

POWER PACK

Family Magazine



TRY THIS RECIPE!
page 38

**BREAKFAST
IN A SNAP**

**MIX-AND-MATCH
LUNCHES**

**LEFTOVER
MAKEOVERS**

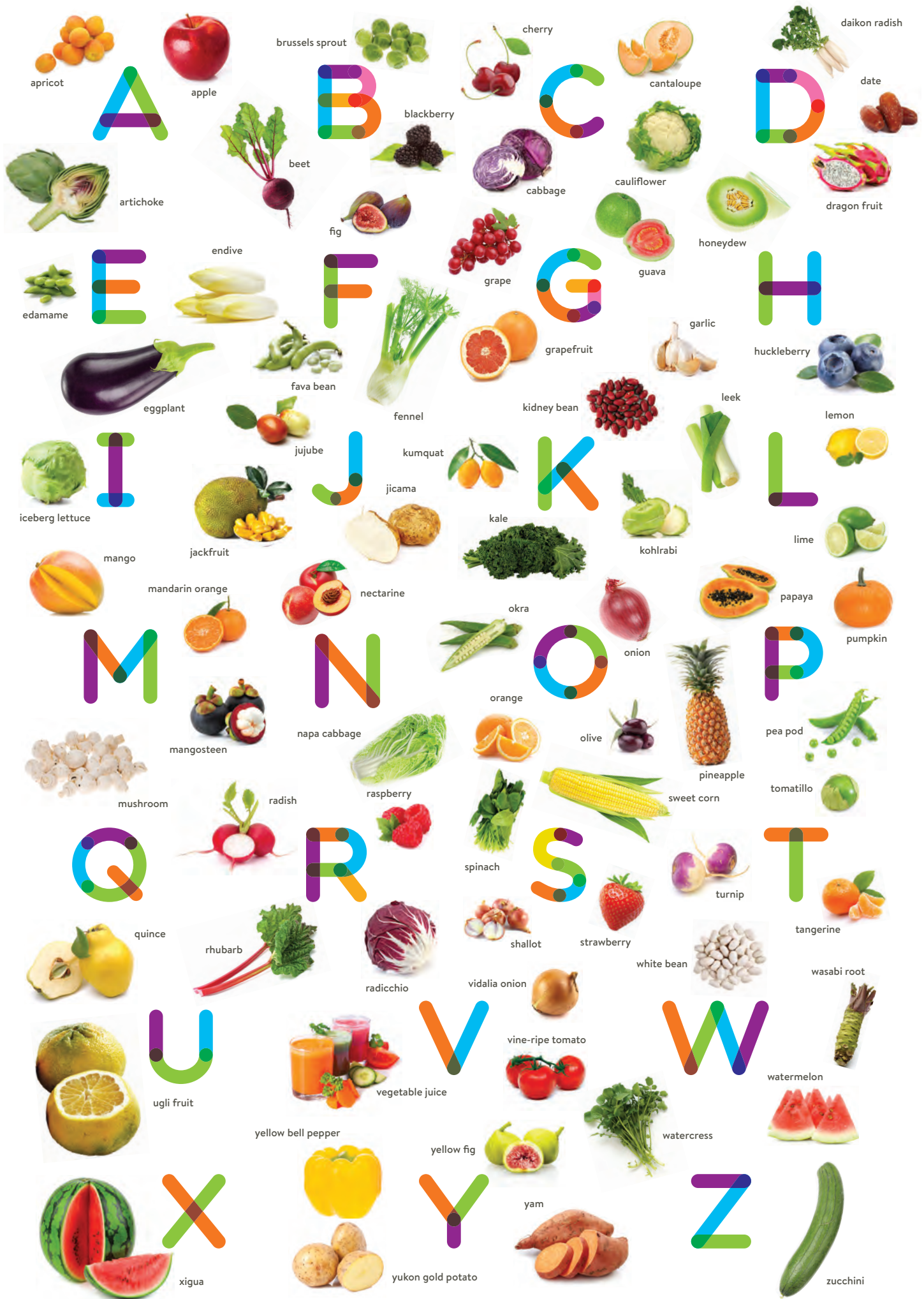
**POWER UP
YOUR PARTY**

power^{UP}



HealthPartners®

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



apricot



apple

brussels sprout



blackberry



cherry



cantaloupe



daikon radish



date



artichoke



beet



cabbage



cauliflower



dragon fruit



edamame



endive



fig



grape



guava



honeydew



garlic



huckleberry



eggplant



fava bean



fennel

kidney bean



leek



lemon



iceberg lettuce



jujube



kumquat



jicama



kale



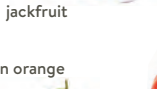
kohlrabi



lime



mango



jackfruit



nectarine



okra



onion



papaya



pumpkin



mandarin orange



napa cabbage



orange



olive



pineapple



pea pod



mushroom



radish



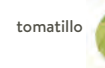
raspberry



spinach



sweet corn



tomatillo



quince



rhubarb



radicchio



shallot

strawberry



turnip



tangerine



ugli fruit



vegetable juice



vine-ripe tomato



watermelon



yellow bell pepper



yellow fig



watercress



xigua



yukon gold potato



yam



zucchini





Try for 5

with the **POWER**^{UP} Family Challenge

We've all heard that eating five fruits and veggies is important, but sometimes it can feel like a struggle. With busy schedules, picky eaters and tight food budgets, how can families actually get five each day?

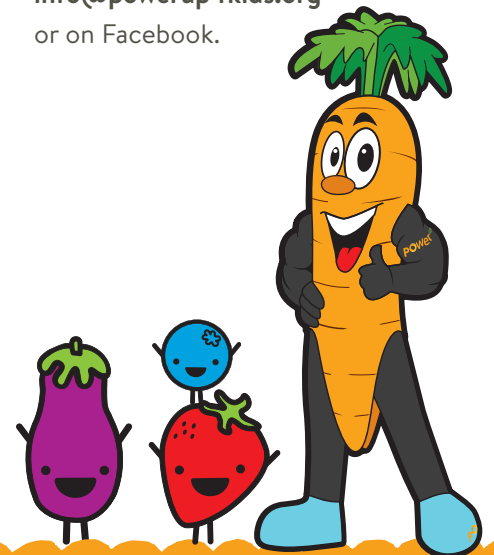
The PowerUp Family Challenge is your place to start! All you need is a family who's up for taking a fun food adventure.

Here's how to get started:

1. Use this Power Pack to find:
 - Easy ideas from real families on how to fit in more fruits and veggies
 - Kid-friendly recipes for morning, noon, evening and in between
 - Fun activities for kids and families
2. Let everyone pick out a fun activity or recipe to try over the next few weeks.
3. Take time to explore new fruits and veggies together

at the store, at home or even on the go.

4. Enjoy more family meals together.
5. Tell us how your family Powered Up at info@powerup4kids.org or on Facebook.





Picky eaters?

It's normal for kids to resist trying new foods, including fruits and veggies. It often takes time and multiple tries of new foods to find their favorites. Here are some tips to help you avoid a food battle:

- **Make it a fun adventure.** Kids are naturally curious so try new foods together by making it an exciting activity! Find out where a food grows or comes from. Make up silly names for new fruits and veggies, cut them into fun shapes and count how many new foods you try.
- **Offer again and again.** Including new fruits and veggies at meals and snacks helps kids get comfortable and develop new tastes. Offer foods in a positive way, because pressuring, bribing or listing all the reasons they should eat healthy food usually backfires. As kids continue to grow, their tastes will grow too. As long as kids continually have opportunities to try new foods, they'll eventually find their favorites.
- **Get kids involved.** When kids help prepare foods, they're more likely to eat them. Find fun ways your kids can help in the kitchen on page 14.
- **Be patient and positive.** With time, even the pickiest eater may surprise you with how they want to try for five!



MORNING

- 3 Get a morning boost
- 4 Breakfast in a snap
- 5 Have an egg-cellent morning
- 6 Around the world
- 7 Sunrise word jumble

MIDDAY

- 8 Make a midday marvel
- 9 Mix-and-match lunches
- 10 Carrot-eristics
- 11 Midday word mix-up
- 12 Food shopping scavenger hunt
- 13 Color your lunchbox

EVENING

- 14 Create easy evening eats
- 15 Leftover makeovers
- 16 Cabbage, cabbage everywhere
- 17 Table talk
- 18 More table talk
- 19 A-maze-ing taste

SNACKS AND CELEBRATIONS

- 20 Try some super snacks
- 21 Make your own munch mix
- 22 Snack match
- 23 High-flying fun
- 24 Power up your party
- 25 Play with your food

BEVERAGES

- 26 Splish-splash, fill up your glass
- 27 Mouth-watering milk
- 28 Be a sugar detective
- 29 Way cool water
- 30 Fill 'em up with water relay
- 31 Sprout and grow

RECIPES

- 40 ANSWER KEY

Get a morning boost

Kick-start your day with breakfast! Not only is it a great time to start trying for five fruits and veggies, but it helps boost energy, brain power and even better attitudes in both kids and adults. Plus, it's easy to fit in with just a little planning.



Before you go to bed:

- Decide together what to eat for breakfast. Keep foods simple and quick to save time for eating. You can save time with make-ahead breakfasts like hard-boiled eggs or the ideas on the next page.
- Set out dishes and key ingredients.
- Make time by packing school supplies to lessen the morning rush.

In the morning:

- Sit down with the kids for breakfast. It's worth the time and a great way to start the day together.

Morning bites

Want your kids to try more adventurous breakfasts? Try choosing a few new and unique ones yourself and they'll likely follow your lead.

BUSY MORNINGS

"Our mornings are so busy! To help save time I make Blueberry Refrigerator Oatmeal (recipe on page 33) the night before, and then while we sleep, the fridge does all the work. In the morning, we grab it out of the fridge for a quick meal at home or take it on the go. It's super simple to make and the kids love it!"

— Dad of two boys on the move (6 and 4)



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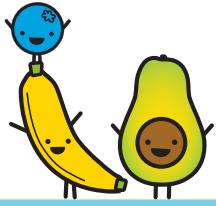


What's up, Doc?

Begin with breakfast

"Kids who eat breakfast do better in school and even on the playground. Studies show that breakfast helps kids concentrate and also improves problem-solving skills and eye-hand coordination too. Breakfast is important to start the day."

—Bijan Shayegan, MD,
Pediatrician,
Stillwater Medical Group



Breakfast in a snap

With just a little planning and prep, these morning boosts are ready in minutes.

Power parfait



berries

plain or vanilla yogurt

sprinkle of cereal or nuts

Bagels gone bananas

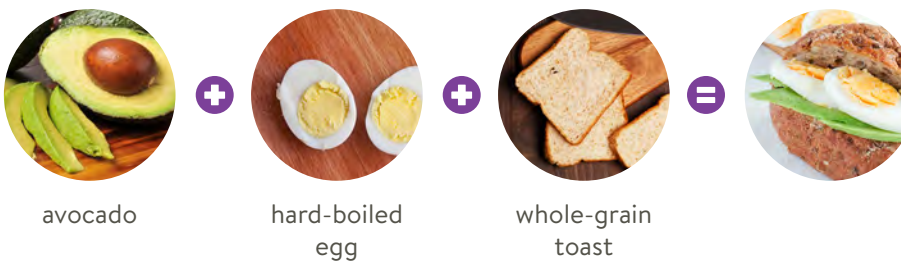


bananas

whole-grain bagels

nut or seed butter

Green egg and toast



avocado

hard-boiled egg

whole-grain toast

Try these brainy breakfast recipes!

From left to right: PB&J oatmeal bars, page 33; Banana apple pancakes, page 33; Breakfast burrito, page 33.



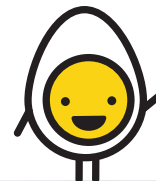
How to make the perfect hard-boiled egg

1. Gently place eggs in a large saucepan.
2. Cover with cold water by one inch.
3. Slowly bring water to a boil over medium heat. When the water has reached a boil, cover and remove from heat. Let sit 12 minutes.
4. Place eggs in a colander and run under cold water to stop the cooking.
5. Peel and serve immediately or refrigerate for later.



Time saver tip:

Make the hard-boiled eggs the night before.



HAVE AN EGG-CELLENT MORNING



Start your family's day with a power-packed veggie scramble. It's quick, easy and extra yummy!

Step 1: Crack eggs into a small bowl and add a bit of milk





Step 2: Beat with a fork

Step 3: Heat a small amount of oil in a pan and pour in eggs

Step 4: Add a veggie or two and scramble until eggs are firm

Step 5: Gobble up and check your favorite scrambles in the chart below



Veggie		Taste test	
Mushroom		<input type="checkbox"/> Tried it	<input type="checkbox"/> Liked it
Salsa		<input type="checkbox"/> Tried it	<input type="checkbox"/> Liked it
Onions		<input type="checkbox"/> Tried it	<input type="checkbox"/> Liked it
Spinach		<input type="checkbox"/> Tried it	<input type="checkbox"/> Liked it
Pick a veggie:		<input type="checkbox"/> Tried it	<input type="checkbox"/> Liked it
Pick a veggie:		<input type="checkbox"/> Tried it	<input type="checkbox"/> Liked it



What's an egg's least favorite day of the week?

A: Fry-day

AROUND THE WORLD

Fruits and veggies star in morning meals all around the world. Can you match these yummy foods to the country where they're eaten?



Nyob zoo sawv ntxov*

Good morning!

*Hmong for: Good morning

1. Sautéed mustard greens, chili peppers



2. Plantain, yucca



3. Kimchee (pickled cabbage), bean sprouts



Ecuador

Korea

Laos/Cambodia

Answers: 1. Laos/Cambodia; 2. Ecuador; 3. Korea



SUNRISE WORD JUMBLE

Can you find these morning words in the madness below?



AWAKE
BLUEBERRY
BREAKFAST
EGG
GRANOLA
MILK
MORNING
MUSHROOM
ORANGE
PAJAMAS
PEPPERS
SMOOTHIE
TOMATO
YOGURT

P	Z	Z	T	Z	J	D	M	B	N	W	A	O	J
E	G	G	P	T	B	L	U	E	B	E	R	R	Y
J	C	R	B	T	A	W	S	A	Z	Q	U	A	B
T	Q	A	R	S	K	E	H	K	H	B	T	N	Z
F	C	N	E	X	V	T	R	O	E	S	S	G	P
I	A	O	A	Y	M	Y	O	A	W	A	K	E	E
M	I	L	K	J	O	T	O	U	W	H	Q	R	P
O	H	A	F	H	I	H	S	C	Z	X	B	N	P
R	R	W	A	E	B	S	M	O	O	T	H	I	E
N	M	A	S	P	A	J	A	M	A	S	M	R	R
I	J	C	T	O	M	A	T	O	B	T	E	Z	S
N	B	J	A	J	N	Z	D	H	J	R	S	J	O
G	U	O	A	Y	O	G	U	R	T	B	B	F	L
L	Z	V	N	G	L	H	S	M	D	A	I	V	I

Answers on page 40.

TASTY TRIVIA



1. True or false:
Eating a morning meal helps your body and brain stay powered all day?

2. What fruit did people use to carry water on long, hot journeys?

3. What is the most popular fruit in the world?

4. Which parts of a plant do we usually call a "vegetable"?



Answers: 1. True; 2. Watermelon; 3. Mango; 4. Leaves, stems, roots

Make a midday marvel

Lunch is an important pit stop for kids to power up for the rest of their day. Whether packing a lunch or eating at school, lunch helps kids:

- Add in more fruit and veggie servings
- Reboot their bodies and brains for lasting energy
- Avoid getting overly hungry before the day ends



What's up, Doc?

Lunch matters!

"Studies show that children who eat a well-balanced lunch often do better in school and are more alert. If your child eats lunch at school, rest assured, a good variety of fruits and veggies are offered; plus they are getting one-third of their daily needs from important nutrients like protein, vitamins A and C, iron and calcium."

— Stephen Scallon, MD, Pediatrician, Stillwater Medical Group



MAKE AHEAD LUNCH IDEA:

Salad in a jar

These salads are a huge time saver for busy families, and they're perfect for a meal at home or on the go. Remember, kids are much more likely to eat and enjoy what they helped create, so this is a great option to get kids in the kitchen so they can try for five.

Step 1: Chop

Step 2: Layer

Step 3: Shake, pour and enjoy or refrigerate up to four days

Layering your mason jar meal



greens (lettuce, spinach, cabbage)

proteins (cheese, chicken, tuna, egg)

veggies (mushrooms, tomatoes, carrots, etc.)

dressing



"How can I mix up my kids' lunch so they don't get bored, but still get what they need to power through their day?"



Get kids involved in the planning and prepping of their lunches and they'll no longer be bored! Also, making foods that are bite-size and easy to eat will help kids eat better, especially when they're short on time. Here are just a few ideas:

- Fruit and veggie cutouts. Let kids cut produce into their favorite shapes and sizes.
- Simple sandwiches or wraps (recipe on page 34). Make them fun and easy to eat by cutting them into small squares or pinwheels.



Mix-and-match lunches!

Kids, pick one or more foods from each group to create a power-packed lunch.
Enjoy with water or milk.

Veggie	Fruit	Protein	Whole grain
Asparagus	Apple slices	Cheese	Bagel
Beets	Applesauce (unsweetened)	Chicken	Bread
Black beans	Apricots	Cottage cheese	Brown rice
Broccoli	Avocado	Hard-boiled egg	Cereal
Carrot sticks	Banana	Hummus	Crackers
Celery sticks	Berries	Nuts	Oatmeal
Cherry tomatoes	Cantaloupe slices	Nut butter	Pasta
Corn	Cherries	Soy	Pita pocket
Cucumber slices	Dates	Tofu	Popcorn
Edamame	Grapes	Tuna	Quinoa
Garbanzo beans	Grapefruit	Turkey	Tortilla
Green beans	Honeydew	Yogurt	Wild rice
Kohlrabi slices	Jackfruit		
Jicama	Kiwi		
Lettuce	Mango		
Peapods	Oranges		
Radishes	Peaches		
Salsa	Pears		
Squash	Pineapple		
Sweet pepper slices	Pomegranate seeds		
	Raspberries		
	Strawberries		
	Watermelon cubes		



Remember to look for fresh, frozen, canned and dried options. They all count towards your five!

Enjoy these likable lunch recipes!

From left to right: Turkey spinach pinwheels, page 34; Sandwich on a stick, page 34; Black bean veggie quinoa salad, page 34; Tuscan tuna and bean salad, page 35.



CARROT-TERISTICS

Carrots are a rockin' root that can be prepared in many tasty ways. Test out all of these ideas and check your family's favorites.



Grate it

Grate carrots, then add cinnamon, raisins and a drizzle of honey.

Favorite



Blend it

Cook carrots, apple slices and a chopped onion in broth until soft. Puree in a blender for a tasty soup.

Favorite



Bake it

Place whole carrots in a pan and drizzle with oil. Top with parmesan cheese and bake.

Favorite



Steam it

Chop carrots into coins. Place in a pan with a small amount of water. Steam until soft, then drizzle with maple syrup.

Favorite

Create it

Serve up your carrots in a new, fun way!



Safety tip:

Ask an adult for help with sharp knives, appliances and hot ingredients.



MIDDAY WORD MIX-UP

Can you solve the riddles and then find the answers in the word search?

1. I'm crunchy and orange and grow underground and one of the most popular veggies around!

What am I? _____

2. I'm green as green can be and some say I look like a tiny tree!

What am I? _____

3. I'm yellow and soft and hang in a bunch, peel me open at breakfast and lunch!

What am I? _____

4. I'm hard and green on the outside, inside soft and pink. I have lots of seeds for spitting, good for a picnic I think!

What am I? _____

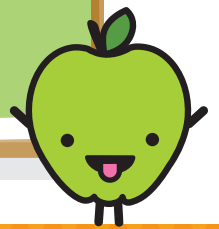
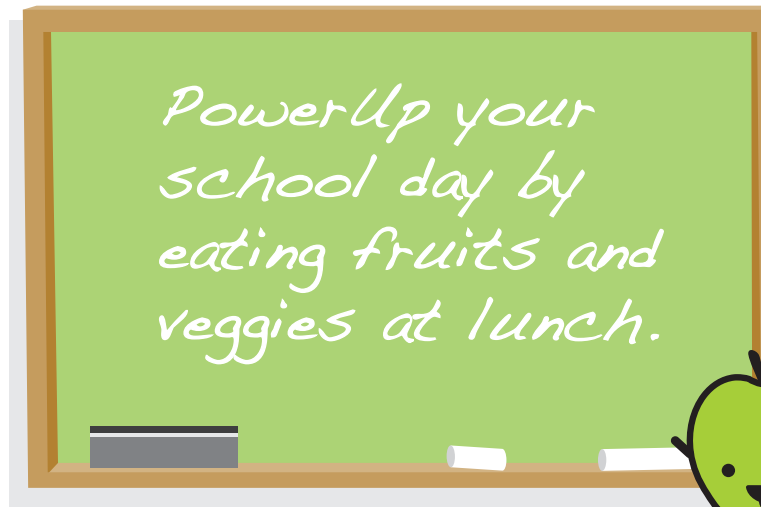
5. I'm red and sweet and wear a little green hat. My seeds are on the outside – imagine that!

What am I? _____

X	S	G	T	C	Q	T	L	E	E	F	A
X	J	R	R	G	W	O	U	D	B	R	S
R	Z	S	T	R	A	W	B	E	R	R	Y
N	D	L	O	A	T	O	W	D	O	H	O
S	E	S	E	R	E	E	M	M	C	H	S
R	P	C	P	F	R	T	H	E	C	E	S
S	N	F	E	L	M	O	F	B	O	W	F
C	X	I	V	H	E	O	L	E	L	R	J
E	A	H	R	I	L	E	T	Q	I	M	E
R	C	A	R	R	O	T	L	E	C	F	O
O	B	A	N	A	N	A	F	C	X	A	L
P	F	T	C	O	N	M	E	A	I	V	I

Answers: 1. Carrot; 2. Broccoli; 3. Banana; 4. Watermelon; 5. Strawberry.

Answers on page 40.



JUICY JOKES



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's a taxi driver's favorite kind of vegetable?

A. A cab-bage!

Q. What does corn say when it feels embarrassed?

A. "Aw, shucks!"

FOOD SHOPPING SCAVENGER HUNT



Choose canned fruits and veggies in 100% juice or water.



BE A SUPERMARKET SUPER-SLEUTH!

Answer these questions the next time you're shopping for food. Write as many answers as you can.

How many different kinds of lettuce can you find? Write down their names.

How much does the average orange weigh?

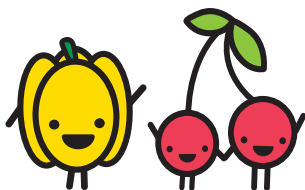


How many potatoes do you think are in a 5-pound bag?

What kind of apples can you find this time of year?

How many different colors of fruits and veggies are in your basket or cart?

- 1 2 3 4 5+



List three different fruits and veggies you'd like to try for lunch this week:

1. _____
2. _____
3. _____

COLOR YOUR LUNCHBOX

Grab some markers and crayons and draw your favorite lunch.

Don't forget yummy fruits and veggies!



¿Como se dice?*

How do you say...

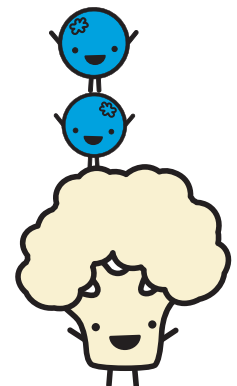
Take a trip around the world and see if you can match these fruits and veggies to their English name.



*Spanish for: How do you say?

1. Aubergine (French)
2. Gomba (Hungarian)
3. Oinniún (Irish/Gaelic)
4. Arándano (Spanish)
5. ελιά (Greek)
6. Kartoffel (German)
7. Blomkool (Afrikaans)

- Olive
- Cauliflower
- Onion
- Mushroom
- Blueberry
- Potato
- Eggplant



Answers: 1. Eggplant; 2. Mushroom; 3. Onion; 4. Blueberry; 5. Olive; 6. Potato; 7. Cauliflower

EVENING

Create easy evening eats

Sharing a meal is one of the best ways to keep your family connected and trying for five. Could your family carve out time for more, quick family meals? Start with these simple tips:

- **Find 15-30 minutes to eat together.** It can be at home, on the go, every day or a few days a week.
- **Focus less on food.** Whether you eat leftovers or a gourmet meal, taking time together over a meal is what matters.
- **Talk and connect.** Leave the tough stuff off the table and enjoy fun table talk! Get started on page 17-18.
- **Get all your cooks in the kitchen.** Give each family member a task and watch their kitchen skills grow. Here are some ideas for all ages.



LITTLE CHEFS

(2-5 years)

- Mash
- Measure
- Pour
- Stir
- Use dull knife
- Wash
- Whisk

JUNIOR CHEFS

(6-8 years)

All little chef skills, plus

- Use can opener
- Use garlic press
- Use juicer
- Use peeler
- Use small knives

MASTER JUNIOR CHEFS

(9-12 years)

All little and junior chef skills, plus

- Read recipes
- Use blender
- Use large knives
- Use oven and stovetop
- Use timers and thermometers

SUPERVISING CHEF

(Adult)

Remember to:

- Answer questions
- Have kids wash hands
- Make sure kids are ready for the given task
- Supervise all tasks



What's up, Doc?

Family meals are key

"Eating together connects your family which is something kids crave! Studies show that when families eat together, kids:

- do better in school and become better problem-solvers
- eat better, including more fruits and veggies and fewer sugary drinks
- feel less stress, plus are less likely to smoke or use drugs or alcohol."

— Kelli Ostermann, MD, Pediatrician, Westfields Hospital & Clinic

DISTRACTION FREE

"Our rule is no TV or electronics during dinner. It's amazing the things you hear about going on at school and with friends when all of the electronic distractions are out of the way!"

— Cheri, mom of three

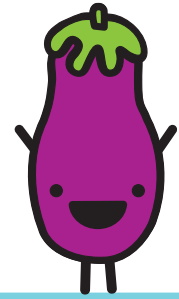
Dine on these evening recipes!

From left to right: Rainbow pizza, page 35; Five-spice chicken lettuce wraps, page 36; Slow-cooked shredded pork or beef, page 36; White chicken chili with avocado, page 36.



Leftover makeovers

Save time in the kitchen by roasting a bunch of veggies and turning them into power-packed meals throughout the week.



Day 1: Roasted veggies



Roasting brings out the natural sweetness in veggies. All you need is a pan, oil, veggies, an oven and about 15-30 minutes. You can roast whatever veggies you have on hand like carrots, onions, asparagus, cauliflower, mushrooms or even tomatoes. Try them plain or jazz them up with a few toasted nuts or parmesan cheese.

Day 2: Very veggie pizza

Kids love picking their own toppings!



roasted veggies



tomato sauce



whole-grain
pizza crust



cheese



Day 3: Fabulous frittatas



roasted veggies



egg



cheese



Top with parmesan or add chicken, shrimp or ground meat if you wish.

Veggie-saving tip:

Have small amounts of fresh or leftover veggies? Don't toss them out. Freeze them or add them to your soup, stew or casserole dishes.

Day 4: One pot pasta



roasted veggies



spaghetti
sauce



whole-grain
pasta



CABBAGE, CABBAGE EVERYWHERE

There are many varieties of cabbage eaten all over the world.

Taste test a few with your family and check your favorites!



Name	Tasty tip	Taste test
Red cabbage	Slice and sauté with apples and onions.	<input type="checkbox"/> Tried it <input type="checkbox"/> Liked it
Bok Choy	Chop white ends and cook first, add green leaves at the very end. Top with soy sauce.	<input type="checkbox"/> Tried it <input type="checkbox"/> Liked it
Brussels sprouts	Slice in half and toss with olive oil. Roast in the oven.	<input type="checkbox"/> Tried it <input type="checkbox"/> Liked it
Green cabbage	Slice and mix with shredded carrots for a yummy slaw.	<input type="checkbox"/> Tried it <input type="checkbox"/> Liked it
Other cabbage?	Get creative!	<input type="checkbox"/> Tried it <input type="checkbox"/> Liked it



TASTY TRIVIA

This vegetable has a bulb like an onion, a stalk like celery and tastes like licorice. What is it?

Answer: Fennel

TABLE TALK

EVENING

Mealtime is a great time for family chatter. Start the conversation with these cool questions. Simply cut out the questions below. Have each family member draw one and then take turns answering it.



What new foods did you try this week? What did you think about them?

What is your favorite family food tradition and why?

What is your favorite thing to eat for breakfast?

Do you know where your grandparents or ancestors are from? What foods are grown there?

Have you ever been to a farm? What did you see there, and what did you think of it?

What was your favorite birthday and why?

What was one new thing you learned or discovered today?

What is your favorite fruit? How do you like to eat it?

What makes you feel proud?

If you were running for president, what would your campaign pledge be?

What place would you like to visit most? What would you do once you got there?

Write your own:

MORE TABLE TALK



If you could decide what was for dinner every day for a week, what would your menu be?

What is your favorite game to play with friends and why?

If you were the mayor, what would you like to see changed in your city/town?

What was the most difficult thing you did today?

If you could create a new holiday to celebrate, what would it be?

What is the nicest thing a friend has ever done for you?

What is your favorite vegetable?
How do you like to eat it?

Which character in a book best describes you and why?

If you were going to write a book for kids, what would your book be about?

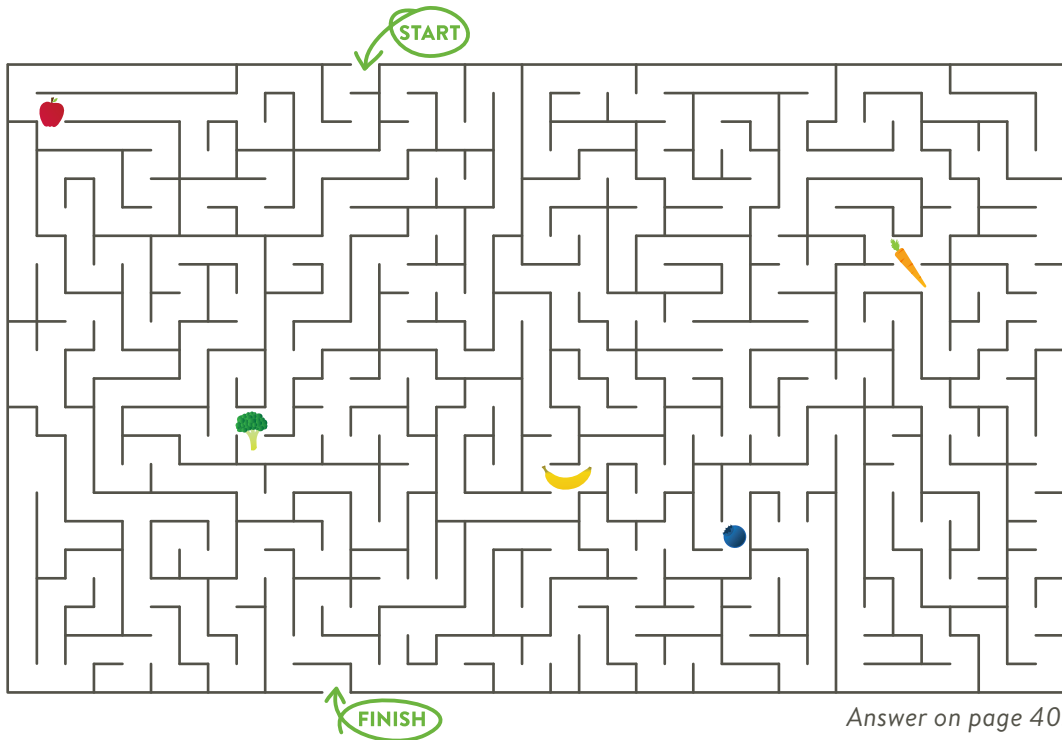
What new food do you think you might want to try and why?

What is one thing you could have done better today?

When there is still snow on the ground, what is your favorite thing to do outside?

A-MAZE-ING TASTE

Use the five yummy foods to guide you through the maze.



Answer on page 40.

JUICY JOKES

- Q: What do two bananas do when they meet each other?
A: A banana shake!
- Q: What is a vampire's favorite fruit?
A: A neck-tarine!
- Q: Why did the tomato blush?
A: Because he saw the salad dressing!



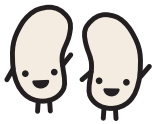
WORD JUMBLE



1. EPAPL



4. OTMOTA



2. NBAES



5. HSIADR



3. WRSTREYRBA



6. RCOOCLBI



Now, arrange the circled letters by number to tell you what to do with fruits and vegetables:



Answers: 1. Apple; 2. Beans; 3. Strawberry; 4. Tomato; 5. Radish; 6. Broccoli.

Answer: Eat them all!

Try some super snacks

A power-packed snack between meals is actually a good thing for both kids and adults. Snacking:

- Fuels growing bodies until the next meal
- Keeps focus and energy high
- Is a perfect time to fit in more fruits and veggies and try for five

Power up salsa

Step 1: In a large bowl, mix chopped veggies (celery, cucumber, red onion, tomatoes, bell peppers, a few garlic cloves) with a can of mexicorn (drained) and can of black beans (drained and rinsed).

Step 2: In a saucepan, mix ¼ cup apple cider vinegar, ¼ cup olive oil and 2 tablespoons sugar. Heat until sugar dissolves. Remove from heat and cool.

Step 3: Pour cooled oil/vinegar mixture over veggies. Squeeze in juice of 1 lime and season with your favorite pepper blend. If you like it spicy, add a diced jalapeño or cayenne pepper.



Serve with a few whole-grain crackers or blue corn chips.



The dietitian says...

Power up with snacks

“Kids do best when they eat about every 2-4 hours and snacks help them get all the nutrition they need. Snacks also help keep kids from getting too hungry between meals, which can lead to grazing throughout the day or overeating at the next meal.”

But, not all snacks are created equal. It’s best to have planned snacks for kids that include a veggie and/or fruit plus a protein and/or a whole grain.”

— Susan Crowell, MS, RD, CDE, Dietitian, Lakeview Hospital

Roasted garbanzo beans and berries



Veggie sticks with ranch yogurt dip



Serve up these savory snack recipes!

From left to right: Creamy homemade ranch yogurt dip, page 37; Popcorn munch mix, page 37; Simple slaw with pineapple, page 38.



MAKE YOUR OWN MUNCH MIX

Step 1: Sweet

Experiment with other dried fruit too!



raisins



dried apricots



dried cranberries

Step 2: Munchy

Try other nuts and seeds too!



popcorn



sunflower seeds



almonds

Step 3: Crunchy



whole-grain Cheerios™



Grape Nuts®



whole-grain Chex™

Step 4: Mix and enjoy!



Allergy alert: Some kids are allergic to certain nuts or seeds. Check with your friends and family before serving.

SNACK MATCH

Draw a line to match the snackable fruits and veggies on the left to their whole version on the right.

1.



Peach

2.



Jicama

3.



Cauliflower

4.



Kiwi

5.



Yam

6.



Pomegranate

7.



Mango

Answers: 1. Pomegranate; 2. Cauliflower; 3. Yam; 4. Peach; 5. Mango; 6. Kiwi; 7. Jicama

What did one tomato say to the other?



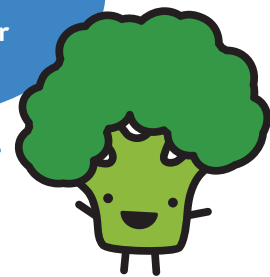
HIGH-FLYING FUN

These two pictures might look the same, but there are 10 tiny differences. See if you can circle all of them.



Answers on page 40.

Don't forget to check their eyes, teeth and parachutes for differences!



A pineapple welcome

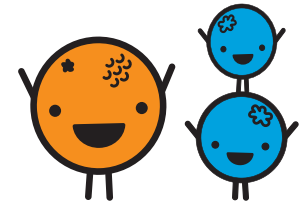
Did you know that pineapples are a symbol of kindness and a warm welcome to guests? You can find them on entryways in the southern United States. So why not welcome your next visitor with this sweet treat?!



Find more yummy creations on the next page!



Power up your party!



It's fun to celebrate birthdays, holidays and other special occasions with loved ones. It brings people together and creates lasting traditions. But, you may have noticed some celebrations becoming overly centered on sugary foods and drinks.

Why not bring some of these tasty treats to the party? Whether a centerpiece, side dish or dessert, fruits and veggies are a yummy way to add color, fun and creativity to any celebration. Plus, it's another way for everyone to power up and try for five!

BETTER THAN CANDY!

"When my third-grader's birthday came around this year, we decided together not to bring the typical candy and cupcakes to school. We decided instead to bring a Make-it-yourself Parfait. I let her pick out the fruit, yogurt and granola, plus fun cups for kids to make their own.

She wondered what her classmates would think and if they would like her birthday snack.

When she came home that day she said, "MOM, everyone LOVED it! One boy even said it was better than candy!"

That was music to my ears! We won't be sending candy and cake to school anymore. We both hope that other parents will send better options too."

— Sara, mom of a 9-year-old daughter

Play with these party recipes!

From left to right: Banana berry ice cream, page 38; Blueberries with lemon cream, page 38; Fruity pan-cake kabobs, page 39.



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PLAY WITH YOUR FOOD!

Looking for new, fun ways to celebrate? Step aside cupcakes – these fruit and veggie creations are sure to be crowd pleasers.

PARTY PLATTERS



SEASONS AND HOLIDAYS



ANYTIME TREATS



Splish-splash, fill up your glass

Everybody needs water and more than half of our body is made of water.

We lose water every day by being active, sweating, digesting food and just sitting around. So, it makes sense that water would be the best choice to fill up and hydrate throughout the day.

GUESS
how much of your body is water?
60%

Drink enough water to keep your body energized and feeling good!



What's up, Doc?

Too many sugary drinks

"Sugary drinks are the number one source of added sugar in a kid's diet. These drinks lack nutrition for growing bodies and brains and can cause cavities. Offer kids water and/or milk at meals and snacks and let them catch you drinking it too. It's one of the most important things adults can do for kids' health!"

— Brian Cress, MD,
Pediatrician,
Stillwater Medical
Group

WATER POWERS KIDS UP

Water is the best choice to drink anytime — from a fountain, glass or bottle. You can also power up with:

- Milk — for strong bones and muscles
- Flavored waters or infused fruit and veggie water
- Real fruit smoothies
- 100% fruit or vegetable juice — no more than 4–6 ounces per day
- Other drinks that have no added sugar, artificial sweeteners or caffeine

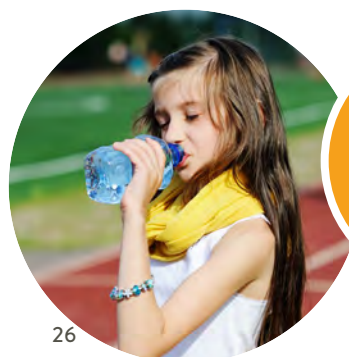
These drinks PowerUp your body and brain!

SUGARY DRINKS POWER KIDS DOWN

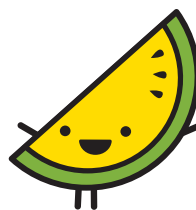
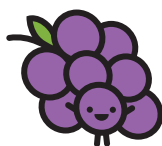
Sugary drinks are full of added sugars and sweeteners. Skip sugary drinks like:

- Soda
- Sports drinks
- Energy drinks
- Fruit drinks and punch
- Lemonade
- Sweet teas and coffee drinks
- Flavored waters with added sugars or sweeteners

These sugary drinks zap your energy and offer zero nutrition for kids' growing bodies and brains. PowerUp with water or milk instead!



Power up with the good stuff — water and milk!



Mouth-watering milk

Milk is more than a drink. It's part of the basic food groups and full of the protein, calcium and vitamin D that growing bodies need each day. Milk naturally has some sugar (lactose), but this natural sugar is not a concern like the added sugars found in sugary drinks.

If your kids can't or don't drink milk, try yogurt and cheese to squeeze in more servings from the milk group. Milk alternatives with calcium and vitamin D – like

soy, rice or almond milk – can help fill some gaps, but they may lack protein and other important nutrients found in milk.

What about flavored milk? Plain milk and water are the best choice to power up, but sometimes flavored milk can be OK. Flavored milk is not like other sugary drinks. While it has some added sugar, it also has all the important nutrients found in plain milk. Flavored milk may be an option for some kids

and is even one of the best recovery drinks after vigorous exercise or training. So while plain milk is still the best choice, a little flavored milk can be OK too.



FRUITY WATER

Toss fruits and veggies (fresh, frozen or canned) into a glass of water for a fun and fruity way to hydrate! Try these cool combos:



raspberries + orange



strawberries + cucumber



watermelon + mint



apple + cinnamon

Blend up these delicious drink recipes!

From left to right: Berry yummy water, page 39; Green pineapple smoothie, page 39; Tropical coconut smoothie, page 39; Mango carrot smoothie, page 39.

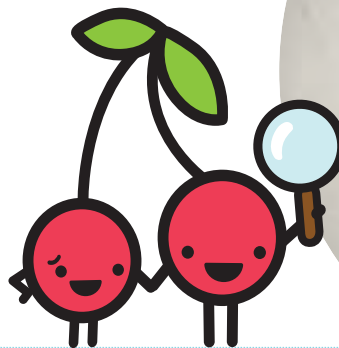
SLASH SUGAR!

Mix half plain milk with half flavored milk to cut back on the sugar.



Be a sugar detective

Sugary drinks — like soda, sports and fruit drinks — aren't the best choice. They may sound tasty, but they zap your energy and don't give you the power you need every day.



Sugar goes by many different names when it's added to drinks. *Can you be a detective and look for any of these words that mean "sugar"?*

- » Cane juice
- » Cane syrup
- » Fructose

- » High fructose corn syrup
- » Honey
- » Malt syrup

- » Maple syrup
- » Molasses
- » Sucrose



FROZEN FLAVORS

Step 1: Add small pieces of your favorite fruits and herbs to an ice cube tray.

Step 2: Fill with water and place in the freezer.

Step 3: Add the flavored cubes to your water and enjoy the flavors as the cubes melt!



WAY COOL WATER

Give your water a boost with these cool combos.

Or, choose your favorite fruits, veggies and herbs to create your own tasty mixture. Have a taste test with your family and friends and see if they can guess what's in it. Let everyone check their favorites.

GREEN POWER



cucumber



mint



Tried it

Liked it

Taste test

CITRUS SPLASH



orange



grapefruit



Tried it

Liked it

HERB-ALICIOUS



peach



rosemary



Tried it

Liked it

Create your own tasty mixtures!



Did you know?

Only 3% of the Earth's water is fresh water that we can drink. The other 97% is salt water.

FILL 'EM UP WATER RELAY

How much water does your body need to fuel up every day? Play a game to find out!

YOU'LL NEED:

- A cup for each player
- An empty milk gallon for each player. Ask an adult to help cut the top off. Draw a line halfway down the jug.
- A place to play where it is OK to spill a little (outside or in the kitchen)

TO PLAY:

- All players start near a hose or a sink. Place a jug for each player a few yards away, the further away the harder it will be.
- On "go" fill your cup with water and run it over to your jug. Dump the water in your jug, then run back and do it again.
- Race to see who can fill their jug past the halfway line first.

How many glasses did it take to fill your jug halfway? That's how much water your body needs every day!



SPROUT AND GROW

No farm? No problem!



Sprout some fun in your kitchen with these tasty herbs. They'll add flavor to any meal and jazz up your water too!

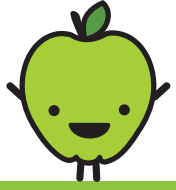
YOU'LL NEED:

- Small containers (terra cotta pots or reuse an empty yogurt container and poke holes in the bottom)
- All-purpose potting soil
- Seeds or baby herb plants (rosemary, mint, basil or other favorites)

GET PLANTING:

1. Decorate your pots or containers
2. Place pots on a plate to catch water that drains out of the bottom
3. Add soil
4. Add seeds or baby plant
5. Label each plant – try writing the name on a popsicle stick
6. Cover with just a bit of soil*
7. Water gently and place in a sunny spot

**If you buy seeds in a packet, it will have suggestions for how deep to plant the seed, usually ¼-½ inch.*



HERB HINTS

Just like you, plants need water to grow strong! Watch your herbs and water lightly when the soil looks or feels dry.

As your plants grow, you can cut off the leaves and sprouts from the top. Add them to a glass of cold water for a flavorful boost! Check out page 29 for more cool water ideas.



power^{UP}

Try for 5 RECIPES

Cook up a colorful and tasty dish with
these family-friendly, kid-tested recipes!
Find more at powerup4kids.org.



BLUEBERRY REFRIGERATOR OATMEAL

Serves: 1

Assemble this creamy oatmeal the night before, and then, while you sleep your fridge will do all the work! In the morning, just grab the jar and go.

INGREDIENTS

- ½ cup old-fashioned oats
- ½ cup plain yogurt
- ½ cup milk
- 2 tablespoons fresh or frozen (unsweetened) blueberries
- 1 tablespoon chopped, slivered or sliced almonds*
- ½ teaspoon honey or real maple syrup

DIRECTIONS

Put all ingredients in a jar. Screw the top on tightly and shake well. Refrigerate overnight and enjoy in the morning.

**If allergic to nuts, skip them.*

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BREAKFAST BURRITO

Serves: 6

INGREDIENTS

- 6 corn tortillas (6 inch)
- 1 tablespoon olive oil

- 1 small onion, chopped
- 1 clove garlic, minced
- ¼ teaspoon ground cumin or chili powder
- 6 eggs, beaten
- ½ cup salsa
- 1 cup shredded cheddar or mozzarella cheese

DIRECTIONS

Preheat oven to 350°F. Stack tortillas and wrap in aluminum foil. Heat in oven for 15 minutes or until hot. Or, wrap lightly in paper towels and microwave for 6-7 seconds per tortilla.

Meanwhile, heat oil in a frying pan over medium heat. Add onion, garlic and cumin. Sauté until onion is soft. Pour in beaten eggs and 1/4 cup salsa. Scramble until cooked through with no visible liquid. Remove from heat.

Spoon mixture equally onto center of each warm tortilla. Sprinkle each with 2 tablespoons cheese. Roll up and serve with remaining salsa and cheese.

For extra power, add black beans or any other veggies!



BANANA APPLE PANCAKES

Serves: 2

INGREDIENTS

- ½ cup oats
- 2 eggs
- 1 banana
- ¼ cup applesauce
- 1 teaspoon vanilla
- ½ teaspoon cinnamon

DIRECTIONS

Blend oats in a blender until ground. Add all other ingredients and blend. Cook pancakes on a pan with a small amount of oil.

For a tasty twist, make fun and colorful fruit and pancake kabobs (recipe on page 39)!



PB&J OATMEAL BARS

Serves: 12

INGREDIENTS

- 3 cups rolled oats or 2 cups oats and 1 cup crispy rice cereal
- ¼-½ cup dried fruit (raisins, cherries, blueberries, etc.)
- ½ cup nut butter (peanut, almond or sunflower seed)
- ¼ cup all-fruit jam or honey
- ¼ cup hot water
- ¼ teaspoon salt

DIRECTIONS

Heat oven to 350°F. Oil an 8"x11" baking pan. Use a larger pan for thinner bars. Pour oats and dried fruit into a large bowl.

In a small pan over low heat, heat nut butter, half of the jam, water and salt until smooth. Pour mixture over oats and mix until well coated.

Press into prepared pan. Spread remaining jam over the top, if desired. Bake for 20-25 minutes. Leave in pan until cooled. Cut into bars and enjoy with a cup of milk.



TURKEY SPINACH PINWHEELS

Serves: 1

INGREDIENTS

- 1 tablespoon mustard
- 1 teaspoon honey
- 1 whole-wheat tortilla (8 inch)
- 1 ounce cheese
- 2 ounces turkey
- ¼ cup shredded carrots
- ¾ cup fresh baby spinach

DIRECTIONS

Mix mustard and honey and spread on tortilla. Layer remaining ingredients on tortilla. Roll up and cut into pinwheels. Serve with colorful fruit, like strawberries and kiwi slices, along with a cup of milk or water.

Use your favorite hummus in place of the honey mustard, if desired.



SANDWICH ON A STICK

Serves: 4

INGREDIENTS

- 4 slices whole-wheat bread
- 8 1-inch cubes chicken or turkey
- 8 1-inch cubes cheddar, Swiss or colby cheese
- 8 sweet pepper slices

- 8 cucumber slices
- 8 lettuce or spinach leaves
- 8 cherry tomatoes
- 8 pickle slices
- 8 skewers, straws or toothpicks

DIRECTIONS

Cut bread into cubes. Slide onto a skewer with other ingredients.

Serve with a side of mustard or creamy homemade ranch dressing (recipe on page 37).



BLACK BEAN VEGGIE QUINOA SALAD

Serves: 4-6 as an entrée
or 8 as a side dish

INGREDIENTS

FOR SALAD:

- 1 ½ cups uncooked quinoa or 3 cups cooked
- 1 can black beans, rinsed and drained or 1 ½ cups if cooked from dried beans
- 1 ½ tablespoons red-wine vinegar
- Black pepper to taste
- 2 cups cooked corn, cut from 2 large ears or use frozen or canned
- 1 cup chopped bell peppers (mix of red, green, orange or yellow)
- ½ cup chopped red or green onions
- 2 pickled jalapeño chilies, seeded and minced
- ¼ cup finely chopped fresh cilantro or 1 ½ tablespoons if using dried cilantro

Optional: toss in chopped tomatoes, peas, avocado or whatever veggies you have on hand.

FOR DRESSING:

- 6 tablespoons fresh lime juice
- 1 teaspoon salt
- ¾ teaspoon ground cumin
- ½ cup olive oil

DIRECTIONS

Put uncooked quinoa into a fine-mesh strainer. Rinse under cold water and use hands to stir. Rinse until water runs clear and then drain.

Put quinoa in a saucepan. Add 3 cups water and bring to a boil. Reduce heat, cover and let simmer for about 15 minutes. Quinoa is ready when it pops open and liquid is absorbed. Fluff with a fork. Transfer to a large bowl and cool.

In a small bowl, toss beans with vinegar and pepper. Add to cooled quinoa with corn, peppers, onions, jalapeños and cilantro. Toss well.

For dressing, whisk together lime juice, salt and cumin in a small bowl. Add oil in a stream, while whisking. Drizzle dressing over quinoa salad and toss well.



TUSCAN TUNA AND BEAN SALAD

Serves: 4

INGREDIENTS

- 2 (6-ounce) cans chunk light tuna, drained
- 15-ounce can small white beans (cannellini or great northern), drained and rinsed
- 10 cherry tomatoes, quartered or any tomato, diced
- ½ cup cucumber, diced
- 4 green onions or chives, trimmed and sliced, or ¼ cup red or yellow onions, sliced
- 2 tablespoons olive, canola or vegetable oil
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- Freshly ground pepper to taste

DIRECTIONS

Combine all ingredients in a medium bowl. Stir gently. Cover and refrigerate for up to 2 days.

EVENING



RAINBOW PIZZA

Serves: 1

INGREDIENTS

- 1 6-8 inch whole-wheat tortilla, pita bread or Naan

- 2-3 tablespoons canned tomato paste
- ¼ cup shredded mozzarella cheese
- ¼ cup baby spinach leaves
- 3 tablespoons sweet red pepper, chopped
- 1 tablespoon pine nuts, optional
- 2 tablespoons freshly chopped basil leaves or 1 teaspoon dried basil
- 1 clove garlic, minced or ½ teaspoon garlic powder or ¼ teaspoon minced garlic

DIRECTIONS

Heat oven to 400°F.

Spread tomato paste evenly onto tortilla. Top with remaining ingredients.

Bake for 5 minutes or until cheese is melted.

Top with tomatoes, onions, mushrooms, broccoli or olives for extra power!



ALMOND-CRUSTED CHICKEN FINGERS

Serves: 4

INGREDIENTS

- Canola oil cooking spray
- ½ cup sliced almonds
- ¼ cup whole-wheat flour
- 1 ½ teaspoons paprika
- ½ teaspoon garlic powder
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 1 ½ teaspoons extra-virgin olive oil

- 4 egg whites
- 1 pound chicken tenders or chicken breast cut into pieces

DIRECTIONS

Preheat oven to 475°F. Set a wire rack on a foil-lined baking sheet and coat with cooking spray.

Place almonds, flour, paprika, garlic powder, mustard, salt and pepper in a blender or food processor. Blend until almonds are finely chopped and paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil and blend until combined. Transfer mixture to a shallow dish.

Whisk egg whites in a second shallow dish. Add chicken and turn to coat. Transfer chicken to almond mixture and turn to coat evenly. Discard any remaining egg white and almond mixture.

Place chicken on prepared rack and coat with cooking spray. Turn and spray the other side.

Bake chicken until golden brown, crispy and no longer pink in the center, 20-25 minutes. Serve with a veggie and fruit, along with a glass of milk or water.

Ingredient note: Dried egg whites are handy in recipes like this one because you don't have to waste 4 egg yolks. Look for powdered brands in the baking aisle or natural-foods section or fresh pasteurized whites in the dairy case of most supermarkets.

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FIVE-SPICE CHICKEN LETTUCE WRAPS

Serves: 4

INGREDIENTS

- ½ cup uncooked brown rice or 1 cup cooked
- 2 teaspoons sesame oil
- 1 pound cooked chicken breast or thigh meat, cut into small cubes
- 1 tablespoon minced fresh ginger or ½ tablespoon dried ground ginger
- 1 large red bell pepper
- 8-ounce can water chestnuts
- ½ cup chicken broth
- 2 tablespoons hoisin sauce (a sweet Asian barbecue sauce)
- 1 teaspoon five-spice powder (a mix of cinnamon, fennel seed, cloves, star anise, peppercorns)
- ½ teaspoon salt
- 2 heads romaine, Boston or iceberg lettuce
- ½ cup chopped fresh herbs
- 1 large carrot, shredded

DIRECTIONS

Cook rice according to instructions.

Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add chicken and ginger. Cook until chicken is cooked through, about 6 minutes.

Stir in cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt. Cook until heated through, about 1 minute.

To serve, spoon chicken mixture onto lettuce leaves. Top with herbs and carrot. Roll into wraps.

Use ground turkey instead of chicken, if desired.



SLOW-COOKED SHREDDED PORK OR BEEF

Serves: 10

INGREDIENTS

- 5 pounds pork shoulder or chuck beef roast
- 1 onion, diced

FOR DRY RUB:

- ¼ cup brown sugar
- 1 teaspoon salt (regular or kosher salt)
- 1 teaspoon garlic powder or 1 tablespoon fresh minced garlic
- 1 teaspoon black pepper (or to taste)
- 2 teaspoons paprika
- **Optional seasonings:** cumin, coriander, cloves, cumin, chili powder or crushed red pepper

DIRECTIONS

In a small bowl, mix dry rub ingredients. Apply generously to meat until every side is covered. Set aside any leftover rub for later.

Pour enough water to cover the bottom of a slow cooker. Add meat and onions. Cover and cook on low for 10-12 hours. Or, bake in the oven in roaster pan with lid at 200°F.

Meat is ready to be shredded when internal temp has reached at least 160°F. If you don't have a meat thermometer, you will know it's ready when it's soft and falls apart on its own.

To shred meat, remove it from its juices and gently pull the meat apart with 2 forks. For additional flavor, add remaining dry rub mix and/or barbecue sauce.

MEAL IDEAS:

Shredded pork tacos

- 6-inch corn tortillas
- Toppings: diced tomato, lettuce, avocado, cheese, plain Greek yogurt (in place of sour cream) and salsa

Shredded pork sandwich

- Whole-wheat buns
- Toppings: leaf lettuce, homemade ranch dressing (recipe on page 37) or a cabbage slaw



WHITE CHICKEN CHILI WITH AVOCADO

Serves: 8

Make this recipe on the stove in about 15 minutes or let it simmer all day in a slow cooker.

INGREDIENTS

- 6 cups chicken broth
- 4 cups cooked shredded chicken (for stovetop preparation) or 2 uncooked boneless skinless chicken breasts (for slow cooker preparation)
- 2 15-ounce cans white beans, drained
- 2 cups salsa verde (see recipe on next page)
- 2 teaspoon ground cumin or chili powder
- 1 avocado, diced or prepared guacamole
- **Additional topping options:** chopped radishes, chopped fresh cilantro, shredded cheese, chopped green onions, Greek yogurt (in place of sour cream)

DIRECTIONS

Stovetop: In a medium saucepan, stir together chicken broth, shredded chicken, beans, salsa and cumin. Heat over medium-high heat until boiling. Cover and reduce heat to medium-low. Simmer for at least 5 minutes. Add diced avocado and other toppings as desired.

Slow cooker: Stir together chicken broth, uncooked chicken breasts, beans, salsa and cumin in a slow cooker. Cook on low for 6-8 hours or high for 3-4 hours until chicken is cooked through and shreds easily with a fork. Shred chicken and add back to chili mixture. Serve warm with your favorite toppings.

SNACKS



SALSA VERDE

INGREDIENTS

- 6-8 tomatillos, remove husks/skins
- 1 small/medium onion
- 1 hot pepper (serrano, jalapeño), optional
- Juice of 1 lime
- Salt to taste

DIRECTIONS

Place all ingredients in a blender or food processor. Blend until smooth with a few remaining chunks.



FRUIT KABOBS

INGREDIENTS

- Chunks of any fruit will work — melons, grapes, berries, star fruit, etc.
- Skewers or toothpicks
- Orange juice, optional

DIRECTIONS

Slide fruit chunks onto skewers or toothpicks. For bananas, apples, pears or other fruit that turns brown when cut, just dip the entire skewer in orange juice to help keep it from browning. Serve with vanilla yogurt as a dip or add cubes of natural cheese.



CREAMY HOMEMADE RANCH YOGURT DIP

Serves: 10 (about 2 tablespoons each)

INGREDIENTS

- ½ cup nonfat plain Greek yogurt
- ¼ cup buttermilk
- ¼ cup mayonnaise
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- ½ tablespoon onion powder
- 1 tablespoon fresh chives, minced or 1 teaspoon dried
- 1 tablespoon fresh parsley, minced or 1 teaspoon dried

- Dash of Worcestershire sauce
- 1 teaspoon lemon juice

DIRECTIONS

In a medium bowl, whisk together all ingredients. Season to taste.

Store in air-tight container in the fridge for up to a week. Serve with your favorite veggies or as a spread on a wrap or in a pita.



POPCORN MUNCH MIX

Serves: 5-6 (1 cup each)

INGREDIENTS

- 2 tablespoons un-popped popcorn kernels or 6 cups popped
- ½ cup dried apples or apricots — left whole or break into smaller pieces
- ½ cup dried cranberries
- ½ cup sunflower seeds
- ½ cup of Pepitas (pumpkin seeds)

DIRECTIONS

Combine all ingredients in a large bowl. Add any other dried fruits or nuts as desired. Stir well.

HOW TO POP YOUR OWN POPCORN

Stovetop: Add 1 tablespoon oil and 2 tablespoons kernels to a pan and cover. Heat to medium and shake the pan back and forth until popped.

Microwave: Put 2 tablespoons kernels in a paper bag. Fold bag down three times leaving plenty of room inside for the kernels to pop. Microwave on high for 3-4 minutes.



POWER BEAN DIP

INGREDIENTS

- 1 can black beans, drained and rinsed or use a favorite bean
- ¼ cup orange juice
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon chili powder
- ½ teaspoon garlic powder or 1 teaspoon fresh, minced garlic

DIRECTIONS

Mash beans, juice and spices together in a bowl or blend in a blender or food processor until smooth. Serve with any veggie sticks and/or a handful of whole-grain crackers.



SIMPLE SLAW WITH PINEAPPLE

Serves: 8 (½ cup each)

INGREDIENTS

- 3 cups shredded cabbage
- ½ cup shredded carrots
- 8-ounce can crushed pineapple, drained
- 2 tablespoons vinegar
- 2 teaspoons sugar
- ½ cup reduced-fat mayonnaise
- ½ cup Greek yogurt
- Black or white pepper to taste

DIRECTIONS

Combine all ingredients in a large bowl. Taste and adjust seasonings as desired. Cover and chill. Enjoy as a snack or as part of a meal.

CELEBRATIONS



BANANA BERRY ICE CREAM

INGREDIENTS

- 3 bananas
- 1 cup strawberries, blueberries or raspberries, fresh or frozen

DIRECTIONS

Slice bananas and place in freezer until solid. If the berries are fresh, freeze them as well.

Place frozen fruit in a blender or food processor and blend until smooth and creamy. Top with your favorite nuts or seeds, if desired.

For a tasty twist, try a variety of other fruit in place of the berries.



BLUEBERRIES WITH LEMON CREAM

Serves: 4

INGREDIENTS

- 4 ounces reduced-fat cream cheese
- ¾ cup low-fat vanilla yogurt
- 1 teaspoon honey
- 2 teaspoons freshly grated lemon zest
- 2 cups fresh blueberries

DIRECTIONS

In a medium bowl, use a fork to break up cream cheese. Drain off any liquid from yogurt. Add yogurt and honey to bowl. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest.

Layer lemon mixture and blueberries in a dish. If not serving immediately, cover and refrigerate for up to 8 hours.

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FRUITY PAN-CAKE KABOBS

Serves: 4

INGREDIENTS

- 12 mini pancakes (use pancake recipe on page 33)
- 1 banana, sliced
- 8 berries or favorite fruit (melon, mango, kiwi)
- 4 kabob sticks or toothpicks

DIRECTIONS

Prepare mini pancakes. Let kids make their own kabobs by alternating pancakes with fruit pieces.

BEVERAGES



BERRY YUMMY WATER

INGREDIENTS

- Favorite berries (fresh, frozen (unsweetened) or canned in 100% juice)
- Cold water
- ½ teaspoon honey, optional

DIRECTIONS

Add berries to a pitcher or single-serve glass. Mash a bit to release their natural sweetness. Add cold water and honey if desired. Stir.



GREEN PINEAPPLE SMOOTHIE

Serves: 2

INGREDIENTS

- 1 cup pineapple, diced (frozen, fresh or canned in 100% juice)
- ½ cup pineapple juice
- 1 banana
- 1 cup kale or spinach
- 1 cup unsweetened almond milk or plain milk
- ½ cube ice cubes (skip if using frozen fruit)

DIRECTIONS

Put all ingredients in a blender and blend until smooth.



MANGO CARROT SMOOTHIE

Serves: 2

INGREDIENTS

- 1 mango, chopped or 1 ½ cups frozen mango chunks
- 1 cup fresh carrot juice
- ½ cup ice cubes (skip if using frozen mango)

DIRECTIONS

Put all ingredients in a blender and blend until smooth.



TROPICAL COCONUT SMOOTHIE

Serves: 4

INGREDIENTS

- 2 cups frozen mango or pineapple chunks
- 2 bananas
- 1 ½ cups coconut water
- 2 cups orange or pineapple juice

DIRECTIONS

Put all ingredients in a blender and blend until smooth.

powerUP

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ANSWER KEY

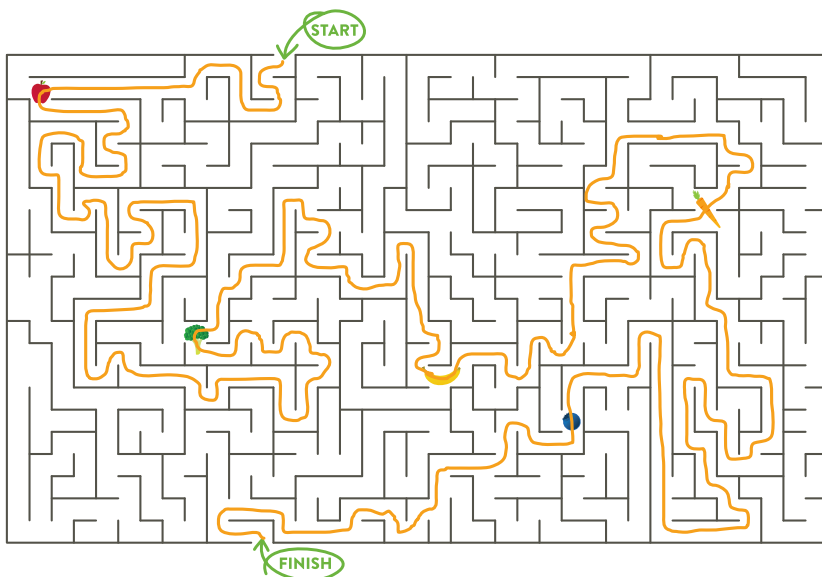
PAGE 7: SUNRISE WORD JUMBLE

P	Z	Z	T	Z	J	D	M	B	N	W	A	O	J
E	G	G	P	T	B	L	U	E	B	E	R	R	Y
J	C	R	B	T	A	W	S	A	Z	Q	U	A	B
T	Q	A	R	S	K	E	H	K	H	B	T	N	Z
F	C	N	E	X	V	T	R	O	E	S	S	G	P
I	A	O	A	Y	M	Y	O	A	W	A	K	E	E
M	I	L	K	J	O	T	O	U	W	H	Q	R	P
O	H	A	F	H	I	H	M	C	Z	X	B	N	P
R	R	W	A	E	B	S	M	O	O	T	H	I	E
N	M	A	S	P	A	J	A	M	A	S	M	R	R
I	J	C	T	O	M	A	T	O	B	T	E	Z	S
N	B	J	A	J	N	Z	D	H	J	R	S	J	O
G	U	O	A	Y	O	G	U	R	T	B	B	F	L
L	Z	V	N	G	L	H	S	M	D	A	I	V	I

PAGE 11. MIDDAY WORD MIX-UP

X	S	G	T	C	Q	T	L	E	E	F	A
X	J	R	R	G	W	O	U	D	B	R	S
R	Z	S	T	R	A	W	B	E	R	R	Y
N	D	L	O	A	T	O	W	D	O	H	O
S	E	S	E	D	E	E	M	M	C	H	S
R	P	C	U	F	R	T	H	E	C	E	S
S	N	T	E	L	M	O	F	B	O	W	F
C	C	I	V	H	E	O	L	E	L	R	J
H	A	H	R	I	L	E	T	Q	I	M	E
R	C	A	R	R	O	T	L	E	C	F	O
O	B	A	N	A	N	A	F	C	X	A	L
P	F	T	C	O	N	M	E	A	I	V	I

PAGE 19: A-MAZE-ING TASTE



PAGE 23: HIGH-FLYING FUN







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