

POWER UP

Monthly Minder

SEPTEMBER 2021



MAKE TASTING FUN

Trying new foods can be a fun activity. Do a "melon medley" with cantaloupe, watermelon, and honeydew. Try a "berry bash" with blueberries, strawberries, raspberries, and more. Have a "pepper party" with red, green, yellow, and orange bell peppers.

Pair fruits and veggies with healthy dips, such as hummus, yogurt, or homemade dressing

CHOOSE HEALTHY SNACKS

Snacks can be a healthy part of the day. Choosing nutritious snack foods can be a good way to fuel our bodies and keep us full between meals. Aim for snacks that are high in vitamins and minerals and low in salt, fat, and sugar. Ready-to-eat foods that are often the go-to for snacking tend to be less healthy options. Instead, choose a combination of food groups, like grapes with crackers and cheese or celery with nut/soy butter and raisins. Snacks like these can be a great way to refuel after a long day of school without replacing dinner.



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Monthly Recipe

Fruit Yogurt Dip

In a medium bowl, combine 1 cup non-fat plain yogurt, 1 Tablespoon honey, and 1/4 teaspoon ground cinnamon. Mix well. For a tangy taste, use 1 teaspoon lemon zest instead of cinnamon. Try this dip with your favorite fruit.

Activity Corner

Play "Go Bananas"!

Write many different foods on small pieces of paper and mix up in a pile or bowl. Take turns picking pieces of paper. When a healthy food is drawn, jump high. When a "sometimes" food is drawn, squat low. When a fruit is drawn, yell "go bananas" and wiggle your body.

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