



# powerup

JOIN US!  
MAY 5-12

4th Annual  
PowerUp Week

POWERUP PRESS | APRIL 2018

## JOIN THE FUN DURING THE 4TH ANNUAL POWERUP WEEK!

PowerUp Week is a time to have fun and get inspired. PowerUp activities help kids, families and the entire community eat better and move more. This special week (May 5-12) is a great way for communities in the St. Croix Valley to come together. We want our kids to grow up healthy and strong.

STAY UPDATED ON POWERUP WEEK BY LIKING POWERUP ON FACEBOOK AND VISITING [POWERUP4KIDS.ORG/WEEK](http://POWERUP4KIDS.ORG/WEEK).

### ENTER TO WIN! POWERUP RECIPE CONTEST

Kids... don't forget to enter your original fruit or veggie recipe by June 30 into the PowerUp Recipe Contest for a chance to earn the title of PowerChef! For all the details, visit [powerup4kids.org/powerchefrecipecontest](http://powerup4kids.org/powerchefrecipecontest).

## HAPPY BIRTHDAY CHOMP!

You're invited to help Chomp celebrate! Look inside to find one of his many birthday parties throughout the Valley during this special week!



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

# POWERUP YOUR FAMILY CALENDAR

ALL EVENTS are FREE or low cost.

Find times, location and all the details at [powerup4kids.org](http://powerup4kids.org).

## MAY

POWERUP WEEK  
MAY 5-12

### SATURDAY

PowerUp Family  
2K & 5K  
8:30 a.m. 5K start  
9:15 a.m. 2K start  
SooLine Park (Amery)

### SATURDAY

Chomp's Birthday  
Party  
10:30 to 11:30 a.m.  
Amery Library

### SATURDAY

EP Rock N Run\*  
7 a.m. DJ starts  
8 a.m. race time  
Hudson

### SATURDAY

Meet & Greet Chomp  
10 to 11 a.m. Hudson  
12:30 to 1:30 p.m. New Richmond  
1 to 2 p.m. Somerset  
([powerup4kids.org](http://powerup4kids.org) for locations)

### SATURDAY

Bike Safety Rodeo  
10 a.m. to 2 p.m.  
Stillwater Police Dept  
Main St., Stillwater

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### MONDAY

Chomp's Birthday  
Party  
10:30 to 11 a.m.  
Valley Library  
Afton

### MONDAY

Chomp's Birthday  
Party  
10:30 to 11 a.m.  
Wildwood Library  
Mahtomedi

7

### TUESDAY

Chomp's Birthday  
Party  
10:30 a.m.  
Bayport Library

8

### WEDNESDAY

National  
Bike & Walk  
to School Day

### WEDNESDAY

Chomp's Birthday  
Party  
10:15 a.m.  
Stillwater Library

9

### THURSDAY

Chomp's Birthday  
Party  
10:15 a.m.  
Somerset Library

10

### FRIDAY

Chomp's Birthday  
Party  
10 to 11 a.m.  
Lake Elmo Library

### FRIDAY

Chomp's Birthday  
Party  
10 to 11 a.m.  
White Bear Lake  
Library

### FRIDAY

PowerUp  
Play Day  
5:30 to 6:30 p.m.  
Intermediate school  
Amery

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### SATURDAY

Kids Cooking Class  
9 to 10 a.m.  
& 11 a.m. to 12 p.m.  
Cooks of Crocus Hill  
Stillwater

### SATURDAY

Kid's Animal Hike  
10 to 1:30 a.m.  
Willow River  
State Park

### SATURDAY

Fat Tire Biking  
Demo\*  
12:30 to 1:30 p.m.  
& 2 to 3 p.m.  
Lake Elmo Park

### SATURDAY

PowerUp Kids &  
Family Dance Party  
6:30 to 8 p.m.  
Curio Dance Studio  
Stillwater

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## JUNE

### WEDNESDAY

Pea Soup Days Kids  
Fun Run\*  
5 p.m. Registration  
6 p.m. Race  
Somerset

7



### SUNDAY

Geocaching for  
PowerUp prizes  
12 to 4 p.m.  
Willow River State Park  
Hudson

13

### SATURDAY

BearPower Bike Ride\*  
8:30 a.m. Registration  
9:30 a.m. Race time  
Otter Lake Elementary  
White Bear Lake

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### WEDNESDAY

Bike Safety Rodeo  
1 to 3 p.m.  
Public Works Facility  
White Bear Lake

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### SATURDAY

Diro demo Day\*  
1 to 5 p.m.  
Try kayaking, paddle board,  
fat tire bike  
Spring Lake Park (Stillwater)

### SATURDAY

Kids Cooking Class\*  
9 to 10 a.m.  
& 11am to 12 p.m.  
Cooks of Crocus Hill  
Stillwater

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### THURSDAY

Family Fun Night  
6 to 8 p.m.  
Lions Park  
White Bear Lake

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### SATURDAY

PowerUp Recipe  
Contest Deadline  
Visit [powerup4kids.org/  
powerchefrecipecontest](http://powerup4kids.org/powerchefrecipecontest)  
to enter!

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\*TO REGISTER go to [powerup4kids.org](http://powerup4kids.org), select Classes and Events.

Visit [powerup4kids.org/week](http://powerup4kids.org/week) to get the full scoop on Chomp's birthday parties, along with all these events and more, plus ideas for how to PowerUp at home too!

# powerup SPOTLIGHT RECIPES

CELEBRATE POWERUP WEEK WITH THESE YUMMY KID-APPROVED RECIPES!



## POWERUP PARFAIT

Serves: 4

### INGREDIENTS

- 2 cups fresh blueberries, mango, strawberries, or any fresh, dried, frozen, or canned fruit
- 2 cups non-fat vanilla Greek yogurt
- 1/2 cup granola

### INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Place 1/4 cup of fruit in bottom of clear serving bowl or small glass.
2. Top with 1/2 cup yogurt and 3 tablespoons of granola. Alternate layers until full.

RECIPE FROM THE POWERUP KITCHEN

## GREEK SALAD KABOBS

Serves: 12-15 kabobs

### INGREDIENTS

- 1 tablespoon fresh lemon juice
- 1/2 teaspoon grated lemon zest
- 1 tablespoon olive oil
- 2 teaspoons finely chopped fresh mint (or 1/2 teaspoon dried)
- 1 small garlic clove, peeled and minced or put through a garlic press
- 1 8-ounce block feta cheese, cut into cubes
- 1 cucumber, quartered lengthwise, and cut into cubes
- 1 pint (2 cups) cherry tomatoes
- 1 cup pitted black or green olives



### INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Put the lemon juice and zest, olive oil, mint, and garlic in the bowl and mix well. Add the feta and gently stir. Leave it to marinate while you prepare the other ingredients.
2. Thread the marinated feta, cucumber, tomatoes, and olives onto the skewers, alternating and arranging them however you like. (Tip: Push the skewers slowly and gently through the cheese cubes so that they won't be inclined to crumble.) Serve right away.

RECIPE REPRINTED WITH PERMISSION FROM CHOP CHOP® MAGAZINE

# POWERUP WITH CHOMP!

Instructions: Color Chomp and draw your favorite way to PowerUp. Chomp would love to see your artwork. Send a picture of it to him at [chomp@healthpartners.com](mailto:chomp@healthpartners.com).

