

# powerUP

## PowerUp Press ....For Families

Back  
to  
School

Find more recipes or  
share with others at  
[powerup4kids.org](http://powerup4kids.org)

### Pack a powerUP LUNCH

#### FRUITS

- ☐ Mix of berries or melons
- ☐ Apple, pear, peach, or mango
- ☐ Dried fruit
- ☐ Frozen fruits (no sugar added)
- ☐

#### PROTEIN

- ☐ Chicken/turkey/tuna
- ☐ Hard-boiled eggs
- ☐ Black or other beans, hummus
- ☐ Yogurt/cottage cheese/natural cheese
- ☐ Nuts or nut butter

#### VEGGIES

- ☐ Carrot, celery or jicama sticks
- ☐ Colorful sweet pepper slices
- ☐ Pea pods, cherry tomatoes, broccoli
- ☐ Frozen veggies (no sugar added)
- ☐

#### WHOLE GRAIN

- ☐ Whole grain tortilla, bread, or crackers
- ☐ Popcorn
- ☐ Brown or wild rice (cooked)
- ☐ Whole grain pasta or quinoa (cooked)
- ☐ Oatmeal or whole grain cereal

mix & match  
3  
or more

## PowerUp your kid's lunch

**Mix-and-Match Meals** are quick and simple, and will give your kids the power they need to play, learn and grow.

Select 1 or more  
foods from at  
least 3 categories  
below

(1 fruit + 1 veggie + 1 protein + 1 whole grain) and add a water or milk to drink! Better yet, let your kids have fun picking and checking off their own mix-and-match lunch combos!

To make these lunches even more fun use lots of color and shapes. When food is fun, kids tend to eat better or at least want to try it!

MILK  
or  
WATER

Always offer milk or water with meals instead of a sugary drink (like soda, fruit drinks, sweetened teas)

## Get kids in the kitchen with PowerUp Kids Cook classes!

Sept. 13 **Snack with Style\***  
Sept. 20 **Power Packed Lunches\*\***  
Oct. 4 **Squishy Squash\*\***  
Oct. 18 **Chop Chop\***

Nov. 8 **Paint Your Plate for Thanksgiving\***  
Nov. 15 **Thanksgiving Helpers\*\***  
Dec. 6 **Ho Ho Holiday Treats\*\***

\* Taught by chef partnership with  
Cooks of Crocus Hill

\*\* Taught by PowerUp Registered  
Dietitian

Stay active together  
at PowerUp sponsored  
open gyms!

Available at multiple locations  
throughout the St. Croix Valley.

Go to [powerup4kids.org](http://powerup4kids.org)  
for details, registration  
and locations!





# BROWN BAG IT!



## Keep it SAFE & COLD!

**3-4 Hour rule:** after 3-4 hours at room temp, throw it out!

- Freeze yogurt and add it to the lunch bag in the morning.
- Use frozen fruit and veggies (like berries, cherries, mango, grapes, peas, corn)
- Freeze Fruit (like berries) into ice cubes
- Use ice packs, specially made for lunch bags
- Uncut fruits and veggies are safe at room temp; once it's cut, keep it cold!

Always include a water or milk!

**Bagles  
Gone  
Bananas**



Whole grain mini bagel with nut butter\* and banana + Cantaloupe + Strawberries

**Lunch  
Crunch**



Mix of popcorn, + dried fruit + sunflower seeds + a mix of colorful peppers, apple and orange slices + side of Roasted Garbanzo Beans

**Frozen  
vanilla Greek  
yogurt**



Vanilla yogurt + a mix of frozen berries (or use fresh or dried) + pea pods + whole grain cereal (like Cheerios®)

**Fruit  
& Cheese  
Kabobs**



Kabobs + Whole Grain Crackers + a mix of veggies, like grape tomatoes, fresh green beans, jicama sticks

**Chomp  
Pinwheels**



Whole grain tortilla with hummus, spinach leaves, shredded vegetables and turkey rolled and cut into pinwheels + strawberries and kiwi fruit

**Veggie  
Pasta Salad**



Fun shaped whole grain pasta or wild rice with chopped veggies tossed with a vinaigrette dressing + hard-boiled egg + apples and grapes

*\*If your child is allergic to peanuts or tree nuts, try sunflower butter.*

