



### PowerUp with 3 Meals ...and snacks, too!

#### Fuel for Your Family

**What do race car drivers, astronauts, and PowerUp families have in common?** They all know the importance of having the right “fuel” to get them where they need to go. Sometimes that’s easier said than done — but making time to fuel your family with the good stuff is worth the effort. The three keys to three meals are:

- 1. Breakfast....don’t leave home without it!** It’s the fuel kids (and adults) need to rev up their engine to help them learn and focus at school (and work).
- 2. Eating 3 meals throughout the day** will keep you powered up, so you can get done what you need to and feel great doing it!
- 3. Sensible Snacks** are a great way to keep energy levels high and hunger in check until mealtime. Kids need 2-3 snacks a day!

#### Family Meals — Eat Better, Together

Eating together is one of the best ways to PowerUp your family. It does more than feed your body — it feeds your soul and connects you through talking, listening and sharing. It’s something kids crave, plus meals are a great way to live out family traditions and values.

#### Did you know... kids who have frequent family meals

- Do better in school and become better problem-solvers
- Eat better — including more fruits, veggies and fewer sugary drinks
- Feel less stress and are less likely to smoke, use drugs or alcohol

#### Want to Get your Family Back to the Table?

**Plan ahead.** It’s a great way to get a meal on the table fast, so you can enjoy more family time.

**Make it all about teamwork!** Get all hands involved — from meal prep, to cooking and clean up. Kids love tasting what they create!

**Focus on being together.** Sit down, power down all screens (TV, phone, computer) and enjoy fun conversation. This is the stuff family memories and traditions are made of!

#### Remember to play your role – Parents Provide. Children Decide.

Most food battles happen when roles are not clear. Bribing, coaxing or forcing kids to eat doesn’t work. Offering a healthy variety of foods and being a good “food” role model works.

**Parents** – decide the what, when and where of meals

**Children** – decide what to eat (from food offered) and how much

#### Need to grab a family meal in a hurry?

**Great Harvest Bakery** in Stillwater offers Powered Up “Family Real Meal Deals,” which include whole grain sandwiches with fruits, veggies and a tasty fruit and veggie-infused waters instead of a sugary drink!

#### PowerUp Your Family Meals

##### Parent-to-Parent...

*“Dinner is a good time to reconnect after a long day apart. Every evening I ask, ‘What was the best part of your day?’ It’s a great opening for dinner conversation. We leave the tough stuff off the table and just enjoy our food and time together.” -Susan, single mom of a 6- yr. old*



*“I work different shifts, and my kids are in sports, so sometimes dinner is at 5:00 and sometimes it’s at 9:00, but we eat together as often as possible. It’s important for my teen boys to know what it means when I say, ‘be home for family dinner.’ We eat better when we sit down (like having vegetables), but really it’s about having time together.” -John, dad of 2 busy teens*

*“Our rule is no TV or electronics during dinner. It’s amazing the things I hear about going on at school and with friends when all of the electronic distractions are out of the way!” - Jane, mom of 1 preteen boy*

*“I’ve learned that one of the most powerful examples for my children is to eat better myself. Those little eyes are always watching.” -Annie, mom of 2 elementary age kids*



## You can wake up and fuel up with a quick and tasty breakfast

### As you're walking out the door – Dress up plain yogurt.

Toss in berries, a handful of toasted almonds (or your favorite nut), a drizzle of honey – and presto! Breakfast is served.

### If you have 5 minutes – PowerUp a Quesadilla.

Sprinkle mozzarella or cheddar cheese on a small tortilla (whole grain) and layer on a thinly sliced Granny Smith apple. Top with another tortilla and microwave until cheese melts. For a crisper tortilla, use a skillet and crisp each side for 1-2 minutes. Cut into wedges and enjoy!

### When you can steal a minute to plan ahead – Prep a Power-Pack.

A hard-boiled egg (made the night before), a slice of toast, a piece of fruit or sweet colorful pepper slices for added crunch, plus a cup of milk will keep your kids powered up all morning long.



Visit [powerup4kids.org](http://powerup4kids.org) for more recipes and ideas!



# HaHaHa.....

**Q: What did one carrot say to the other carrot?**

**A:** Is it orange in here, or is it just me?

**Q: What kind of vegetable likes to look at animals?**

**A:** A zoo-chini!

**Q: What's a dancer's favorite kind of vegetable?**

**A:** Spin-ach!

**Q: What is a taxi driver's favorite kind of vegetable?**

**A:** A Cab-bage!

**Q: What does corn say when it feels embarrassed?**

**A:** "Aw, shucks!"

**Hey Kids** — get your goofy on! What silly fruit and veggie jokes do you have?

**Hey Parents** — are you're looking for fun ways to help get the conversation started during your family meals? If so, go to [powerup4kids.org](http://powerup4kids.org) and click on **For Families** to find mealtime conversation starters!

## Let the Countdown Begin!

**Register Now!**  
[powerup4kids.org](http://powerup4kids.org)

**Be Inspired**  
Come & Meet  
Local Biggest  
Loser Contestant!

**Join Us!**  
**May 4th, 2013**  
9 to noon  
Stillwater Junior High School

**WE POWERUP**  
the Valley Community Kick-off

### Cha Cha Slide World Record Attempt

Join Radio Disney and thousand of others in the community as we attempt to break the World Record for the most people doing the Cha Cha Slide dance! (If you don't know the dance, don't worry, we'll teach you!)

### Join us for Family Fun – For all ages

PowerUp with one of a kind, crazy, fun activities:

- The PowerUp Countdown Obstacle Course
- Meet the Mascots
- Bounce Houses, Gourd Bowling, Face Painting
- Tempt your taste buds – with tasty PowerUP foods
- Discover new fun ways to PowerUp your family
- Take the PowerUp Pledge
- Win cool prizes and much more....

Local celebrities, leaders and PowerUp partners will be joining in the fun!

Register to attend the event visit [powerup4kids.org](http://powerup4kids.org) or (651) 430-5200



HealthPartners Family of Care

*\*PowerUp is supported by designated funds of the Lakeview Foundation and HealthPartners with planning and oversight by the Lakeview Foundation Health & Wellness Advisory Committee.*