



POWERUP WITH BACK-TO-SCHOOL TIPS

Back to school means back to the books and busy schedules. It can be a juggling act to keep your family on track with eating better and moving more.

Instead of adding to your to-do list try turning the things your family is already doing into a fun way to PowerUp! Here's how you can get started.

- **Transform sluggish school mornings into a dance party!** Kick start your mornings by movin'-and-groovin' to some fun PowerUp music!
- **No time to plan lunches?** Have kids pack their own, using the PowerUp Mix-and-Match planner inside. It's kid-approved, and loved by all.
- **Turn chores into a family-friendly competition.** See who can fold and put away their laundry the fastest.
- **What's for dinner?** Check the freezer and make it quick! Freeze leftovers and seasonal fruits and veggies for a quick and easy way to have a PowerUp meal.



READ ALL ABOUT IT!

POWERUP PROGRESS

Did you know? Kids are more physically active today than when PowerUp first started in 2013! Great things happen when communities work together to make it easy and fun for kids and families to eat better and move more.

Check out the Report to the Community at powerup4kids.org/report.



POWERUP YOUR FAMILY CALENDAR

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

OCTOBER

PowerUp Family and Friends Walk: Bonfire and Bananas 1
TUESDAY
5:30 to 7 p.m.
Lake Elmo Park Reserve
Lake Elmo, MN*

Twin Cities Mascot Invitational 5
SATURDAY
11 a.m.
State Capitol
St. Paul, MN

Fall Family Night Hike 10
THURSDAY
6:30 to 7:30 p.m.
Lake Elmo Park Reserve
Lake Elmo, MN

Open Gym 11
FRIDAY
6 to 8 p.m.
Starr Elementary
New Richmond, WI

Willow River Family Fun Walk 12
SATURDAY
8:45 a.m.
Kid's Obstacle at 11 a.m.,
Willow River State Park
Hudson, WI* \$

Open Gym 12
SATURDAY
1 to 3 p.m.
Pony Activity Center
Stillwater, MN

Open Gym 18
FRIDAY
6 to 8 p.m.
Pony Activity Center
Stillwater, MN

Candlelight Walk 18
FRIDAY
6 to 9 p.m.
Browns Creek State Trail
Browns Creek Park Preserve,
Stillwater, MN

Kid's Cooking Class \$ 24
THURSDAY
3:30 to 5 p.m.
Farm Table
Amery, WI*

Fall Family Night Hike 24
THURSDAY
6:30 to 7:30 p.m.
Lake Elmo Park Reserve
Lake Elmo, MN

Open Gym 25
FRIDAY
6 to 8:30 p.m.
Stillwater Middle School
Stillwater, MN

Open Gym 25
FRIDAY
6 to 9 p.m.
YMCA in Hudson
Hudson, WI

Willow River State Park Halloween Bash 26
SATURDAY
5:30 to 7:30 p.m.
Willow River State Park
Hudson, WI

Open Gym 26
SATURDAY
9 to 11 a.m.
Early Childhood Family Center
Stillwater, MN

Kowalski's Boo Bash 29
TUESDAY
4 to 7 p.m.
Kowalski's Market
Oak Park Heights, MN

NOVEMBER

Open Gym 2
SATURDAY
1 to 3 p.m.
Pony Activity Center
Stillwater, MN

PowerUp Family and Friends Walk: Bonfire and Bananas 5
TUESDAY
5:30 to 7 p.m.
Lake Elmo Park Reserve
Lake Elmo, MN*

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

Kid's Cooking Class: Ooodles of Zoodles \$ 9
SATURDAY
10 a.m. and noon
Cooks of Crocus Hill
Stillwater, MN*

Open Gym 9
SATURDAY
9 to 11 a.m.
Oak-Land Middle School
Stillwater, MN

Open Gym 15
FRIDAY
6 to 8:30 p.m.
Stillwater Middle School
Stillwater, MN

Open Gym 16
SATURDAY
9 to 11 a.m.
Early Childhood Family Center
Stillwater, MN

Open Gym 17
SUNDAY
1:30 to 3:30 p.m.
Intermediate School
Amery, WI

Kid's Cooking Class \$ 21
THURSDAY
3:30 to 5 p.m.
Farm Table
Amery, WI*

Free Park Friday 29
FRIDAY
Free entry into MN state parks all day

Open Gym 29
FRIDAY
6 to 9 p.m.
YMCA in Hudson
Hudson, WI

* Register at powerup4kids.org \$ low-cost

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

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

VEGGIE

- Asparagus
- Beets
- Black beans
- Broccoli
- Carrot sticks
- Celery sticks
- Cherry tomatoes
- Corn
- Cucumber slices
- Edamame
- Garbanzo beans
- Green beans
- Kohlrabi slices
- Jicama Lettuce
- Peapods
- Radishes
- Salsa
- Squash
- Sweet pepper slices

FRUIT

- Apple slices
- Applesauce (unsweetened)
- Apricots
- Avocado
- Banana
- Berries
- Cantaloupe slices
- Cherries
- Dates
- Grapes
- Grapefruit
- Honeydew
- Jackfruit
- Kiwi
- Mango
- Oranges
- Peaches
- Pears
- Pineapple
- Pomegranate seeds
- Raspberries
- Strawberries
- Watermelon cubes

PROTEIN

- Beans/lentils
- Cheese
- Chicken
- Cottage cheese
- Hard-boiled egg
- Hummus
- Nuts/seeds
- Nut/seed butter
- Soy
- Tofu
- Tuna
- Turkey
- Yogurt

WHOLE GRAIN

- Bagel
- Bread
- Brown rice
- Cereal
- Crackers
- Oatmeal
- Pasta
- Pita pocket
- Popcorn
- Quinoa
- Tortilla
- Wild rice

Allergy Alert:
If your child is allergic to peanuts or tree nuts, try sunflower butter.



KIDS ON-THE-GO

Pack a cooler with a power-packed mix-and-match lunch!

- Jicama + Berries
- Yogurt + Granola
- Hummus + Pita bread
- Veggie sticks + Watermelon
- Black beans + Rice
- Corn + Pineapple

POWERUP PUMPKIN PROJECT

The spook-tacular time of year is creeping up fast! This year, help our kids and community by joining us in the PowerUp Pumpkin Project. Here's the scoop. Simply offer all trick-or-treaters a fun "non-candy" or "non-food" treat.

Learn more at
powerup4kids.org/pumpkinproject



RECYCLE YOUR JACK-O-LANTERN INTO A BIRD FEEDER!

Grab your binoculars and get ready for birdwatching! Recycle your jack-o'-lantern into a bird feeder. It's as easy as 1-2-3.

1. Slice the pumpkin in half
2. Cut holes and insert twigs to give the birds a place to perch
3. Fill the pumpkin with bird seed and hang (or set it) in a tree

BANANA GHOSTS

INGREDIENTS

- Banana
- Chocolate chips

DIRECTIONS

Cut a banana in half and place chocolate chips for eyes and mouth

PUMPKIN ORANGES

INGREDIENTS

- Clementine
- Celery

DIRECTIONS

Peel clementine and insert celery stick in the middle