gym
 11 to 11:45 a.m.
 Amery Intermediate
 School
 Amery, WI

APRIL

THURSDAY 4
 Kids Cooking Class*
 POWERUP DOES DINNER:
 AFTER SCHOOL COOKING
 3:30 to 5 p.m.
 Farm Table | Amery, WI

SATURDAY 13
 Kids Cooking Class*
 ASIAN BOWLS
 10 a.m. and Noon
 Cooks of Crocus Hill
 Stillwater, MN

*Visit powerup4kids.org to register for classes or find more details on open gyms, cooking classes, events and recipes!

CONGRATULATIONS TO OUR TOP 5 WINNING POWER CHEFS

Time to tempt your taste buds with these yummy fruit and veggie inspired WINNING recipes created by these young Power Chefs who took the TOP 5 in our 2018 PowerUp Recipe Contest. To find all 5 of these TOP WINNING recipes, plus many more visit powerup4kids.org.



Paul J., Amery, WI

UNROLLED EGG ROLL

Serves: 4



INGREDIENTS

- 2 tablespoons olive oil
- 1 pound lean ground pork
- 6 green onions, sliced, white and green parts separated
- 6 cloves garlic, minced
- 1 tablespoon fresh
- grated ginger
- 14-ounce bag coleslaw mix (with carrot, purple and green cabbage)
- 3 tablespoons soy sauce or coconut aminos
- 1 tablespoon white vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper
- 1 tablespoon toasted sesame seed oil

INSTRUCTIONS

1. Heat olive oil in a large skillet. Add pork and cook until browned.
2. Add white parts of green onions, garlic and ginger and sauté until fragrant, about 3 minutes.
3. Add coleslaw mix, soy sauce (or, coconut aminos), vinegar and salt and pepper. Cook, stirring frequently, until coleslaw mix is tender, about 5 minutes.
4. Drizzle with sesame seed oil and toss to coat. Serve topped with green parts of green onions.



Lila S., Amery, WI

RAINBOW ROLL UPS

Serves: 4-6



INGREDIENTS

- 9-ounce package fresh spinach
- 3/4 cup raspberry vinaigrette salad dressing (more or less, to taste)
- 1 cup RED strawberries, chopped
- 1 cup ORANGE cantaloupe or oranges, chopped
- 1 cup YELLOW pineapple or bananas, chopped
- 1 cup GREEN grapes
- 1 cup BLUEberries
- 1 cup PURPLE grapes

INSTRUCTIONS

1. Wash and chop the RED, ORANGE and YELLOW fruit into bite sized pieces. Wash the GREEN, BLUE and PURPLE fruit.
2. Arrange the fruit onto a plate or platter in the shape of a rainbow.
3. Rinse, then place the spinach in the center of the rainbow.
4. Drizzle the raspberry vinaigrette dressing over the top of the fruit.
5. This colorful snack is served by taking a large spinach leaf into your hand, and using a toothpick to select the fruit of your choice to place inside the spinach leaf. Then roll it up and enjoy!



Tempeh
of Love

Freya K.
St. Paul, MN



Overachievers
Rainbow Salad

Paul & Rita K.
Vadnais Heights, MN



Easy Peasy
Blueberry Squeezy

Jada M.
Bloomington, MN

POWERUP POWER PICS



Show everyone how your family likes to PowerUp together!

Whether it's eating better or moving more, we want to see it.



1. Snap a photo of your family having fun "PoweringUp"
2. Visit the Power Pics post at [Facebook.com/healthpartnerspowerup](https://www.facebook.com/healthpartnerspowerup)
3. Share your photo in the comments for a chance to WIN a prize

Not on Facebook? Email us your photo at info@powerup4kids.org.



Your chance to win!

When you share your Power Pic, you will be entered for a chance to win a fun prize pack. One photo will be randomly drawn each month (January – May 2019).

What does it mean to "PowerUp"?

It means:

- Celebrating (birthdays or events) with fruits and veggies, zero sugary drinks, or active games
- Cooking together or learning new chef skills
- Trying fruits or veggies in fun new ways
- Sharing a family meal
- Going for a walk, bike ride or having a dance party
- Playing outdoors or indoors
- Anything that shows your family eating better or moving more

For all the details and official rules, visit [healthpartners.com/powerupfamily](https://www.healthpartners.com/powerupfamily).



powerup
eating better, moving more.