

PowerUp Press
....For Families



Congrats Amery!
Chomp and 800 kids helped
Amery Schools PowerUp
for the very first time on
September 30, 2015!

Harvest Hoopla!

H

HAVE A HOOPLA! Bring the whole family to open gyms. Don't miss the extra special open gyms planned in November with our special guest, KID'S DANCE. See details on the right.

A

Announcing AMERY! PowerUp is now all over the Valley - in Stillwater, Mahtomedi, Somerset, Hudson, New Richmond and Amery, WI too!

R

RALLY THE FAMILY. There's no better way to celebrate the magic of the season than making memories and new traditions together. Mealtime, and all the preparation, is a perfect way to get the fun and family time started.

V

VEGGIES. Put a PowerUp twist on this year's holiday veggies. See back for tasty kid-approved ideas and recipes.

E

EMBRACE THE OUTDOORS. Even with a chill in the air, enjoy an outdoor adventure with our PowerUp in Parks Passport. Print out your own Passport at powerup4kids.org/parkactivities.

S

SWEET TREATS. Apples, cranberries, pumpkins and more. Turn nature's sweets into your holiday treats this season. See the back for some sweet holiday treat ideas.

T

TRY NEW FOODS at one of our fun PowerUp Kids Cook classes this season.



The harvest season and holidays are just around the corner. This issue is full of ways to harvest the holiday family fun!

Come learn some new moves when **KIDS DANCE** brings a DJ, music, dancin' and fun right to these special open gyms:

11/6/15
6:00-8:30pm
Stillwater Junior High School
Stillwater, MN

11/13/15
6:15-8:15pm
EP Rock Elementary
Hudson, WI

11/14/15
9:00-11:30am
Somerset Middle School
Somerset, WI

11/21/15
10:00am-12:00pm
Community Commons
New Richmond, WI



For all the details go to
powerup4kids.org/opengyms

For details on PowerUp Kids Cook classes, open gym times and locations or recipes visit powerup4kids.org



Lakeview Hospital
Stillwater Medical Group
Amery Hospital & Clinic
Hudson Hospital & Clinic
Westfields Hospital & Clinic



LET KIDS EXPERIMENT AND SHARPEN THEIR "CHEF SKILLS" THIS HOLIDAY SEASON

Kids can show off their creativity in the kitchen by turning the typical fall fruits and veggies into new, kid-approved, family favorites. Then get the whole family to check off if they tried it and liked it! Snap photos of your fun creations and share them with us at info@powerup4kids.org or [#PowerUpHarvestHoopla](https://twitter.com/PowerUpHarvestHoopla)!

Get started and try a few from the list:



Sweet Potato

Sweet Potato Fries



Cauliflower

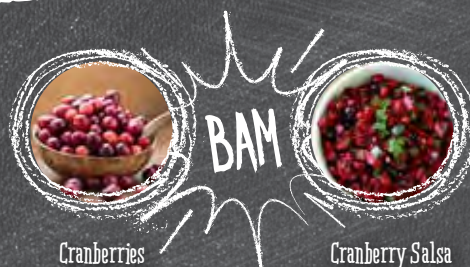
CauliMash



Green Beans

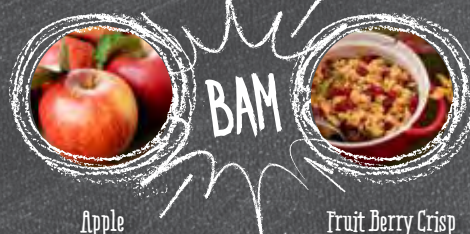
Garlicky Green Beans

Tried it + Liked it



Cranberries

Cranberry Salsa



Apple

Fruit Berry Crisp



Pumpkin

Pumpkin Pie Smoothie



Regular Veggie Tray

Fun Veggie Tray