

The Power Up Eat Right Program's

MONTHLY MINDER

www.powerupeatright.com

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For more information about the Power Up Program, please call 1-800-215-7494.

School Is Now In Session!

Power Up is happy to be in your school, providing nutrition education to you, your parents and caregivers. We invite you to visit our website at www.powerupeatright.com whenever you and your family can for nutrition information, games, recipes and other fun news. There is something new each month!



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Choose MyPlate

It is your job to take care of yourself. MyPlate is a great tool to guide your food choices.

- ▼ **Make at least half your grains whole grains. Whole grain foods use all three parts of the grain. Read food labels and pick 100% whole-grain bread, cereal, rice and pasta.**
- ▼ **Focus on fruits.**
- ▼ **Vary your veggies. Make half your plate fruits and vegetables. Eat all colors from the rainbow!**
- ▼ **Eat small amounts of different kinds of low-fat protein food. Choose low-fat ways to cook and trim the fat from protein foods.**
- ▼ **Switch to fat-free or low-fat (1%) milk.**



Be Active Your Way

Being physically active can keep you healthy.
Aim for 60 minutes every day.
Moderate to vigorous activity
is what counts, such as:

- **Bicycling**
- **Dancing**
- **Jumping rope**
- **Active gardening and raking**
- **Swimming laps**
- **Running**
- **Walking briskly (fast at 3.5 miles per hour)**



September

Wellness Corner Connection

Welcome Back!

Did you know your school has a wellness committee?

A school wellness committee is an advisory group concerned with the health and well-being of students and staff. A committee can be formed at the district or school building level. This group typically has 6-12 members and includes school staff, students, family members, and community members.

Interested in becoming a member? Contact your school today to learn how!



Recipe Of The Month:

Garden Pasta Salad

Ingredients

1/2 cup macaroni (cooked)
1/4 cup onion (finely chopped)
1/2 cup cucumber (finely chopped)
1/4 cup green pepper (diced)
1 Tbsp Vinegar
1/2 tsp vegetable oil
1/4 tsp salt
1/4 tsp pepper
1/8 Tbsp parsley (chopped)

Directions

1. In a medium size bowl, combine macaroni, onions, cucumbers, and green peppers. Mix well.
2. In a separate bowl, mix vinegar, vegetable oil, salt, pepper, and parsley.
3. Pour dressing over pasta. Mix well.
4. Cover bowl and refrigerate. Serve cold.

Nutrition Information Per Serving - 1/4 cup

Calories 34, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg., Sodium 98mg, Carbohydrate 5g, Dietary Fiber 1g, Protein 1g

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>



Kitchen Clips

To strengthen family ties, each person in the household should help with meal planning, preparation and/or clean up.

Have children gather cooking utensils and help measure ingredients.

Review MyPlate with your family to make sure you have all the food groups served at each meal.

Practice introducing and trying a new food once a week.

Let your child pick out a new fruit or vegetable to try each week.

Do not waste food. Have a “clean the refrigerator” or “let us see what is in the cupboard” night.

Q: What did the apple skin say to the apple?

A: I've got you covered!

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Be Food Safe

Healthy eating includes keeping foods safe. All family members can reduce their risk of foodborne illness or food poisoning. Four basic food safety principles work together to keep foods safe.

CLEAN



- Wash hands and cooking surfaces often.
- Mix $\frac{3}{4}$ teaspoon of liquid chlorine bleach with 1 quart of water for a cost effective cooking surface sanitizer.
- Wash kitchen towels often, in the washing machine's hot cycle.
- Rinse all fresh fruits and vegetables under running tap water before eating or using.

SEPARATE



- Do not cross contaminate.
- Separate raw meat, poultry, seafood and eggs from other foods in your shopping cart, grocery bags and your refrigerator.
- Use one cutting board for fresh fruits and vegetables and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

COOK



- Cook to proper temperatures.
- Use a food thermometer, which measures the internal temperature of cooked meat, poultry and egg products.

CHILL



- Refrigerate foods promptly!
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs or cooked food sit at room temperature.
- Never defrost or thaw food at room temperature.

October

Wellness Corner Connection

Did you know your school participates in school-wide taste tests?
Here are a few the students have tried!

- Sweet Potato Pancakes
- Pumpkin Dip
- Smoothies
- Banana Nice-Cream
- Roasted Chickpeas
- Rainbow Slaw

For these recipes check out
www.PowerUpEatRight.com



Recipe of the Month: Fall Veggie Casserole

Ingredients

- 5 1/2 cups eggplant, cubed
- 4 tomatoes
- 1 green pepper
- 1 onion
- 1 tsp salt
- 1/4 tsp pepper
- 3 Tbsp vegetable oil
- 1 garlic clove
- 2 Tbsp Parmesan cheese (grated)



Directions

1. Remove the skin from eggplant. Cut eggplant into cubes
2. Chop tomatoes into small pieces
3. Cut green pepper in half. Remove seeds and cut into small pieces
4. Chop onion into small pieces
5. Cut garlic into tiny pieces
6. Cook the first 8 ingredients in large skillet until tender
7. Top with Parmesan cheese and serve

Nutrition Information Per Serving - 1/8 of a recipe

Calories 90, Total fat 6g, Saturated fat 1g, Trans fat 0g, Cholesterol 0mg, Sodium 320mg, Carbohydrate 8g, Dietary Fiber 3g, Protein 2g

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

Kitchen Clips

If you use cloth shopping bags, be sure to wash them in the washing machine frequently.

For re-useable grocery bags that are not machine washable, wash by hand frequently with hot water and soap.

When you shop, put meat, poultry and fish in separate plastic bags. This keeps the juices from leaking out and contaminating other foods.

Thaw foods in the refrigerator or microwave, NOT on the kitchen counter.

Freeze cooked food if it is not going to be eaten in a day or two.

WHEN IN DOUBT, THROW IT OUT!

Q: Why did the banana go to the Doctors?

A: Because it wasn't peeling well!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

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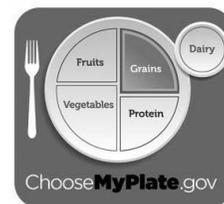
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What is the Most Important Meal of the Day?

Of course you know that it is breakfast. It is fuel for your brain. Your body needs fuel after a long night of rest. Students who eat breakfast do better in school plus they have better manners and conduct in school. So, what is not to like? It is your job to take care of yourself. Start every day the right way by eating breakfast.

Grains

Breakfast is a great time to have a grain food. Any food made from barley, cornmeal, oats, rice, wheat or another cereal grain is a grain food. There are many grain foods to choose from:



- bagels
- buckwheat
- cornbread
- pasta
- rice
- barley
- bulgur
- grits
- pretzels
- rye
- biscuits
- cereal
- muffins
- popcorn
- tortillas
- bread
- crackers
- noodles
- quinoa
- waffles



Amounts Needed

The amount of grain foods needed every day varies by gender and age. See the chart below for what you need:

Daily Amounts of Grain Foods

	Girls	Boys	Women	Men
5 ounces	4 - 13 years old	4 - 8 years old	51+ years old	-----
6 ounces	14 - 18 years old	9 - 13 years old	19 - 50 years old	51+ years old
7 ounces	-----	-----	-----	31 - 50 years old
8 ounces	-----	14 - 18 years old	-----	19 - 30 years old

Make Half Your Grains Whole Grains

- If you need six servings of grains, then three servings should be whole-grain foods.
- Whole grains include all three main parts of the grain: bran, germ and endosperm.
- Read food labels and pick 100% whole-grain bread, cereal, rice and pasta.
- The first ingredient on the label should be whole grain.
- Not all packages have them, but look for the whole grain stamp.
- Whole grains can be healthy snacks.
- You cannot tell a whole grain by its color.
- Look for “whole grain” on the label.



November

Wellness Corner Connection

School days can be long! For those much needed mental breaks, try to incorporate 5 minutes of physical activity into the day!

Here are some examples you can try:

- 10 jumping jacks & 10 arm circles
- Run in place for 10 seconds. Repeat 2 times, increasing speed both times
- Try to balance on 1 leg for 10 seconds, then switch legs
- 10 arm reaches to the front & 10 above your head
- Have a student pick 3 exercises for the class to do for a count of 10
- Visit www.powerupeatright.com and select a couple of yoga poses from “Mindful Movements”

Recipe of the Month: Bean Soup

Ingredients:

- 1 cup dried pinto beans (soaked and drained)
- 4 cups low sodium chicken broth
- 4 cups water
- 2 cups tomato sauce (tomato juice, or canned crushed tomatoes)
- 1 onion (chopped or 2)
- 1 tsp dried oregano or basil
- 1/4 cup uncooked pasta (rotini, dry)

Directions

1. Place beans, broth, water, tomato sauce, juice, or tomatoes, and onion in a pot. If using oregano or basil, add that too.
2. Cover and cook on medium heat for 2 to 3 hours.
3. Add pasta. Cook until soft.
4. Serve hot.

Nutrition Information Per Serving - 1/8 of a recipe

Calories 160, Total fat 0g, Saturated fat 0g, Trans fat 0g, Cholesterol 0mg, Sodium 120mg, Carbohydrate 30g, Dietary Fiber 8g, Protein 10g

Recipe source: <https://whatscooking.fns.usda.gov/>

Promoting School Lunch Across the U.S.A.

Does your child eat school lunch?



Kitchen Clips

Practice food safety all year round.

Everyone should wash their hands before handling food and before eating.

Use a food thermometer.

Checking food temperatures is key to preparing safe foods.

Be a role model. Your actions speak louder than words. Eat breakfast every day and be physically active.

Have your child pick out a whole-grain, low-sugar cereal to be part of the family's breakfast plan.

Q: Why doesn't bread like warm weather?

A: Because things get toasty!

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Make Half Your Plate Fruits and Vegetables

Fruits and vegetables provide important nutrients like vitamins and minerals.

People who eat more fruits and vegetables as part of a healthy diet are likely to have a reduced risk of some chronic, or long-lasting, diseases such as high blood pressure, heart disease, heart attack and stroke.

Eat fruits and vegetables to make sure you get enough Vitamin A, Vitamin C, dietary fiber, folate (also called folic acid), magnesium and potassium.

Amounts Needed

For most people aim for 1 1/2 cups of fruit and 2 1/2 cups of vegetables every day. The amount needed depends on your age, gender and activity level.

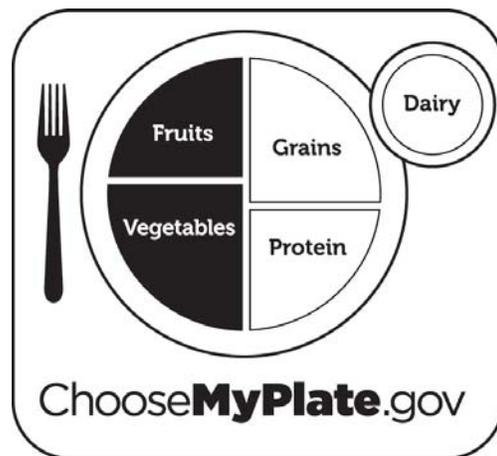
Eat a Rainbow of Colors

Eat different kinds of fruits and vegetables throughout the week. Include a variety of colorful fruits and vegetables every day.

What's in Season?

There still are plenty of fruits and vegetables in season in Pennsylvania in the winter months. Apples, beets, cabbage, carrots, celery, lettuce, mushrooms, onions, potatoes, pumpkins, turnips, and winter squash. Winter squash can be baked, roasted, grilled, or sautéed and is the perfect addition to family meals.

When you get home, plan meals around the fresh produce you just purchased. Sit at the table, relax, eat slowly and enjoy each other's company.



Q: What kind of flower should be put in a vase?

A: Cauliflower



December



Wellness Corner Connection

Does your school have an after-school program?

If yes, did you sign up?

After-school programs are a great way for kids to stay active even after the school day is over! Look for programs run by:

- Your school
- Your local Food Bank
- Your local recreation center

Power Up can visit your after-school program to provide healthy food tastings, physical activity and nutrition lessons.

Recipe of the Month: Directions

Plum Oat Bars

Ingredients

- 2 cups old-fashioned oats
- 1/2 cup dried plums (chopped)
- 1/2 cup walnuts (chopped)
- 1 tsp cinnamon
- 1/4 tsp salt
- 3/4 cup packed brown sugar
- 1/3 cup margarine



1. Preheat oven to 350 degrees F. Coat 9x9 inch baking pan with cooking spray. Set aside.
2. In large bowl combine oats, plums, cinnamon, and salt. If using walnuts, add that too. Set dish aside.
3. In medium saucepan, combine brown sugar and margarine. Cook over medium heat. Stir until melted.
4. Pour sugar mixture over oat mixture, stirring to coat all ingredients. Press firmly and evenly into baking pan.
5. Bake 20-25 minutes or until golden around the edges. Cut into bars while still hot. Cool completely in pan, then re-cut and remove with spatula.

Nutrition Information Per Serving - 2 cookies

Calories 130, Total fat 3.5g, Saturated fat 1g, Trans fat 0g, Cholesterol 0mg, Sodium 105 mg, Carbohydrate 24g, Dietary Fiber 1g, Protein 2g

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

Kitchen Clips

There are five smaller groups of vegetables.

1. Dark green vegetables such as broccoli, spinach, romaine lettuce, greens like collard, turnip and mustard.
2. Red and orange vegetables including tomatoes, red peppers, carrots, sweet potatoes, winter squash and pumpkin.
3. Beans and peas. This group includes dried and cooked, starchy beans such as kidney, black, pinto and black-eyed peas. This group does NOT include green beans and green peas because they have less protein than other beans.
4. Starchy vegetables like potatoes, corn and green peas.
5. Other vegetables include all of the other vegetables that do not fit into the other groups, such as celery, green beans, onions and iceberg lettuce.

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Make Better Beverage Choices

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices:

- Drink water instead of sugary drinks.
- Let your thirst be a guide. Water is an important nutrient for your body. Drink plenty of water if you are very active or when you are in hot conditions.
- Save money by drinking tap water from home instead of buying bottled water.
- Make a kid-friendly drink zone. Have water, low-fat or fat-free milk, or 100% juice ready to go in the refrigerator. Limit juice to 1/2 cup to 1 cup daily.
- Enjoy your beverage. When water just won't do, enjoy the beverage of your choice, but just cut back. Drink smaller serving sizes.
- Bring water to go. Fill a clean, reusable bottle to take with you. Wash it daily! Reusable bottles are easy on the environment.
- Compare what you drink by checking the nutrition facts on the label. Choose the ones with the lowest sugar and fat.



Did You Know?

Depending on your choice, a 12-ounce serving of a sweetened soft drink, fruit-flavored drink, iced tea or lemonade can have close to 52 grams of sugar.

One teaspoon of sugar is equal to 4 grams of sugar.

52 grams divided by 4 grams per teaspoon = 13 teaspoons of sugar.

January

Wellness Corner Connection

Visit our Power Up website to stay updated on the newest information! www.PowerUpEatRight.com

On our website you will find:

- Office locations and Power Up Educators
- Materials and handouts
- Student blogs
- Healthy recipes
- Events and News
- And much more!



Recipe Of The Month: Cranberry Apple Beverage

Ingredients

- 1 1/2 cups 100% cranberry apple juice
- 1/2 cup 100% orange juice
- 1/2 cup seltzer water

Directions

1. Combine 3/4 cup cranberry apple juice and 1/4 cup orange juice in 2 tall glasses.
2. Pour 1/4 cup seltzer into each glass, then fill with ice cubes or crushed ice.



Nutrition Information Per Serving - 1 serving (10oz)

Calories 130, Total fat 0g, Saturated fat 0g, Trans fat 0g, Cholesterol 0mg, Sodium 10mg, Carbohydrate 31g, Dietary Fiber 1g, Protein 0g

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

Kitchen Clips

About 60% of your body is water.

Choosing a healthy beverage is a great first-step to an overall healthy diet.

Put a splash of 100% fruit juice in your glass of water for a refreshing drink.

Soft drinks have lots of added sugar and provide no vitamins or minerals.

Limit your beverages with added sugar.

Make sure your kids see you drinking water.

Q: What room can be eaten?

A: A Mushroom!

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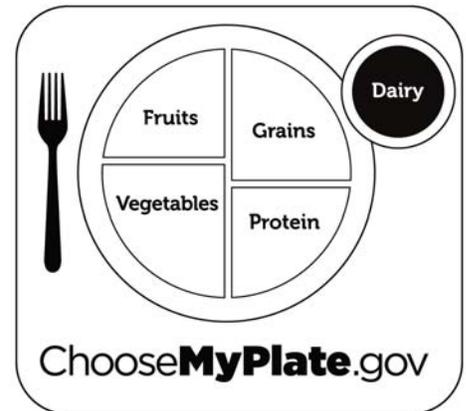
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Got Your Dairy Today?

The dairy group includes milk, yogurt, cheese and calcium-fortified soymilk. **Fortified** means that nutrients (vitamins and/or minerals) are added to foods.

Dairy foods provide calcium, Vitamin D, potassium, protein and other nutrients needed for good health.

Make your choices fat-free or low-fat to cut calories and saturated fat.



How Much Dairy Do You Need?

As with all food groups, your age and gender determine how much dairy food you need every day.

If You Are	You Need Daily
2 to 3 years old	2 cups
4 to 8 years old	2 1/2 cups
Older children, teens and adults	3 cups



Delightful Dairy

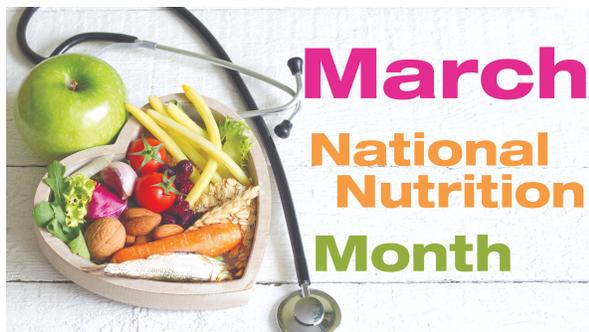
- If you are currently drinking whole milk gradually switch to lower-fat versions.
- Choose milk and low-fat yogurt more often than cheese which is higher in sodium.
- Choose cheeses with less fat (part-skim mozzarella, Colby).
- Switch ingredients. When recipes call for sour cream, substitute it with plain, low-fat yogurt.
- If you cannot drink milk, try lactose-free milk or soymilk (soy beverage).

February

Wellness Corner Connection



National School Breakfast Week



National School Breakfast Week and National Nutrition Month are right around the corner!

What is your school doing to celebrate?! Reach out to your Power Up Educator for ideas.

Recipe Of The Month: Cauliflower Shells with Cheese

Ingredients

1 pound whole wheat pasta shells
8 cups water
2 cups chopped cauliflower
1 1/2 cups milk, non-fat
1 tsp garlic salt
1 cup flour
1/4 cup vegetable oil
1 cup cheese, low -fat

Directions

1. Fill 1 pot with 6 cups of water and bring to a boil. After boil, add pasta and cook for 8 minutes.
2. Drain pasta, fill same pot with 2 cups of water, bring to boil.
3. Place chopped cauliflower in boiling water and cook until florets are soft. Drain cauliflower.
4. Place cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until mix is smooth. Add 1 cup of milk and cook mix until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mix is complete, remove from heat. Add the pasta back into the sauce and serve.



Kitchen Clips

When kids are thirsty, offer low-fat or fat-free milk.

Before buying shredded cheese, check to see if the price per pound is less than an equal amount of block cheese.

When shopping with your kids, ask them to pick out the 1% or fat-free milk for the family.

Cream cheese, cream, ice cream, butter cream and butter are not part of the dairy food group. They are high in saturated fat and have little calcium.

Be a role model. Parents and caregivers who drink milk and eat dairy foods show their kids that it is important.

Nutrition Information Per Serving - 1/7 of recipe yield

Calories 408, Total fat 10g, Saturated fat 2g, Trans fat 0g, Cholesterol 6mg, Sodium 233mg, Carbohydrate 66g, Dietary Fiber 6g, Protein 18g

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

Q: What do you get when you cross a potato with an onion?

A: A potato with watery eyes!

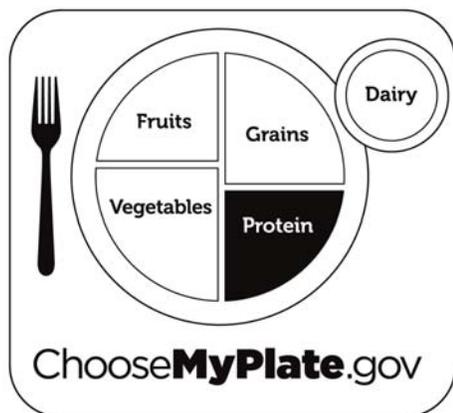
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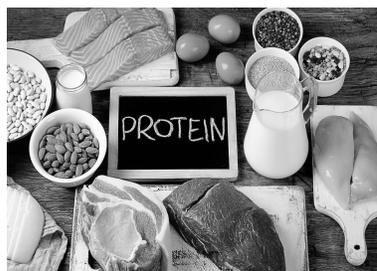
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Protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts and seeds) sources. We all need protein, but most Americans eat enough and some eat more than they need.

How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces of protein foods each day.



Protein Points

- Choose seafood twice a week.
- Make meat and poultry low in fat.
- Think small when it comes to meat options.
- Eat plant foods more often.
- Check the amount of sodium. Many canned beans and processed meats have a lot of added salt.
- Enjoy small amounts of nuts and seeds.
- Vary your protein choices.

Legumes

- Legumes are plants that have pods with tiny rows of seed and include beans, peas, lentils and peanuts.
- Immature legumes include: green beans, yellow and wax beans, green peas and snap peas. They are eaten when the seeds are small and the pods are tender.
- Mature legumes are allowed to dry and are harvested for the seeds in the pods.
- Mature legumes include black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, lima beans and split peas.

March

Wellness Corner Connection

Happy National School Breakfast Week!

A Power Up Educator teamed up with Pittsburgh Public School Phillips and the Greater Pittsburgh Community Food Bank to promote school breakfast during National School Breakfast Week (NSBW). The Food Bank generously donated ten \$15 gift cards that were raffled off to students who ate breakfast during NSBW. The school Food Service Manager gave out stickers to students eating breakfast to redeem for a fruit slushy at lunch time.

Breakfast participation numbers:

Monday: 133

Tuesday: 179

Wednesday: 181

Thursday: 178

Friday: 175



There was an average of 60 to 70 more students eating breakfast each day!

Recipe Of The Month: Baked Chicken and Vegetables

Ingredients

4 potatoes (sliced)

6 carrots (sliced)

1 onion (large, quartered)

1 chicken (raw, cut into pieces,
bones and skin removed)

1/2 cup water

1 tsp thyme

1/4 tsp pepper



Directions

1. Preheat oven to 400 degrees.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees for 1 hour or more until browned and tender.

Nutrition Information Per Serving - 1/6 of a recipe

Calories 485, Total fat 27g, Saturated fat 8g, Trans fat 0g, Cholesterol 94mg, Sodium 146mg, Carbohydrate 33g, Dietary Fiber 5g, Protein 27g,

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

What To Do With Beans?

Beans are naturally low in fat, high in fiber, a source of protein and budget friendly.

Add them to soups and stews.

Toss them in salads.

Enjoy them as a snack.

Roll them in a tortilla.

Mash them and make a bean spread.

Combine them in a casserole.

Mix them up and try different combinations of beans.

Ask your child for some ways the family can add more beans to the family meals.

Q: What do you get when two peas fight?

A: Black-eyed peas!

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Cut Back On Sweet Treats

Limit the amount of foods and beverages with added fat and sodium. If you do not buy them, kids will make healthier choices. Fatty snacks and treats have a lot of calories but few nutrients. Most added fats come from chips, crackers, cakes, cookies, ice cream, candy and other desserts.



Tips for Reducing Added Sugar

Serve small portions. It is not necessary to get rid of all sweets and desserts. Small amounts of treats can go a long way. Use smaller bowls and plates for these foods. Have children share a candy bar or split a large cupcake.

Choose not to offer sweets as rewards. By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.



Play label detective in the cereal aisle. Have everyone compare their favorite and select the one with the lowest amount of sugar.

Make treats "treats" and not everyday foods. Treats are great once in a while, just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad. Or serve yummy frozen 100% juice bars instead of eating high-calorie desserts.



Kids need to snack. Have whole grain foods, fruit, vegetables, low-fat or fat-free milk and lean protein foods available for them to choose.

April

Wellness Corner Connection

Power Up is growing peas!

Power Up supplies teachers with all the necessary items for students to grow their own vegetable/herb. After the seed sprouts, take it home and continue to watch it grow!

Once your plant is fully grown, enjoy a healthy snack you helped create. Here are some examples of what our students have grown:

- Lettuce
- Spinach
- Radish
- Basil



Recipe Of The Month: Banana Cocoa Yogurt Pops

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 tsp cocoa powder
- 1 ice cube tray (or paper cups)



Directions

1. Mash banana with fork
2. Mix banana and yogurt well
3. Stir in cocoa powder
4. Divide into 4 small paper cups (or 8 mini muffin cups) and place in Popsicle sticks (or cut paper straws).
5. Freeze
6. Enjoy as a frozen treat!

Nutrition Information Per Serving 1 Popsicle

Calories 79, Total fat 1g, Saturated fat 1g, Trans fat 0g, Cholesterol 3mg, Sodium 41mg, Carbohydrate 15g, Dietary Fiber 1g, Protein 3g

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

Kitchen Clips

Cut up fruit and dip in low-fat yogurt for an easy snack.

Put cut-up fresh fruit in the freezer for a refreshing treat. Frozen, sliced bananas are yummy!

Make homemade trail mix with sunflower seeds, nuts, whole-grain cereal and dried fruit.

Make a smoothie with fresh fruit, low-fat yogurt and ice.

Have cleaned and cut-up veggies in the refrigerator for a grab-and-go snack.

Make popcorn!

Q: When is an apple not an apple?

A: When it is a pineapple!

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Container Gardening

Container gardening is a great way to grow your own food; it can help save you money too! Anyone can grow different vegetables in containers. Container gardens need a little different care than other types of gardens.

- Plants need soil, water, sun and time to grow.
- Plants can be grown almost anywhere using containers.
- You can use almost anything for a container, even the bag potting soil came in; this way is the easiest.

Container gardens:

- Are common when space is limited or weeds are plentiful.
- Get heavy.
- Have special needs.
- May need more fertilizer.
- Need more frequent watering.



How to Get Started

Here are simple steps to start a vegetable container garden using a bag of potting soil itself. No pot is needed! Select a bag of potting soil that has sturdy plastic.

- Tomatoes, zucchini, green beans, peppers and herbs grow well in containers.
- Decide on what you want to grow and purchase the seeds or split a pack with someone else who wants to grow their own food. Keep the seed packet because it has growing information for the vegetable.
- Decide where you want to put your growing bag. Pick a sunny spot where you can easily water and care for your plants. You can place the soil bag directly on the ground or soil, which is best, or you can keep it on a deck, porch or pavement. Using a deck, porch or pavement will require more frequent watering as these surfaces become very hot in the sun, causing the soil and plants to dry out very quickly.
- Place the bag on its side. Cut a few slits in the bottom of the bag for drainage. Cut slits in the top of the bag to sow the seeds.
- Following the seed packet directions, sow the seeds directly in the soil; water and take care of them according to the seed packet directions and enjoy eating the bounty from your harvest.

May

Wellness Corner Connection

HAPPY ALMOST SUMMER!

Don't forget about the Summer Feeding Program as a fun daily activity you can be a part of this summer!

All programs provide free meals to kids up to age 18. To find a site near you, check out this website:

<https://www.fns.usda.gov/summerfoodrocks>



Summer Squash Suggestions

Fresh slices or sticks.

Cooked and mashed.

Diced and tossed into a green salad.

Cubed and added to vegetable soup.

Sliced, lightly battered then oven or pan-fried.

In a stir fry with other vegetables.

Grilled on a kabob with other vegetables.

Sliced and grilled.

Thinly sliced on a sandwich or rolled in a tortilla.

Q: How do you fix a broken tomato?

A: Tomato Paste!

Recipe Of The Month: Pineapple Zucchini Cake

Ingredients

3 eggs
2 cups sugar
2 tsp vanilla
1 cup vegetable oil
2 cups zucchini (peeled, grated)
1 tsp baking powder
1 tsp salt
1 tsp baking soda
3 cups flour
1 cup pineapple (crushed, drained)

Directions

1. Preheat oven to 350 degrees. Grease or lightly spray with non-stick cooking spray, a 9x13 inch pan.
2. In a large bowl, beat eggs, sugar, vanilla, and oil. Add zucchini.
3. In a separate bowl, combine baking powder, salt, baking soda and flour. Add dry ingredients to creamed mix.
4. Stir in fruit.
5. Bake for 45-50 minutes.

Nutrition Information Per Serving - 1/12 of recipe

Calories 440, Total fat 20g, Saturated fat 3g, Trans fat 0g, Sodium 360mg, Carbohydrate 61g, Dietary Fiber 1g, Protein 5g,

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>