



Looking for some FROSTY fun?

Here are just a few fun ways for your family to PowerUp this holiday season!

F FEED YOUR FEATHERED-FRIENDS

Make edible garland for birds and start bird watching! All you need is cereal (like Cheerios®), popcorn, nut butter, cranberries, thick thread and a threading needle. String on cereal, popcorn and whatever else you want to add. Before hanging your garland outside, spread some nut butter on it! Birds love it and it's good for them, too!



R REMEMBER OTHERS

During this season of giving — volunteer as a family or give to those in need! It feels great!

O OPEN GYMS — for family fun together

No matter what the weather, we've got you covered! Open gyms are in full swing at multiple locations throughout the Valley! Bring the whole family and join the fun! Check out powerup4kids.org/gym for dates, times and locations.

S SCAVENGER HUNT

Inside or outside, create your own fun scavenger hunt adventure that the whole family can do together.



T TRY A POWERUP KIDS COOK CLASS

Kids love to help. So get cookin' and join a fun class with hands-on experience preparing delicious, kid-friendly foods that PowerUp your family meals. Register for one (or more) of our many classes at powerup4kids.org (click on classes to learn more).

Y YOUR PASSPORT TO WINTER FAMILY FUN

Take the Winter Chomp Challenge. Check out the Passport on the back of this page for fun ways to stay active during these frosty winter months. For each passport you turn in, your name will be entered into a PowerUp prize drawing for your chance to **WIN 3 MONTHS OF FREE FRESH ORGANIC FRUIT DELIVERED TO YOU FROM FRUIT SHARE!**



Take the Chomp Challenge and Have an Adventure-Packed Winter!

Complete and check off at least 10 activities. Return your Passport to PowerUp. Win prizes!

☐ Find a new activity at powerup4kids.org.
What did you do? _____

☐ Go ice skating, boot skating or play broom ball

☐ Go "screen free" for a week. (No tv, computer, video games, tablet, etc.)

☐ Build a snow man

☐ Make a snow angel.
How many can you make? _____

☐ Eat a different veggie every day for a week.

☐ Have a snowball fight or build a snow fort

☐ Go snow shoeing or skiing

☐ Pick a new veggie in the produce isle.

☐ Eat breakfast every day for 1 week.
(Include a fruit or veggie.)

☐ Have fun together at an open gym
(list available at powerup4kids.org)

☐ Play outside every day for 1 week.

☐ Drink water instead of sugary drinks
(No sports & juice drinks or soda) for 1 week.

Write in your own activities. They count, too!
Find more fun activities at powerup4kids.org.

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

☐ Go sledding with family and friends