

powerUP

PowerUp Press
...For Families



Find more recipes or share with others at powerup4kids.org

powerUP Try for 5 School Challenge... is coming to a school near you!

The PowerUp School Challenge is back again in 2015 and better than ever, inspiring kids to Try for 5 fruits and veggies every day.

This 3-week School Challenge will be taking place over the next few months at elementary schools throughout the entire Valley.

Parents and families...we haven't forgotten about you! All students attending a school that is participating in the PowerUp Challenge will be bringing home a fun-filled Power Pack Family Magazine, bursting with many family-fun, kid-friendly recipes, activities and resources so you can PowerUp at home, too. Be sure to check those backpacks for the latest and greatest edition coming home soon.



To learn more about the **PowerUp Try for 5 School Challenge** go to powerup4kids.org and click School Challenge.

Marine Elementary + PowerUp Bucks = NEW SLEDS for plenty of outside fun for kids!



Now that's PowerUp Bucks well spent!



PowerUp Bucks can be earned by schools that participate in the PowerUp School Challenge program and used for wellness supplies to help kids eat better and move more everyday!

Take The Winter Chomp Challenge

for a chance to **win 3 months of free fresh local organic fruit delivered to you** straight from **Fruit Share** OR a **1-year subscription to Chop Chop Magazine!**

Go to powerup4kids.org to print your Winter Chomp Challenge Passport.



From open skate outside to swimming and playing inside, we've got it all!

Check out an open gym or skate near you!

Fri.	Jan. 16	6:30pm - 8:30pm	North Hudson Elementary
Sat.	Jan. 17	9:00am - 11:30am	Somerset Middle School
Wed.	Feb. 4	9:00am-10:30am	New Richmond-Comm Commons
Thur.	Feb. 5	9:00am-10:30am	New Richmond-Comm Commons
Fri.	Feb. 6	6:00pm - 8:30pm	Stillwater Jr High
Fri.	Feb. 6	6:30pm - 8:30pm	North Hudson Elem
Sat.	Feb. 7	9:00am - 11:30am	Early Childhood Family Center-STW
Wed.	Feb. 11	9:00am-10:30am	New Richmond-Comm Commons
Thur.	Feb. 12	8:30am-10:00am	New Richmond-Comm Commons
Fri.	Feb. 13	6:00pm - 8:30pm	North Hudson Elem
Sat.	Feb. 14	9:00am - 11:30am	Somerset Middle School

Go to powerup4kids.org for ages, dates, times, locations and to register!



Lakeview Health Foundation
Lakeview Hospital
Stillwater Medical Group
Hudson Hospital & Clinic
Westfields Hospital & Clinic

New PowerUp Recipes!
Go to powerup4kids.org for hundreds of new recipes!
For a Sneak-Peek check out the new recipes on back!

New Recipes for the New Year... to Help your Family PowerUp

Get a Morning Boost...with an **ENERGY BAR**, some fruit and a cup of milk

These fruit-and-nut bars are super-easy to make (no adult needed!) and easy to adapt to your own tastes. Love pecans? Use all pecans. More of a mixed-nut person? Use mixed nuts. Keep trying these bars with different ingredients: we also like using toasted sesame seeds, sunflower seeds, and/or pumpkin seeds. We're not sure why, but every now and then these don't turn out quite right—they're crumbly instead of firm. If this happens, use it as a fruit or yogurt topping, and call it "granola!" Serves: 16

INGREDIENTS

- 1/2 cup lightly toasted nuts (one kind or a combination of almonds, walnuts, and pecans. To toast nuts, put them on a small baking sheet in a 350-degree oven until they are fragrant and look a shade darker, around 5 minutes)
- 3/4 cups dried fruit (one kind or a combination of raisins, currants, dried cranberries or chopped dates, prunes, apricots, and peaches)
- 3/4 cups quick-cooking oats
- 3/4 cups crispy-rice cereal
- 2 tablespoons unsweetened coconut (if you like)
- 1/2 cup almond or peanut butter
- 1/4 cup honey or maple syrup
- 1/2 teaspoon vanilla extract



INSTRUCTIONS

1. Line the pan with wax or parchment paper and leave enough hanging so that you can use it to cover the bars later.
2. Put the nuts, dried fruit, oats, rice cereal, and coconut in the bowl and toss well.
3. Put the almond or peanut butter and honey in the small bowl and microwave until the almond butter is softened, about 30 seconds (depending on your microwave). Stir until smooth. Add the vanilla and stir again until smooth.
4. Pour the almond mixture into the large bowl and mix with the large spoon until well combined.
5. Dump the mixture into the prepared pan and pat down as hard as you can. You want to make the bars solid (rather than airy). Using the overhanging paper, cover the bars completely. Cover with plastic wrap and refrigerate at least 4 hours and up to one week.

Make a Midday Marvel...with **MARVELOUS MINISTRONE SOUP**

Minestrone [min-eh-STRONE-y] actually means "big soup." Loaded with good-for-you veggies and beans, just add bread and a cup of milk and you have a whole meal.

INGREDIENTS

- 1 tablespoon olive oil or vegetable oil
- 1 large yellow onion, peeled and chopped
- 4 carrots, halved lengthwise and sliced
- 2 celery stalks, halved lengthwise and sliced
- 3 garlic cloves, peeled and finely chopped
- 2 teaspoons dried basil
- 1 16-ounce can diced tomatoes, including liquid
- 10 cups chicken, beef, or vegetable stock
- 1/2 bunch kale, about 4-5 cups, chopped (or you can use cabbage, if you like)
- 1/3 cup brown rice or orzo
- 1 (16-ounce) can white or kidney beans, drained and rinsed with cold water
- Parmesan cheese, grated, for serving



INSTRUCTIONS

1. Put the pot on the stove and turn the heat to medium. Let the pot heat for a minute and when it is hot, with the help of your adult, carefully add the oil.
2. Add the onion, carrots, celery, garlic, and basil and cook, stirring, until the vegetables begin to soften, about 10 minutes.
3. Add the tomatoes, stock, and kale. Cook until it just starts to boil, and then set the heat to low. Cook for 1 hour on low, without letting the soup boil again.
4. Turn the heat off and with the help of your adult, add the rice (or orzo) and beans. Turn the heat back on and cook until the rice (or orzo) is tender, about 20 minutes.
5. Serve right away, sprinkled with Parmesan cheese or cover and refrigerate up to 3 days.

Recipes used with permission from

THE FUN COOKING MAGAZINE FOR FAMILIES
CHOPCHOP
www.chopchopmag.org

Did you know?

The ancient Greeks and Romans believed if you left a basil leaf under a pot, it would turn into a scorpion. Um, not true, in case you're wondering.