



I ♥ to PowerUp!
You can too!



Valentine's Day is just around the corner. This year, make a date with the little ones in your life by treating them to some family fun-time where you can all get the wiggles and giggles out playing these active games.



Heart Hopscotch: Put a fun twist on hopscotch. Have the kids help cutout colorful hearts. Then let them design their own hopscotch pattern and hop away.

Heart Race: Put heart cut-outs in one bowl and place an empty bowl a distance away. Give each child a spoon to scoop up and carry the hearts (as fast as they can) to the other bowl.

Heart Hunt: Hide lots of hearts in various places throughout the yard (or inside the house). Give kids a basket to collect all the hearts they find. Game ends when all the hearts are found.

Rockin' Red Freeze Dance: Everyone dances free style until the music stops. Then freeze into the shape of a red fruit or veggie, like a strawberry or tomato.



Frozen Fun!

We're facing one of the coldest winters ever, but don't let it keep you and your family from staying active— and having fun while doing it!

Have fun:

- Sledding
- Ice skating
- Snow-shoeing
- Skiing
- Building snow forts



When it's just too cold:

- Play at an indoor park
- Build an indoor obstacle course
- Throw a dance party at home
- Head to an open gym to play and/or swim

To find an open gym near you go to powerup4kids.org.



Kids in the kitchen!

Make your own sweet treat with a very berry smoothie! Let the kids help by cutting up fruits and adding to the blender. Visit powerup4kids.org for more fun recipes and ideas!



"When I was young my family used to come to open gyms in Mahtomedi. I remember how much fun they were back then. I'm so happy they're back and that I get to be part of them! What I love most is just playing with the kids!"



~Julia, a Junior at Mahtomedi High School, summer youth soccer coach and open gym enthusiast

I LOVE YOU VEGGIE MUCH! VALENTINE

Hey kids – get ready to play with your food! Use your imagination and have fun making your own yummy **“rockin’ red”** valentine this year. Get creative by using your favorite red fruit or veggie, like sweet red peppers, cherry tomatoes, strawberries or raspberries!



WHY ARE WE RED?

Rock this rad poem to find out!

Roses are red and so are papayas,
red peppers, melons and apples – just try us!

If you like our bright color and glossy red sheen,
then you should know that it comes from lycopen.

But those red cherries, berries and radishes in a bin,
they get their red color from Anthocyanins.

Whatever the shape; whatever the color,
fill up with five and get your red power!



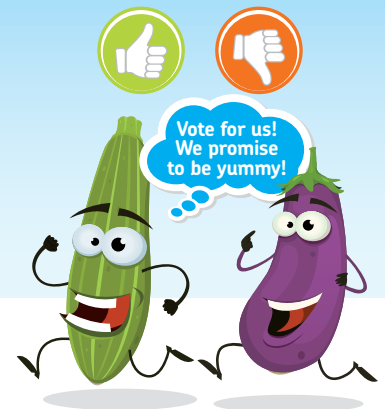
Lots of Family Fun was had at the Mahtomedi Family Skate Event on January 12, 2014!

The PowerUp School Challenge is back...

and already **Rockin’ and Rollin’** in many of the elementary schools throughout the Valley! Parents, keep an eye out for the *Power Pack* Family Magazine that your child will be bringing home. This fun-filled family magazine is bursting with lots of kid-friendly activities, recipes and more to help PowerUp your whole family! Also, be sure to check out the **“Rockin’ Red”** section on pages 18-23 for more tasty ideas to get your family Rockin’ Red fruits and veggies all this month!



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



REMEMBER TO CAST YOUR VEGGIE VOTE TODAY!

Go to powerup4kids.org/veggievote!
Every vote you submit helps your school earn PowerUp bucks to put toward wellness supplies.

