

MAKE BACK-TO-SCHOOL BREAKFAST A BREEZE WITH OVERNIGHT OATS!

Blast off with breakfast to start each day right, It boosts your brain with energy and might!






Let's cook! Add all the ingredients to a jar or container the night before and enjoy a delicious, grab-and-go breakfast in the morning.




START WITH THE BASE RECIPE:

Old fashioned oats	Milk	Yogurt	Honey or maple syrup	Chia seeds (optional)	Base Recipe
					
1/2 cup	1/2 cup	1/4 cup	1 teaspoon	1 tablespoon	

THEN, ADD INGREDIENTS FOR FLAVORFUL FUN:

Base Recipe	Shredded carrot	Shredded coconut	Raisins	Cinnamon	Vanilla (optional)	Sweet-Spiced Carrot Sensation
						
	1/4 cup	1 tablespoon	1 tablespoon	1 teaspoon	1 teaspoon	

Base Recipe	Fruit jam	Nut or seed butter	Berries	Chopped nuts or seeds	Nutty Butter and Jelly Delight
					
	1 tablespoon	1 tablespoon	1/4 cup	1 tablespoon	

..... **ENJOY COLD OR WARMED UP!**

MY POWERUP DAY

PowerUp is all about caring for our bodies and minds. Those two parts of us are linked, always intertwined. Eating better, moving more and feeling good are ways to try, To discover what is right for you, your goals and your “why.”



EAT BETTER



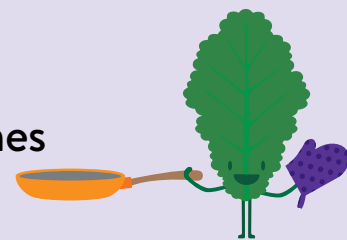
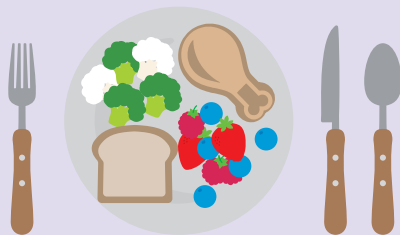
- Drink water throughout the day

- Try fruits and vegetables

- Cook new foods together

- Stay nourished with meals and snacks

- Talk and connect with others during mealtimes



HOW DO YOU WANT TO POWERUP YOUR DAY?

Try and check off ideas below to get you on your way.

FEEL GOOD

- Take breaks with hobbies you enjoy



- Spend time and check-in with loved ones

- Spread kindness to others



- Recharge with a sleep routine and relax before bed



- Find ways to unplug from screens



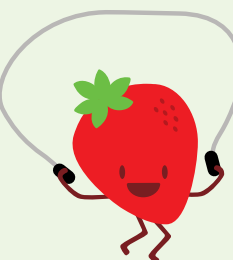
MOVE MORE

- Play outdoors

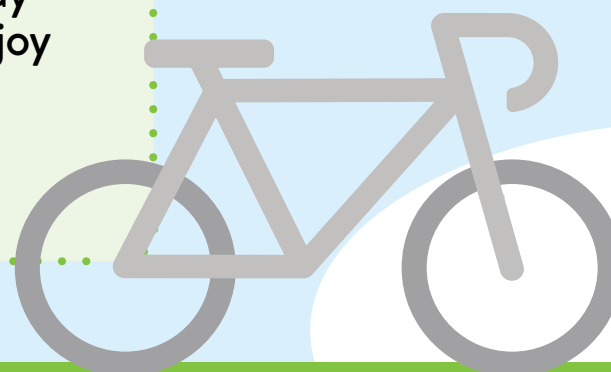
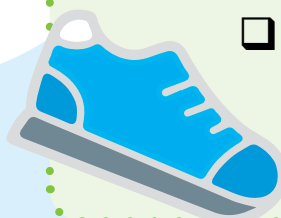
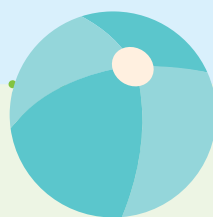
- Make up fun games to play

- Move your body in ways you enjoy

- Try new ways to be active



- Give thanks for what your body can do



THE MAGIC OF MEALTIME

It was _____ and Chomp met a group
(time of day)
of friends in the _____ to eat
(room in a house)
together to celebrate _____.
(holiday or special occasion)
They sat around the _____ and shared
(piece of furniture)
stories about _____. While the food
(favorite memory)
was _____ and _____, they all agreed
(flavor) (texture)
the best part was being together. It made everyone
feel _____, grateful and connected.
(happy emotion)



STORYTIME WITH CHOMP



Reading alone or with others is a great way to relax and feel good. Did you know that Chomp loves to read? One of his favorite books, *Our Table* by Peter H. Reynolds, is about being together for mealtimes. Look for it at your local library or watch and follow along at powerup4kids.org/ourtable!

