

**New Year!
New Resolutions!**

Looking for new ways to PowerUp and \$tretch your food dollars in 2014? If so, we've got you covered.

PowerUp the New Year



5 ways to PowerUp 2014... with quick, tasty and budget-friendly food ideas!

- 1. Eat at home.** Plan ahead and stock your pantry and freezer with staples when they go on sale. This helps make meal time more enjoyable, affordable and less stressful.
- 2. Meatless Mondays!** Protein, fiber-packed beans or legumes (dried or canned) are low cost, fill you up and taste great. Add to stews, soups, stir fry, salads or pasta.
- 3. Go Frozen.** Don't hesitate to use frozen vegetables or fruit. They're just as good for you as fresh, but often less expensive. Slip frozen spinach, kale or green peas into soups and pasta. Frozen fruit is a great topper on pancakes and oatmeal or swirl into yogurt and smoothies.
- 4. Simple is good.** Onions, mushrooms and garlic are simple, quick and budget-friendly veggies that pack a lot of flavor and goodness into any dish. Add them to chicken, tuna or salmon and combine with brown rice, pastas, bread or salad greens for a quick, tasty, low-cost meal.

- 5. A jar of nut butter goes a long way.** Switch up the typical PB&J by adding shredded carrots or skip the bread all together and make an "apple-wich."



Resolve for more family time in 2014!

Seize the moment. Research finds when people take time to – play, spend time with others, do things they enjoy – “be in the moment”, it allows them to restore and put down their stressors (or worries) at least for a little while.

Tighten Family Ties. Making time to play together and eat together helps families grow more connected, happier and stronger.

**PowerUp Valley
OutReach Food Shelf in
2014** by donating canned or dried fruits and veggies! Every little bit can help families and kids in our community PowerUp, even when times are tough. To learn more about donating or for questions go to valleyoutreachmn.org.

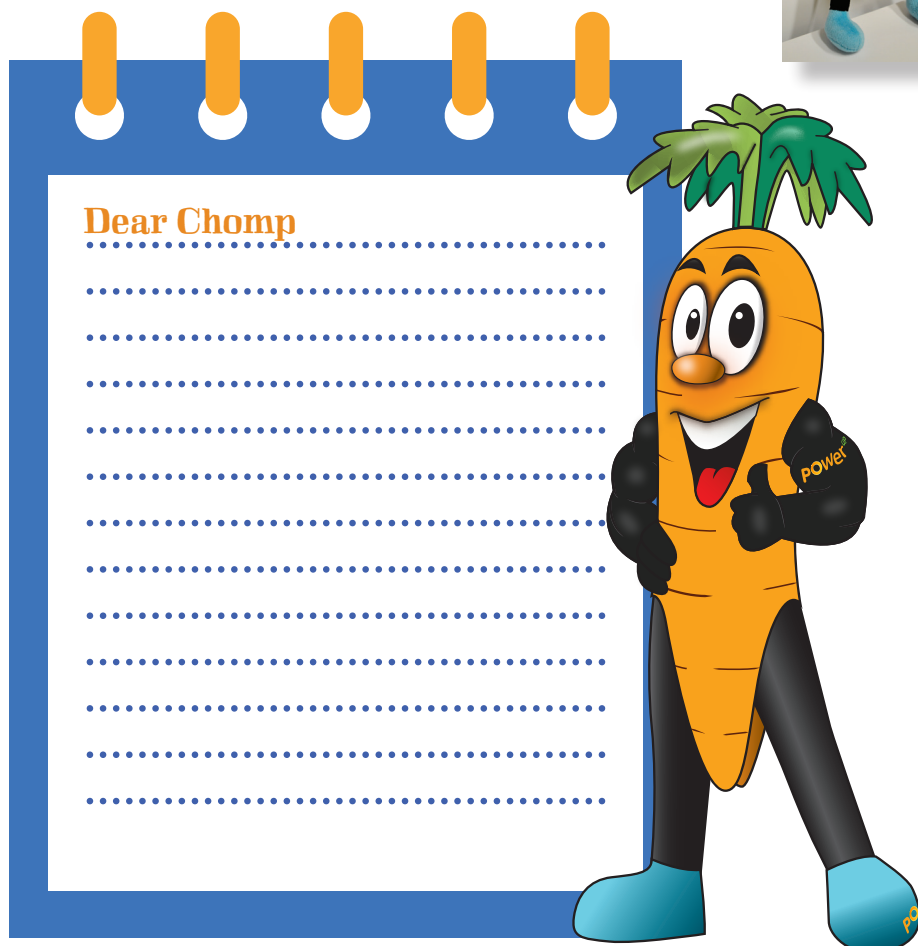


Got more money-saving tips on how you stretch your food dollars? If so, we'd love to hear them! Please share your tips and ideas at www.powerup4kids.org

LETTERS TO CHOMP

Hey kids – Chomp would love to hear how you are going to PowerUp in 2014! You can write a letter and mail it to him at Chomp c/o PowerUp at 927 Churchill Ave, Stillwater, MN 55082 (or email it to: Chomp@lakeview.org). The **first 50 kids** who submit their letter to Chomp will receive a one-of-a-kind plush “Chomp”!

WIN ME!



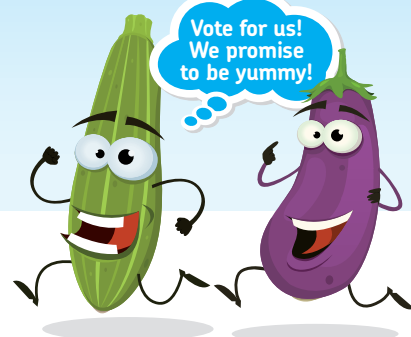
COMING SOON... TO AN ELEMENTARY SCHOOL NEAR YOU!

Families, kids and parents of the Valley: the PowerUp School Challenge is coming soon to your school! Your child will be having fun with fruits and veggies at school during this colorful four-week challenge. Keep an eye out for the **Power Pack Family Magazine** that your child will bring home. It's filled with lots of family-fun activities, kid-approved recipes and more. PowerUp at school! PowerUp at home!



powerup4kids.org

Veggie Vote
Give us a try.
Give us your vote!



CAST YOUR VEGGIE VOTES!

Join the fun, by going online and submitting your veggie votes! For every veggie that you eat or try (fresh, frozen or canned), simply go to powerup4kids.org/veggievote and cast your vote with a “thumbs up” (if you liked it) or a “thumbs down” (if you didn't).

For every vote you submit it will go to help win PowerUp Bucks for your school (to put toward wellness supplies). Just be sure to enter your school's name every time you vote.



Special Guest at open gym
on January 31!

Stillwater Jr. High
6:00 - 8:30 pm

Free kid friendly
cooking demos by
an expert chef from
Cooks of Crocus Hill.



Kids and adults welcome!

Demonstrations will be repeated
throughout the evening.