



Adagio Health Power Up Monthly Minder



Grilled PB&J Sandwich

It's like grilled cheese and PB&J had a baby! Try this quick and easy peanut butter and jelly sandwich upgrade and you'll never want to go back to the old stuff! This recipe can be easily adapted for our friends with allergies by using soy or sunflower butter in place of peanut butter. Try substituting the peanut butter with cream cheese for an extra creamy treat!

Ingredients

2 slices whole grain bread
2 Tbs peanut butter
2 Tbs jelly/ preserves of choice
Cooking Spray

Instructions

1. Spread peanut/ soy butter on one piece of bread then spread jelly on top of the peanut butter.
2. Place second piece of bread on top of jelly.
3. Heat and prepare pan on medium heat and spray well with cooking oil.
4. carefully place sandwich on hot pan and wait until browned.
5. Flip to opposite side until both sides are a golden brown.
6. Plate and enjoy!

Family Activity Corner



Keeping busy while having to stay at home can be challenging but this hack will keep the kids busy for hours! Make designs and shapes on the sidewalk using tape then have the kids color them in with chalk. When finished take off the tape and admire their artwork!

For more tips on getting the family energized check out
www.PowerUpEatRight.com/energizers



To see healthy videos by your Power Up educator visit:
https://www.youtube.com/channel/UCyiG0EJQDDNfbH6_ZxmlN3A/videos

Power Up in the Community

The Power Up team may be practicing social distancing but that doesn't mean they aren't here for all your wellness needs! Educators are busy creating recipe and exercise videos, worksheets, and tip sheets for all our favorite families and friends! Above is Ms. Nicole teaching us how to stay active while staying home! Click below to view all Adagio videos that will be updated daily!