



LET'S HAVE FUN THIS FALL

FOR MANY FAMILIES, FALL BRINGS CHANGES WITH NEW THINGS TO DO AND PLACES TO GO. HERE ARE SOME FUN WAYS TO KEEP YOUR FAMILY EATING BETTER, MOVING MORE AND FEELING GOOD.

- 1. MAKE FOOD FUN WITH FOOD ART.** Let kids have fun building an after-school snack with simple foods to create silly scenes or funny faces.



RICE CAKE



MASHED
AVOCADO



HARD-BOILED
EGG



CORN



SHREDDED
CARROT

Check out the PowerUp Mix-and-Match menu planner for more power-packed meal ideas at powerup4kids.org/mixandmatchlunch.

- 2. READY, SET, GO!** Put on a favorite song and race to get ready for the next day. Have fun grooving to the music as you lay out clothes, prep your backpack, get your coat and shoes by the door and more.



- 3. POWERUP YOUR DAY WITH A MORNING BOOST.** Toss frozen spinach into eggs. Top pancakes and waffles with nut butter or yogurt. Slice bananas into cereal. Mix pumpkin puree into oatmeal.



Find more ideas in the Morning and Midday Boosts recipe booklet at powerup4kids.org/morningmiddayboost.



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Fall Fest

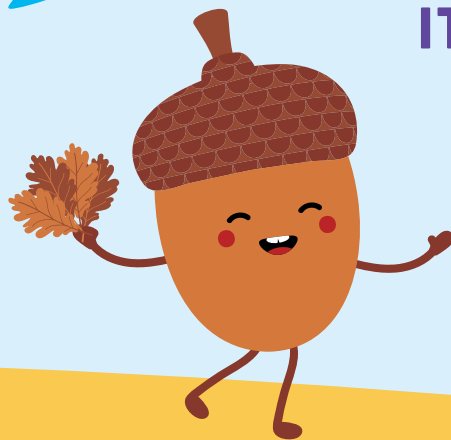
Find inspiration for celebrating during October with the PowerUp Fall Fest! This virtual festival will include a weekly email full of fun and creative ideas for kids and families to PowerUp, stay safe and celebrate this fall, including:

- **STORYTIME WITH CHOMP** and his favorite fall books
- **RECIPES** with seasonal fruits and vegetables
- **FALL CRAFTS** and kitchen science experiments
- **HARVEST HAPPENINGS** in the garden
- **DENTAL TIPS** for a pearly white smile, and more!

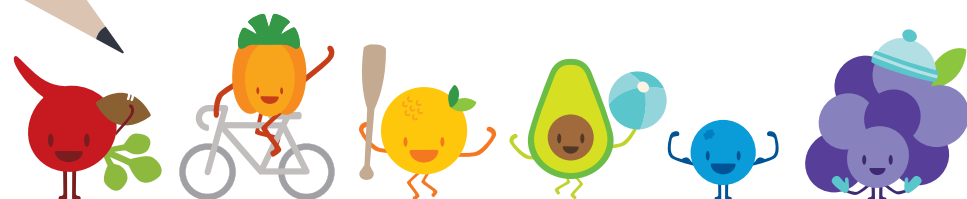
LEARN MORE AT [POWERUP4KIDS.ORG/FALLFEST](https://powerup4kids.org/fallfest)

IT'S EASY TO JOIN IN THE FALL FUN

- 1 **SIGN UP** at powerup4kids.org/fallfest to receive our special email series directly to your inbox.
- 2 **CHECK-IN** to the weekly email to **ENTER** our drawing.
- 3 **WIN** fun PowerUp prizes!



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SCHOOL CHALLENGE



POWERUP SCHOOL AND FAMILY CHALLENGE! ANYTIME, ANYWHERE.

For the first time, schools and individual classrooms can participate in the School Challenge and earn reward dollars during the fall. Beyond the classroom program, there are also many fun activities and resources to PowerUp your whole family at home.

Learn more at powerup4kids.org/schoolchallenge.

SEEK, FIND, MOVE!

- **SEEK** indoors or outdoors
- **FIND** each color below
- Do the **MOVE** linked to that color

MAKE IT YOUR OWN!

- Add other colors or fun ways to move.
- Make it a race. Challenge a family member or a friend.
- Try it outside, using only items found in nature.

When a **RED** item is found, **RUN** in place as fast as you can (count to 10)

When an **ORANGE** item is found, **BALANCE** on one foot like a flamingo (count to 5)

When a **YELLOW** item is found, **YELL** out your favorite fruit or veggie

When a **GREEN** item is found, **GROOVE** to your favorite dance move (count to 10)

When a **BLUE** item is found, stop and take 5 deep **BREATHS**

When a **PURPLE** item is found, pretend to **PLAY** your favorite sport (count to 10)

When a **WHITE** item is found, **WIGGLE** your whole body (count to 10)

When a **BROWN** item is found, **BOUNCE** like a hot potato 10 times

