



## "Kids, please stop eating all those veggies!"

What? You certainly don't hear that every day, but that's exactly what we heard when PowerUp spent time in the kitchen with Mandi, mom of daughters Dani (5 yrs old) and Charlee (3 yrs old), who were gobbling up veggies as they helped make Salads in a Jar!



Dani &amp; Charlee

### Why Salad in a Jar?

It's a great time-saver tip for busy families: Prep once. Eat twice, three, four or even five times. Mandi said, "I came across this idea, but was skeptical until a friend told me she does it. I tried it and it's amazing! It doesn't take much more time to make five salads than it does to make one. Once you are chopping, you just chop a little more."

It's also a great way to get kids involved in the kitchen because it is easy for them to do and they love it. Plus, they are more likely to eat and enjoy what they helped to make!

## How to make a Salad in a Jar!

- 1. PICK INGREDIENTS.** Mandi said she starts by making salads she know's her kids will love, like a fruity salad with pears, pomegranates, pecans and a fruity dressing. At first, she only put in one leaf of lettuce, but the more she made it, she would add more greens. Then she started trying other salads doing the same thing. A little lettuce and lots of other great veggies, like carrots, peppers, cucumbers and other things her girls loved, like hard-boiled eggs and wild rice.
- 2. CHOP.** Adults chop the harder vegetables like carrots and peppers, and let kids cut-up things like hard-boiled eggs, cheese, or other softer items.
- 3. LAYER.** Kids love this part! The key — start with the wetter ingredients and then work your way up the jar with other veggies, proteins (like cheese) and grains (like wild rice), and top with leafy greens and nuts/seeds (optional).

**Dressing Tips:** You can add the dressing as the first layer in the jar or just add it right before serving. Mandi's (mom) dressing tip: "I realized that my kids didn't like the dressing I was making. On a whim one night, I removed some of the spices and they started gobbling it up! What I've discovered is simple is better for my kids. So now I make a salad dressing of only balsamic vinegar and olive oil. So easy!"

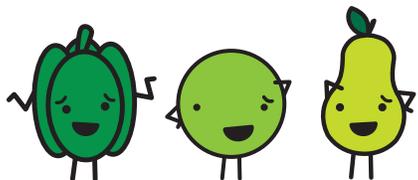
- 4. STORE** in fridge for up to 4 days.
- 5. SHAKE, POUR, EAT AND ENJOY!**

**Parents — How do you save time and still get PowerUp meals on the table for your family? We'd love to hear. Just visit [powerup4kids.org](http://powerup4kids.org).**



## WHY ARE WE GREEN?

Our green color shows our special power! We can turn sunshine into energy because we are full of a special green pigment called chlorophyll (klor-o-fill). We can do it through a process called photosynthesis (foe-toe-sin-thi-sis). Our green color helps us grow, and helps you grow and power up too!



## GROW

**Green Onions:** The next time you have green onions, don't throw away the white ends; put them in a glass of water and place them in a sunny window. They grow almost immediately. Then just cut what you need for meals. Be sure to change out the water about once a week and rinse the roots.



## SNACK

### Lucky Kiwi

They're fun to make — and even more fun to eat!



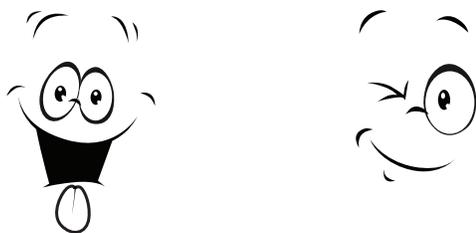
Did you know?



The word broccoli comes from the Italian word 'brocco' meaning arm or branch.

## DRAW

Draw your lucky fruit & veggie friends!



## CONGRATULATIONS Coloring Contest Winners!

Chomp had so much fun looking at all the creative and artistic entries he received from the Chomp Coloring Contest. Thank you!

It was a hard choice, but **11 Lucky Kids** were selected to receive a PowerUp Prize pack. Congratulations to:

Quinn D.	Cody Z	Linden T.
Isabelle K.	Hannah L.	Casey J.
Olivia B.	Ava M.	Ava D.
Taryn D.	Erik H.	

To see pictures of all the entries, visit us at: [powerup4kids.org](http://powerup4kids.org)

**CALLING ALL PRESCHOOLERS... FAMILY FUN FAIR!**



In partnership with

**PowerUp Preschool Family Fun Fair** (at open gym)

Join the fun with PowerUp games, activities and prizes just right for preschoolers and their families.

**Who:** Kids and families

**When:** Saturday, April 5, 2014  
9:00 - noon

**Where:** Early Childhood Family Center, Stillwater  
**FREE**, but please register at [powerup4kids.org/gyms](http://powerup4kids.org/gyms)

