



POWERUP WITH BACK TO SCHOOL

It's back to the books and busy schedules. Be sure to make time for power-packed meals and fun ways to stay active together!

Don't have time to plan? Don't worry we've got you covered! From blasting off with a morning boost to a calendar full of fun ways to **PowerUp** (calendar inside).

**Eating Good
+ Active Bodies
= Better Learners**

Eating good and being active for at least one hour a day is essential to a child's success in the classroom.



BLAST OFF WITH A MORNING BOOST!

Breakfast is key to getting kids fired up for school and moving for the day.

Bagel banana Smiles



bananas



whole-grain bagels



nut butter



Green egg and toast



avocado



hard-boiled egg



whole-grain toast



For kids who don't typically eat breakfast or like "breakfast-type" foods keep it simple. Try foods like:

- String cheese + whole grain crackers + fruit
- Left-overs from the night before



HealthPartners®

Lakeview Health Foundation
Lakeview Hospital
Stillwater Medical Group
Amery Hospital & Clinic
Hudson Hospital & Clinic
Westfields Hospital & Clinic



OCTOBER 2016

Sat Oct 1

NIGHT OWL*

5k & 10k + PowerUp
Chomp Night Light
Dash & Family 2K @
Lake Elmo Park Reserve

KIDS' FUN RUN

Obstacle
Course (FREE)
Willow
State Park

Wisconsin
State
Parks' Open
House Day,

**FREE PARK
ADMISSION**

POWERUP CHEF CHALLENGE*

Cook Class,
Cooks of
Crocus Hill,
Stillwater*



Wed Oct 5
**NATIONAL
WALK TO
SCHOOL DAY**

Fri Oct 7

OPEN GYM WITH POWERUP

+ KIDS DANCE @
Stillwater Jr. High

Sat Oct 8

OPEN GYM WITH POWERUP

+ KIDS DANCE
@ Somerset Middle School

Wed Oct 19

POWERUP SPOOKTASTIC

Chomp Treats Cooking
Class - Mahtomedi



Sat Oct 15

OPEN GYM WITH POWERUP

@ Early Childhood
Center, Stillwater

Sun-Sat
Oct 16-22

POWERUP PUMPKIN PROJECT*

Fun alternatives for
Trick-or-Treaters!
(see details at
powerup4kids.org/
halloween)

Mon Oct 31

HALLOWEEN FUN

with Chomp's Carrot Cookies
(recipe below)

*Requires registration
at powerup4kids.org



RECIPE

CHOMP'S CARROT COOKIES

PREP TIME 10 MIN.

COOK TIME 15-20 MIN.

SERVING 30

DATE FALL 2016

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Cream butter and sugars in a large mixer bowl with an electric mixer until light and fluffy.
3. Beat in eggs and vanilla on medium speed. Gradually beat in flour, baking soda, cinnamon, and salt.
4. Mix remaining ingredients on low speed.
5. Drop by rounded tablespoons onto a lightly greased baking sheet, 2 inches apart.
6. Bake until firm and edges are golden, 15-20 minutes.
7. Cool 1-2 minutes; transfer to wire rack to cool completely.

FROM THE KITCHEN OF **powerUP**

INGREDIENTS

1/2 cup butter-softened
1/3 cup granulated sugar
1/3 cup packed dark brown sugar
1 egg plus
2 egg whites
1 teaspoon vanilla
3/4 cup all-purpose flour
3/4 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1 3/4 cups quick-cooking rolled oats
2 cups grated carrots
1/2 cup raisins



NOVEMBER 2016

Tues Nov 1

**POWERUP
CANDY TRADE IN**
@ multiple locations
see details online.

Fri Nov 4

**OPEN GYM WITH
POWERUP**
@ Stillwater Jr. High

**OPEN GYM WITH
POWERUP + KIDS DANCE**
@ Hillside Elementary,
New Richmond

Sat Nov 5

OPEN GYM WITH POWERUP

@ Early
Childhood
Center,
Stillwater

ROASTING ROOTS*

Cooking
Class
@ Cooks of
Crocus Hill,
Stillwater

Sun Nov 6

OPEN GYM WITH POWERUP

+ KIDS DANCE
@ Intermediate
School, Amery

Fri Nov 11

OPEN GYM WITH POWERUP

+ KIDS DANCE @ EP
Rock Elementary, Hudson

POWERUP THANKSGIVING MUNCH-DOWN*

Cooking Class, Mahtomedi



Sat Nov 12

BREAK A WORLD RECORD*
with the Largest Family Yoga Class
@ White Bear Lake High School

OPEN GYM WITH POWERUP

@ Somerset Middle School

COME SEE CHOMP @ Amery
Hospital & Clinic Anniversary
Celebration, 1-3pm

Wed Nov 16

Sun Nov 20

**OPEN GYM WITH
POWERUP** @ Amery
Intermediate School

**BEARPOWER
FAMILY DANCE**
with KIDS DANCE
@ Oneka Elementary,
White Bear Lake Dist.

Thur Nov 24 **ROAST SOME ROOTS**
for Thanksgiving (recipe below)



RECIPE

ROASTED RAINBOW VEGGIES

PREP TIME 10 MIN.

COOK TIME 25-30 MIN.

SERVING 4

DATE FALL 2016

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Wash and dry veggies. Cut off stalks and chop into bite-sized pieces. In a bowl, toss veggies with oil and arrange pieces in a single layer on a rimmed baking sheet. Sprinkle with salt, pepper, and garlic to taste.
3. Bake for 25-30 minutes or until veggies are slightly brown. Serve immediately as a delicious side to any family meal.

FROM THE KITCHEN OF **powerUP**

INGREDIENTS

2 cups chopped vegetables (carrots,
sweet potatoes, squash, and more)
1 tablespoon canola oil
1/4 teaspoon salt
Pepper and garlic
(powder or fresh)
to taste



Visit **powerup4kids.org**

to register and find more
open gyms, cooking classes,
events and recipes, too!

Here's how Chomp fuels up so he can **PowerUp** all day!



PowerUp
with the good
stuff — water
and milk!



FIVE Fruits and Vegetables!

Fuel up on lots of colorful fruits and veggies at meals and snacks.



FOUR Colors or more.

Fill your plate with colorful fruits and veggies.



THREE MEALS every day.

Kids need 3 MEALS and a couple of snacks a day to fuel their energy and help keep their focus.

- Include protein at each meal and snack
- Choose whole grains



TWO HOURS of SCREEN TIME... or less each day.

Unplug and get active.



ONE hour of PLAY!

Be active and play every day.



ZERO Sugary Drinks!

Water and milk powers kids up, sugary drinks crashes their energy.

- Serve milk at meals
- Drink water throughout the day, plus before, during and after practice, games or any active play.



power^{UP}

For information visit powerup4kids.org