



Find recipes, open gyms & classes at powerup4kids.org

Kid's LOVE to PowerUp with our super-hero, Chomp!

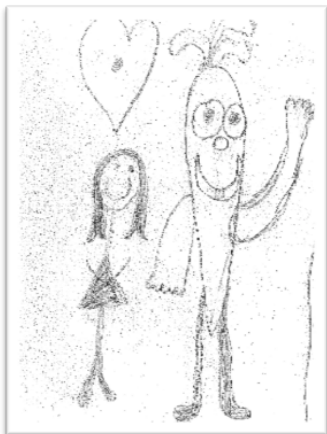
PARENTS AND FAMILIES:

You can have fun with Chomp and fruits and veggies at home.

- ♥ **Play "Chomp" says**
just like the game "Simon says"
- ♥ **Give veggies fun names**
like..."Brocco-saurus"
- ♥ **Have a Veggie tasting**
vote on your favorite veggies and send your results in to Chomp at info@powerup4kids.org
- ♥ **Show how you like to PowerUp**
with Chomp (find the coloring sheet at powerup4kids.org/colorchomp)

He has **AMAZING SUPER POWERS!**
He's **FAST** as lightening...**STRONG** as steel...**INSPIRES** kids to try fruits and veggies with his winning **SMILE!** He's the bright orange **SUPER HERO OF ALL SUPER HEROES.** Standing 7-feet, 5-inches tall...He's the **POWER** in PowerUp he's...

CHOMP!



Kendal, a little girl who according to her mom "is a pretty picky eater," loved meeting Chomp at recent event. She liked tasting veggies with Chomp so much that she asked if he could come back again and bring more veggies to try! Kendal told her mom she wanted to try lots of different veggies and email a picture of her eating them to Chomp. She said *"I'm going to eat so many vegetables from now on so my friend, Chomp, will be so proud of me!"*

OPEN GYM
Somerset, WI

Join us for a
Meet & Greet
with Chomp
on Valentine's Day!

Somerset Middle School Gym
Saturday, February 14th
9 a.m. - 11:30 a.m.

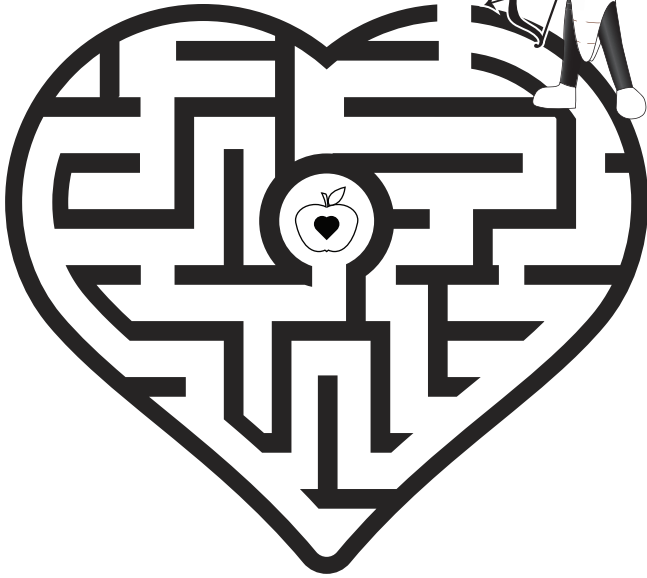
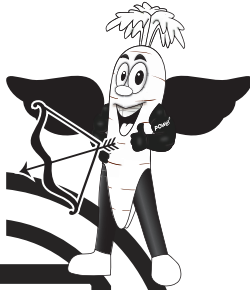
FREE to kids and families of all ages!

Registration requested at:
powerup4kids.org
click on CLASSES

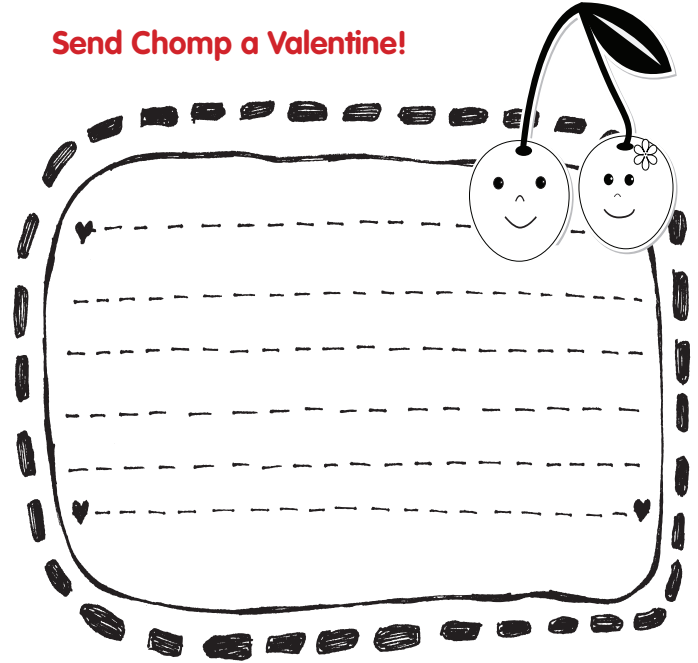
PowerUP

Valentine's Day!

Help Chomp aim for the fruit.



Send Chomp a Valentine!



You can even send your note to Chomp at:

Chomp c/o PowerUp
927 Churchill Ave W.
Stillwater, MN 55082

email: info@powerup4kids.org

VERY BERRY SMOOTHIE

Ingredients:

- 1-1/4 cups orange juice, 1 banana
- 1-1/4 cups frozen berries (raspberries, blueberries and/or strawberries)
- 1/2 cup low-fat plain yogurt

Directions:

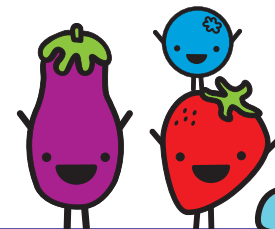
Combine all ingredients in blender cover and blend until creamy!



Chomp is coming to a School Challenge near you!

The **2015 PowerUp Try for 5 School Challenge** is in full swing at many of the elementary schools throughout the Valley, and Chomp will be making his rounds to each and every school. Watch for more information about the School Challenge from your child's school.

Visit powerup4kids.org to see where else you can meet Chomp!



For "Sweet" Valentine recipes and fun activities to get your  pumping, check out: powerup4kids.org/Valentine