

# powerUP

## PowerUp Press ...For Families

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## PowerUp with Family Fall Fun

Cooler weather and changing colors are a great signal to find some new ways to PowerUp this fall! We've made it easy to track down these Family-tastic ideas to help you PowerUp:



**PowerUp your family at Free Open Gyms:** Mark your calendar for active, weekend fun...for free. It's even more fun than movie night! Bring a friend or a neighbor, too. (see box on right for dates, times and locations)

**Go Apple Picking in one of many local orchards.**

**Don't miss the Fall PowerUp Kids Cook classes,** where kids make and taste yummy recipes for the holidays, or any day! (see box below for dates, times and locations)

**Get lost in a Corn Maze or explore a local park.**

**Take a trip to a Farmers' market** and check out the Fall apples, beets, sweet corn, squash, carrots and more.

**Explore the woods, a park, or your back yard and collect colorful leaves.** Then bring them home and make some fun leaf art.

**Organize a neighborhood Fall Photo Scavenger Hunt.** Send off each team with a digital or phone camera in search of **Fun Fall Finds** like — a great Fall landscape display, a wreath on a door, a tree with red or yellow leaves, someone raking leaves, kids playing outside, someone biking, birds flying, a pile of leaves, people decorating for the holidays, people out for a walk, etc.

**Hold a coloring contest with kids.** Draw your favorite fruits, vegetables or Farmer Chomp (see other side) and pick out the most colorful, most creative, etc.

## Fall PowerUP Kid Cook Classes

**Sat., Nov 9 — 10-11:30 am: Paint Your Plate for Thanksgiving and Beyond**  
(3rd-6th grade) Cooks of Crocus Hill, Stillwater

**Sat., Nov 23 — 10-11:30 am: Color Your Plate**  
(Pre K-2nd Grade) Lakeview Hospital, Stillwater

**Sat., Dec 7 — 10-11:30 am: Treat Yourself**  
(3rd-6th grade) @ Cooks of Crocus Hill, Stillwater

**Sat., Dec 7 — 10-11:30 am: Ho Ho Holiday Treats**  
(Pre K-2nd grade) Stillwater Medical Group, Stillwater

To REGISTER go to [powerup4kids.org/cook](http://powerup4kids.org/cook)



## PowerUp with FREE Family Fun Open Gyms

PowerUp sponsors these FREE events to give you a chance to run, jump and play! Plus, many will include special PowerUp activities 🍂 and swimming 🏊 too! Children under 10 must be accompanied by an adult

### Mahtomedi: Wildwood Elementary

Friday, Nov. 8 — 6:00-8:00 pm 🍂

Sat., Nov. 16 — 8:30-11:30 am 🍂

Friday, Nov. 22 — 6:00-8:00 pm 🍂

Friday, Dec. 6 — 6:00-8:00 pm 🍂

### Somerset: Middle School

Friday, Dec 6 — 5:30-8:00 pm 🍂

Friday, Dec 20 — 5:30-8:00 pm 🍂

Friday, Jan 3 — 5:30-8:00 pm 🍂

Friday, Jan 17 — 5:30-8:00 pm 🍂

Friday, Feb 7 — 5:30-8:00 pm 🍂

Friday, Feb 21 — 5:30-8:00 pm 🍂

### Stillwater:

Thursday, Nov 7 — 7:00-8:30 pm (OLJH)

Friday, Nov 8 — 6:00-8:30 pm (OLJH) 🍂 🏊

Thursday, Nov 14 — 7:00-8:30 pm (OLJH) 🍂 🏊

Sat., Nov 16 — 9:00-11:30 am (ECFC) 🍂

Thursday, Nov 21 — 7:00-8:30 pm (OLJH)

Friday, Nov 22 — 6:00-8:30 pm (SJHS) 🍂 🏊

Sat., Dec 7 — 9:00-11:30 am (ECFC) 🍂 🏊

Friday, Dec 13 — 6:00-8:30 pm (SJHS) 🍂 🏊

Friday, Dec 27 — 6:00-8:30 pm (SJHS) 🍂 🏊

OLJH = Oak-Land Jr High School

SJHS = Stillwater Jr High School

ECFC = Early Childhood Family Center

To REGISTER in advance for FREE go to [powerup4kids/open gyms](http://powerup4kids/open gyms) (Registration will be available at the door, but a nominal fee may be charged)

## Color Your Plate Contest!



## There's still time....

time to turn up your creativity and have fun decorating a plate showing all the ways you eat better, move more and PowerUp!

### What you'll need:

**Ceramic Plate** (or a paper plate will do), any size (hint: use a plate from home or find one at your local Dollar or discount store)

**Permanent markers** (or crayons, if using a paper plate)

**Your Imagination!**

### How to Enter:

Decorate your plate showing how you PowerUp. The more creative and colorful — the better!

Take a photo of you and your Colorful PowerUp plate. Submit it to PowerUp by **December 1st** for a chance to win a prize.

For complete contest details go to [powerup4kids.org/coloryourplatecontest](http://powerup4kids.org/coloryourplatecontest)



## Color Farmer Chomp!



### Parent-to-Parent...

"My 5 year old son, Jack, loves chips! His uncle even calls him Chip, so I was very excited to find a recipe for kale chips\*. I wasn't sure how it would go over, but my son and all of our neighbors loved them! Better than getting just the recipe, we were given FREE fresh veggies at the PowerUp Veggie Give Away this past summer. I love that you make veggies so easy and fun for my family and the community!"

- Amy, local teacher, mom of 2 elementary age kids

\*You can find this yummy kale chip recipe at [powerup4kids.org/snacks](http://powerup4kids.org/snacks)

