



PowerUp with FIVE Fruits, Roots, and Veggies!

It seems we have all heard it before, “eat your fruits and veggies!” You might wonder if your family is getting enough. Most kids and families are coming up short, since only about 1 out of every 5 kids in our community actually gets 5 fruits and veggies a day. So how do we move from good intentions to 5 a Day? Here are some ways to get a fresh start and PowerUp with produce!

Count to 5!

The first step to getting 5, is keeping track. Keep a chart on the fridge, in your calendar, or on your smart phone. How many are you really getting? How many are you serving to your kids? This can be a fun activity for the whole family to do together.

Set a Goal

Set a goal for yourself (with your family) to get closer to 5! If you are already eating 5, you can boost your family’s health and nutrition even more with 6-9 servings a day!



Offer fruits and veggies at every meal

Think of every meal as a chance to add a fruit, root or veggie. At breakfast, add sliced bananas to cereal or serve a side of tomatoes or salsa with your eggs. At lunch, you can sweeten up any sandwich with thinly sliced pears and a side of sugar snap peas. Any simple supper is powered up when you also serve a green salad and fruit slices. You can even balance a pizza or fast food meal with baby carrots and grapes on the side instead of cheesy bread or French fries.

Make fruits and veggies hard to miss

Keeping it in sight is a good reminder. Store clean, cut veggies in clear containers so they can’t be missed when the door opens. Have some fun and trade in the cookie jar for a fruit bowl. For grab-and-go snacks, fill the snack cupboard with portable fruit cups or dried raisins, cranberries or apples.

Add “invisible” power to your cooking

You can boost the number of fruits and veggies your family eats even without them knowing it. Just slip shredded carrots, zucchini or sweet potatoes into chili, soups, stews or pasta sauce. Add finely chopped spinach, mushrooms, broccoli or pineapple on top of pizza. Mix chopped apples, dates or bananas into muffins or pancakes.

PowerUp Winter Weekends:

PowerUp Kids Cook

PowerUp Family Fun Fridays

PowerUp Family Fun Saturdays

PowerUp Running Clubs - Coming Soon!

Visit powerup4kids.org for details and registration!



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As a pediatrician I often write prescriptions for medications or crutches, or I might refer kids to a specialist. If I wrote a prescription to help kids grow up strong and healthy it would say this: **“Eat lots of fruits and veggies!”**

Why? Because fruits and vegetables are powerful... full of vitamins, minerals, fiber and phytochemicals that all work together to keep kids healthy. It’s nothing you can get in a pill; it’s just the magic of these plant foods. Fruits and veggies also taste great and help fill you up, so you don’t eat too much. With all the food temptations around, filling up on the good stuff is really important.

Are you wondering how to get your kids to eat fruits and veggies?

Parents, my prescription for you is **“Offer, eat and enjoy fruits and veggies at every meal.”** That’s right, when it comes to food, kids do what we do.

powerUP CauliMash

Serves

INGREDIENTS

3 cups cauliflower (approx. 1 head)
3/4 cup fat free Greek or regular yogurt
1/4 cup low fat cream cheese
Salt and pepper to taste
1 tsp. paprika

DIRECTIONS

Trim hard stems and leaves from cauliflower. Cut flowerets, leaving no more than 2" of stem, and place into 1" of boiling salted water for 15 minutes until tender. Drain well. Place hot cauliflower in mixing bowl. Mash with potato masher while adding yogurt and cream cheese (or prepare in food processor). Add salt and pepper to taste. Spoon mash into 1-quart casserole. Dash with paprika.

KIDS IN THE KITCHEN

While the oven and knife work should be left to parents, kids can mix ingredients for many of the steps, including mashing the cauliflower.

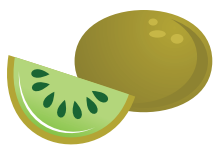
PowerUp your meal!
CauliMash is the "veggie" version of mashed potatoes. Serve it on the side of your favorite meal.

PowerUP Pointer:

You can also make CauliMash with 1/2 cauliflower and 1/2 mashed potatoes. Just prepare potatoes in a separate pot, and then mash all ingredients together for a yummy, powered up side dish that everyone will love.



WORD JUMBLE



WIKI



OTMOTA



OAWCAFULIERL



PELAP



MPOGNTEATERA



CARROT

Answers: 1.Kiwi 2.Cauliflower 3. Pomegranate 4.Tomato 5.Apple 6.Carrot



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