

powerup



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THE POWERUP SCHOOL CHALLENGE: IT'S BACK. AND BETTER THAN EVER!

For nearly a decade, elementary schools across the Twin Cities and Western Wisconsin have welcomed **HealthPartners PowerUp School Challenge** into their classrooms. It's encouraged thousands of students to be curious and excited about trying five fruits and veggies every day... and, it's working! **In surveys of schools and families, 7 of 10, reported kids are trying more fruits and veggies!** We're excited to share our new, better than ever 2020 PowerUp School Challenge.



WHAT'S NEW?

- Kids will still be Trying for 5 fruits and veggies, but will also get their groove on, by **exploring new and fun ways to move more every day.**
- The Challenge will reach more schools and students with our new **online interactive videos, resources and tools.**
- Chomp, our PowerUp Super Hero, made it big time in 2020 with the release of his new hit song and dance, The Chomp Stomp! Everyone at school and home can sing and dance along. **Visit healthpartners.com/powerupfamily, and select The Chomp Stomp.**
- **PowerUp Family Magazine** is still power-packed with lots of fun and tasty ways for families to Try for 5 fruits and veggies. It now includes fun and exciting ways to explore moving more. **You can find your copy at healthpartners.com/powerupfamily.**



SAVE THE DATE!

6th Annual PowerUp Week, May 9-16, 2020

Mark your calendar and watch powerup4kids.org for events and details.

POWERUP YOUR FAMILY CALENDAR

ALL EVENTS are FREE or low cost. Find all the details at powerup4kids.org.

FEBRUARY

Open Gym 20
6 to 7 p.m.
Marine Mills
Folk School
Marine on
St. Croix, MN
THURSDAY

Sustainability Challenge* 21
10 a.m. to 3 p.m.
YMCA Camp
St. Croix
Hudson, WI \$
FRIDAY

Open Gym 23
4 to 6 p.m.
Turtle Lake
High School
Turtle Lake,
WI
: **Open Gym** 23
2 to 4 p.m.
Clear Lake
Elementary
Clear Lake,
WI
SUNDAY

Open Gym 27
6 to 7 p.m.
Marine Mills
Folk School
Marine on
St. Croix, MN
THURSDAY



Open Gym 28
6 to 8:30 p.m.
Stillwater
Middle School
Stillwater, MN
: **Open Gym** 28
6 to 9 p.m.
Hudson
YMCA,
Hudson, WI
FRIDAY

Open Gym 29
9 to 11 a.m.
Oak-Land
Middle School
Lake Elmo,
MN
: **Frosty Falls Hike** 29
10 a.m. to 12 p.m.
Willow River
State Park
Hudson, WI
SATURDAY

MARCH

Open Gym 1
1:30 to 3:30 p.m.
Amery
Intermediate
School
Amery, WI
: **Open Gym** 1
2 to 4 p.m.
Clear Lake
Elementary
Clear Lake, WI
: **Open Gym** 1
4 to 6 p.m.
Turtle Lake
High School
Turtle Lake, WI
SUNDAY

Open Gym 5
6 to 7 p.m.
Marine Mills
Folk School
Marine on
St. Croix, MN
THURSDAY

Open Gym 6
6 to 8:30 p.m.
Stillwater
Middle School
Stillwater, MN
FRIDAY

Open Gym 7
9 to 11 a.m.
Early
Childhood
Family Center
Stillwater, MN
SATURDAY

Open Gym 8
2 to 4 p.m.
Clear Lake
Elementary
Clear Lake,
WI
: **Open Gym** 8
4 to 6 p.m.
Turtle Lake
High School
Turtle Lake,
WI
SUNDAY



PowerUp Does Dinner* 12
3:30 to 5 p.m.
Farm Table
Amery, WI \$
: **Open Gym** 12
6 to 7 p.m.
Marine Mills
Folk School
Marine on
St. Croix, MN
THURSDAY

Open Gym 13
6 to 8 p.m.
Starr
Elementary
New Richmond,
WI
FRIDAY

Open Gym 15
2 to 4 p.m.
Clear Lake
Elementary
Clear Lake,
WI
: **Open Gym** 15
4 to 6 p.m.
Turtle Lake
High School
Turtle Lake,
WI
SUNDAY



Open Gym 19
6 to 7 p.m.
Marine Mills
Folk School
Marine on
St. Croix, MN
THURSDAY

Open Gym 22
2 to 4 p.m.
Clear Lake
Elementary
Clear Lake,
WI
: **Open Gym** 22
4 to 6 p.m.
Turtle Lake
High School
Turtle Lake,
WI
SUNDAY

PowerUp Kid's Cooking Class* 24
4 to 7 p.m.
Cooks of
Crocus Hill
Stillwater, MN \$
TUESDAY

Open Gym 26
6 to 7 p.m.
Marine Mills
Folk School
Marine on
St. Croix, MN
THURSDAY

Open Gym 29
2 to 4 p.m.
Clear Lake
Elementary
Clear Lake, WI
SUNDAY

APRIL

PowerUp Does Dinner* 9
3:30 to 5 p.m.
Farm Table
Amery, WI \$
THURSDAY

Open Gym 24
6 to 9 p.m.
Hudson
YMCA
Hudson, WI
FRIDAY

Open Gym 29
6 to 8 p.m.
Starr
Elementary
New Richmond,
WI

* Register at powerup4kids.org \$ low-cost

Visit powerup4kids.org to find recipes, events, and more fun activities!

WHIP UP THESE YUMMY TREATS YOUR FAVORITE VALENTINE WILL LOVE!

Cool Cashew Crust Fruit Pizza

Serves: 8

INGREDIENTS

CRUST

- 1 1/2 cup raw cashews
- 15 dates, pitted
- 1 tablespoon cocoa powder
- 1 teaspoon vanilla extract

“SAUCE”

- 1 cup yogurt (mix 1/2 cup plain Greek yogurt with 1/2 cup vanilla yogurt)
- 1/8 teaspoon orange zest (optional)

TOPPINGS – YOU PICK!

- 4-5 strawberries, diced
- 1/4-1/2 cup blueberries
- 1/4-1/2 cup canned pineapple (tidbits or crushed)
- 1-2 kiwis, diced

INSTRUCTIONS

1. Soak dates in water for about 10-15 minutes. Then drain them and put into a food processor with cashews, cocoa powder and vanilla. Mix until well-combined (nuts and dates in small bits, like large grains of sand).
2. Press the mixture into a 9-inch pie plate with your hand and/or the back of a spatula or spoon.
3. Mix yogurt and add zest (if desired). Spread evenly on crust. Place in freezer to firm up, about 15-20 minutes. Prep fruit toppings during this time.
4. Add fruit toppings as desired. Small pieces of fruit or fruit diced small work best. Arrange in a fun design or sprinkle and mix like confetti. Cut and serve promptly or keep refrigerated.

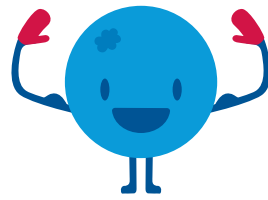


SURPRISE YOUR SWEETHEART WITH LOVE WICHES



All you need is: whole grain bread, nut butter (or low-fat cream cheese), no-cook raspberry jam and a heart-shaped cookie cutter.

Find the no-cook raspberry jam recipe, along with many others at powerup4kids.org.



POWERUP WITH COOL-WEATHER PLAY

Looking for wild and wacky ways to PowerUp in the winter wonderland? Here's to making fun wild winter memories this season!

RING-OF-SNOW TOSS

Using snow paint or a Hula Hoop make a fun snow ring toss! If snow is sticky enough, use snowballs or any small colorful ball will do, like tennis balls to toss into the ring. Kids can practice their aim by throwing from different distances and aiming as close as possible to the center.

KEEP WARM. KEEP PLAYING!

Dress like an onion ... in layers. Then you can peel layers of clothing off or add more, as you need to stay warm.

Keep the wet out and feet dry. Slip plastic bags over your socks before you step into your boots or shoes.



To find more fun ways to PowerUp, visit powerup4kids.org.