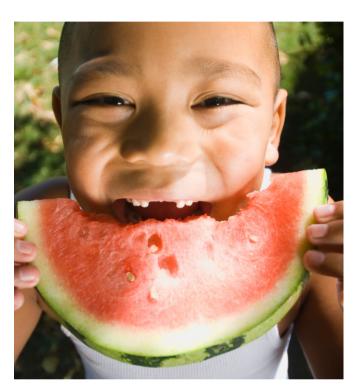


POWER UP

Monthly Minder

SEPTEMBER 2021



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.

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



Scan the QR code below to sign up and receive Power Up newsletters in the future!



- Open the camera app on your smart phone
- 2. Hover over QR code with camera so that the full square is focused in frame
- Hold in place until a notification for your web browser appears on your screen
- Click on the notification and enter your information in the survey to be added to our text and email lists

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.

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

Find us on social media. Follow our pages for the latest updates.







