

# powerUP

PowerUp Press  
For Families



Vol 5 Issue 3

## ARE YOU HUNGRY FOR SOME FAMILY TIME?

Turns out, just sharing meals together is a great way to build in family time — and for more reasons than you may know.

Making room on busy schedules for sharing meals together helps build family connections and serves up great results for kids too. Research shows that more time together leads to higher self-esteem, better grades and healthier overall choices for kids. And that's not all! Studies also find that mealtime conversation can actually be a powerful vocabulary-booster for kids, very similar to reading. Telling stories and sharing the day's experiences actually helps our kids become better problem-solvers and even eat better.

Relax, unplug, tell stories, laugh, reconnect and recharge through family time at mealtime.

**Building family time around mealtime is a powerful way to build strong family ties and healthy kids, too!**

## DRIVE-THRU DINING — DONE RIGHT

Drive through dining happens. We get it. Some of the best picks are grilled chicken or fish, a plain burger or sub sandwich filled with veggies on whole grain bread/bun or even wrapped in lettuce. Fresh salads with beans or quinoa and egg and veggie wraps/sandwiches are also popping up in many restaurants. Ask for a side of fruit and stick with water or milk to drink. Most importantly, even with fast food, slow down and enjoy the time together!

## FUN, QUICK AND EASY

### EGGS-ELLENT FEAST

1. Eggs – anyway you like – hard boiled, scrambled, baked into an omelet or frittata (this one can even be made ahead and eaten hot or cold).
2. Toss in or top your eggs with any veggies you've got - spinach, kale, onions, peppers, mushrooms, beans, avocado or even salsa.
3. Grab a glass of milk + a side of fruit.

### DIY PASTA BAR

1. Start with cooked whole grain pasta
2. Top with pesto or tomato pasta sauce-from a jar will do just fine
3. Add protein - chicken, hamburger, shrimp, black beans or ham...whatever you have on hand
4. Pile on some veggies- Set out favorites like peas, peppers, broccoli, onions, mushrooms and even pineapple.



Find more kid-approved recipes  
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 FOR SPRING!

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

## LEGEND



## APRIL

**Saturday**  
Planting Class\*  
@ Stillwater  
PowerUp

1

**Thursday**  
Planting Class\*  
@ Mahtomedi Dist.  
Education  
Center

6

**Friday**  
@ Lakeaires  
Elementary  
WBL

7

**Saturday**  
@ Somerset  
Middle  
School

8

**Thursday**  
Family Fun  
Night @ Matoska  
Int. Elementary

13

**Saturday**  
@ Hungry  
Turtle, Amery\*

15

**Wednesday**  
@ Mahtomedi Dist.  
Education Center\*  
@ Somerset Middle School

19

**Saturday**  
Camp wanna  
run a mile or more\*  
@ Bald Eagle Park

22

## MAY

**Saturday**  
Family Cinco De  
Mayo Tri @ Stillwater\*

5

**Saturday**  
Family 2k  
@ Amery\*  
Historic Stairs Fitness  
Hike @ Stillwater\*

6

**Tuesday**  
Community  
Conversation @  
Stillwater\*

9

**Wednesday**  
Open Gym with  
Kids Dance + FREE  
Veggie Giveaway  
@ Somerset

10

**Thursday**  
FREE Veggie  
Giveaway @  
Mahtomedi & Amery

11

**Friday**  
Open Gym with  
Kids Dance @  
Hudson  
& Amery

12

**Saturday**  
Kid's Animal Hike\* @ Willow River  
State Park, Hudson  
**2 Dance Parties:**  
Family/kids + Teen @ Curio Dance, Stillwater

13

**Sunday**  
Geocaching @  
Willow River Park,  
Hudson

14

**Saturday**  
Family Health & Safety Event @ Westfields  
BearPowerFamily Breakaway Bike Ride\* @ WBL

20

**powerUP**  
JOIN US!  
MAY 5-13  
WEEK 2017

Visit [powerup4kids.org](http://powerup4kids.org) for more details  
and events in your area.

MARK YOUR  
CALENDAR  
FULL OF FUN  
FAMILY WAYS  
TO POWERUP!

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



## RECIPE

### QUINOA BERRY YOGURT BOWL

PREP TIME 10 MIN.

COOK TIME 15 MIN.

DATE SPRING 2017

#### DIRECTIONS

- Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.
1. Cook quinoa according to instructions on package or use the following steps.
    - How to cook quinoa (1 cup uncooked quinoa makes 3 cups cooked):
    - Combine 1 cup (rinsed) quinoa with 2 cups water in a medium saucepan. Bring to a boil.
    - Cover, reduce heat to low, and simmer until quinoa is tender, about 15 minutes.
  2. Mix Quinoa, yogurt and berries in a bowl.
  3. Sprinkle with sunflower seeds, almonds and mint. Drizzle with honey or maple syrup on top.
- Note:** Quinoa holds lots of water, so make sure to drain it thoroughly after it's cooked.

#### INGREDIENTS

- 1/3 cup cooked quinoa (or buy it already prepared)
- 1/3 cup plain or vanilla yogurt (regular or Greek)
- Raspberries (or your favorite berries)
- 1 tablespoon sunflower seeds
- 1 tablespoon sliced almonds
- Mint, chopped
- Drizzle of honey or maple syrup (optional)



FROM THE KITCHEN OF **powerUP**



## RECIPE

### LISA'S PHILLY- STUFFED PEPPERS

PREP TIME 30 MIN.

COOK TIME 20 MIN.

SERVING 6

DATE SPRING 2017

#### DIRECTIONS

1. Preheat oven to 400 degrees
2. Wash peppers, cut tops off, clean out the inside of each and place into a pan
3. Over medium heat toss onions, mushrooms, garlic, thinly sliced steak and salt and pepper to taste.
- Lisa's tip: Be sure to chop up and use the tops of peppers, too.
4. Fill peppers with meat mixture
5. Top each pepper with a slice of provolone cheese.
6. Bake for 20 minutes until cheese is golden brown.
7. Serve and enjoy.

#### INGREDIENTS

- 6 colorful bell peppers
- 1 cup mushrooms (diced)
- 1 small onion (diced)
- 2 cloves garlic (chopped)
- 1 1/2-2 pounds lean cut of steak (or whatever meat you have on hand)



FROM THE KITCHEN OF **powerUP**

Visit [powerup4kids.org](http://powerup4kids.org) to register and find more  
open gyms, cooking classes, events and recipes, too!

# powerUP

and play together as a Family!



PowerUp's TOP TEN ways to be active and have some family fun together! Can you check off all 10?



1

## PLAY "I SPY POWERUP"

Go on a walk and look for things that begins with the letter "P", then an "O", then a "W" until you spell POWERUP



Try bird watching with a library book or online tool.

2



3

## PLAY HOPSCOTCH.

Use chalk on a sidewalk or tape indoors.

4

Make a popcorn string to feed the birds.



5

## MAKE A DIY BALANCE BEAM.

Place strips of masking tape on the floor. Each person walks the tape, toe-to-heel. Try it backwards too!



6

CLIMB A HILL and roll down it if you dare.



7



Bowl indoors with 6 water bottles in a triangle. Try to knock them over with a tennis ball.

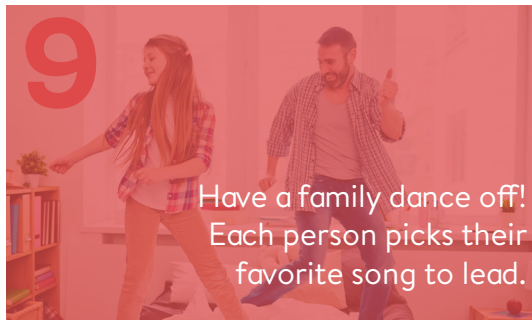
8

## PLAY RED-LIGHT GREEN LIGHT.

One person is the "stoplight" and calls out the colors. Green light means start moving, skipping, or running. Yellow light means slow down. Red light means stop. Make it a competition!



9



Have a family dance off! Each person picks their favorite song to lead.

10

PLAY AT A NEW PARK.



Tell us other ways that you PowerUp as a family! Include a story and a picture of your PowerUp family time and you could be featured in our next PowerUp Press! Please send your photos and descriptions to [info@powerup4kids.org](mailto:info@powerup4kids.org).

Visit [powerup4kids.org](http://powerup4kids.org) for more family fun ways to PowerUp together.