

# powerUP

PowerUp Press  
....For Families



Vol 5 Issue 2



## HOLD ON TO YOUR CHEF'S HAT.

IT'S TIME TO

TRY  
FOR 5

WITH THE  
POWERUP  
SCHOOL  
CHALLENGE.

The **PowerUp** School Challenge is back and ready to help kids sharpen their chef skills and Try for Five! This year's Challenge will have kids and families stirring, chopping, whisking and mixing their way to tune up their taste buds and earn the title of Power Chef!

Over the next few months, more than 40 schools across the St. Croix Valley will spend three weeks trying and tracking their fruits and veggies. The Challenge will also help kids discover and explore where our fruits and veggies come from – the farm, to the store, to their plate – with lots of fun food experiments, chef secrets and magic in between.

**3 OUT OF 4** respondents to the parent and teacher survey say that because of the School Challenge their **KIDS ARE TRYING MORE FRUITS AND VEGGIES.**

### EARN DOLLARS FOR YOUR SCHOOL!

Did you know your school can earn PowerUp Bucks just for participating in the School Challenge? PowerUp Bucks can be used for wellness supplies/equipment, such as cross country skis, climbing walls, gym equipment and more.

### YOUR FAMILY CAN JOIN IN THE CHALLENGE TOO!

- Watch for this Power Pack magazine in your child's backpack
- Start practicing the Power chef skills found inside and get the whole family excited about trying fruits and veggies
- Master all 10 chef skills and earn the title of Power Chef, plus become a member of our Power Chef Club
- LOOK INSIDE your Power Pack for all the details



**MARK YOUR CALENDAR! LOOK INSIDE TO FIND A CALENDAR FULL OF FUN WAYS TO POWERUP THIS WINTER!**

Find all the ways to Try for Five and School Challenge details at [powerup4kids.org](http://powerup4kids.org)



AMERY HOSPITAL & CLINIC  
HUDSON HOSPITAL & CLINIC  
LAKEVIEW HOSPITAL  
STILLWATER MEDICAL GROUP  
WESTFIELDS HOSPITAL & CLINIC

# POWERUP YOUR FAMILY'S CALENDAR THIS WINTER!

ALL EVENTS are FREE or low cost. Find times, location and all the details at [powerup4kids.org](http://powerup4kids.org).

## LEGEND



## JANUARY

FREE

Sunday

@ Mahtomedi

22

FREE

Friday

@ North Hudson Elementary & Stillwater Junior High

27

FREE

Saturday

Family Skate @ N. Campus HS - WBL

28

## FEBRUARY

FREE

Tuesday

FREE entry @ any Washington County Park

2

FREE

Friday

@ Stillwater Junior High

3

FREE

Saturday

@ Cooks of Crocus Hill Stillwater\*

4

FREE

Saturday

Winter Carnival, @ Early Childhood Family Center Stillwater

4

FREE

Sunday

@ Amery Intermediate School

5

FREE

Sunday

@ New Richmond Sports Center

5

FREE

Friday

@ North Hudson Elementary & Stillwater Junior High

10

FREE

Friday

Family Fun Night @ Lakeaires Elementary School, WBL

10

FREE

Saturday

@ Somerset Middle School

11

FREE

Tuesday

Happy Valentine's Day (find sweet ways to PowerUp at [powerup4kids.org](http://powerup4kids.org))

14

FREE

Wednesday

@ Mahtomedi\*

15

FREE

Thursday

@ Somerset Middle School

16

FREE

Friday

@ Stillwater Junior High & North Hudson Elementary

17

FREE

Saturday

@ Curio Dance Studio Stillwater\*

18

FREE

Sunday

@ Amery Intermediate School

19

FREE

Tuesday

@ Oneka Elementary WBL

21

FREE

Friday

@ North Hudson Elementary & Starr Elementary New Richmond

24

FREE

Saturday

@ Early Childhood Family Center Stillwater

25

## MARCH

FREE

Tuesday

FREE entry @ any Washington County Park

1

FREE

Friday

@ Stillwater Junior High

3

FREE

Saturday

@ Cooks of Crocus Hill Stillwater\*

4

FREE

Saturday

@ Early Childhood Family Center Stillwater

4

FREE

Tuesday

PowerUp is helping kids grow up healthy in Stillwater.\*  
• share your ideas  
• free healthy meal  
• free play room

7

FREE

Tuesday

@ Oneka Elementary WBL

7

FREE

Sunday

@ Amery Intermediate School

12

FREE

Wednesday

@ Mahtomedi\*

15

FREE

Thursday

@ Somerset Middle School

16

FREE

Friday

Happy St. Patrick's Day

17

FREE

Saturday

@ Curio Dance Studio Stillwater\*

18

FREE

Saturday

@ Somerset Middle School

18

FREE

Saturday

@ Family Fresh Hudson\*

25


Mark your Calendar full of fun Family Ways to PowerUp!

\* Requires registration at [powerup4kids.org](http://powerup4kids.org).



## RECIPE

### CHEESY CAULIFLOWER CRUST OR DIPPERS

PREP TIME	15 - 20 MIN.	COOK TIME	35 - 40 MIN.	SERVING	8 - 10	DATE	WINTER 2017
INGREDIENTS		DIRECTIONS					
• 1 medium head cauliflower		1. Preheat oven to 425°F.		4. Once cauliflower crumble is drained well, place in large bowl. Add ½ cup mozzarella cheese, beaten egg, oregano, basil, and garlic powder. Stir in the mixture well.			
• 1 egg, slightly beaten		2. Wash and clean cauliflower, cut into chunks. Make sure to remove its core.		5. Line a baking sheet with parchment paper and spray it lightly with cooking spray. Spoon cauliflower mixture onto pan. Using your hands, form the mixture into an 8 ½ x 11-inch rectangle.			
• 1 cup part-skim mozzarella, shredded		3. Crumble the cauliflower:		6. Place in the oven for 30 minutes or until crust is golden brown and firm.			
• ½ cup shredded Parmesan cheese, shredded		• Place cauliflower in a food processor or blender and pulse it until it is “crumbled” or a “rice” consistency (or can use a hand grater).		7. Remove it from the oven and top it with remaining mozzarella and Parmesan cheese.			
• 1 teaspoon dried oregano		• In a large saucepan, heat 1-inch of water until boiling. Add in the cauliflower, cover, and steam for 4 - 5 minutes. Watch closely so it doesn't boil over.		8. Return to oven to bake for another 5-10 minutes or until cheeses are melted.			
• 1 teaspoon dried basil		• Use a fine mesh strainer to drain the cauliflower. Allow cauliflower to cool for a few minutes, then place in in a clean dish towel or paper towel and squeeze to remove excess water.		9. Use as pizza crust or cut into sticks and serve with a warm marinara sauce for dipping.			
• ½ teaspoon garlic powder or 1 teaspoon fresh garlic, minced							

# BRRRRR

## IT'S COLD OUTSIDE...

### [ BUT YOU DON'T HAVE TO BE! ]

Stay toasty warm (and dry) from head to toe while being active outdoors, with these tips:

Protect your ears, cheeks, hands and toes from frostbite!

- Ears: wear a hat or headband to protect your ears
- Cheeks and Chin: wear a scarf or neck warmer that can be pulled up around your face
- Hands: mittens tend to be warmer than gloves because they trap body heat by keeping your fingers together
- Toes: Wear wool socks or other thermal, moisture-wicking socks to keep your feet warm and dry



Frostbite is when your skin is exposed to extreme cold for too long. It actually freezes your skin. Keep your fingers, toes, ears, cheeks, chin and nose covered and protected when you're out in the cold because these are the parts that get frostbit the most.

#### **DRESS LIKE AN ONION... IN LAYERS!**

Layers help to insulate and trap your body heat, plus it allows you to remove layers if you get too warm.

- Base Layer (against your skin) — to keep you dry. Wear fabric like polypropylene or other synthetic material, silk or wool.
- Insulation Layer— to keep you warm. Choose wool, fleece, down or fiber-filled jacket
- Shell Layer - to shield you from the wind and wet. Choose an outer protective jacket.

#### **COTTON IS ROTTEN! WHAT?**

Okay, not all the time, but wearing cotton against your skin when your active outdoors can leave you wet and cold. Why? Because cotton soaks up moisture. To stay warm and dry wear fabric that wicks moisture away from your skin.