

POWER UP

Monthly Minder

JANUARY 2021



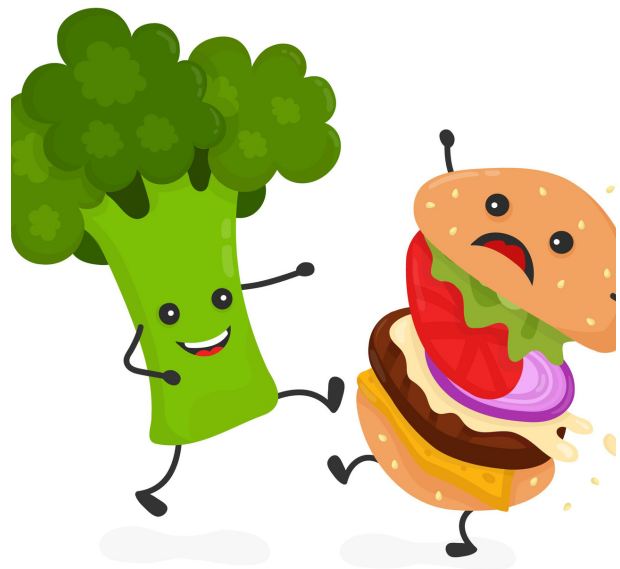
BUILD HEALTHY HABITS

Instead of resorting to swinging through the drive-thru, try to prep, cook, and freeze extra servings of healthy meals when you have more time, then pull out and reheat later in the week.

Use frozen fruits and vegetables for an easy, low cost way of adding nutrients to smoothies, salads, pasta, and stir fry.

SET SMART GOALS

Setting appropriate goals is the first step towards successfully creating a healthier lifestyle for you and/or your family. After choosing a behavior that you'd like to change, you are ready to set a goal. Be as specific as possible about what you plan to do, how you will do it, when you will start, and what your time frame is for reaching the end goal. Write your goal somewhere that you will see it often, as a reminder to stay on track.



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



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

Monthly Recipe

Tuscan Grilled Cheese

In a small bowl, mix together 1/2 Tablespoon melted butter, 1 teaspoon garlic powder, and 1 teaspoon Italian spices. Brush mixture onto 2 slices whole wheat bread. Place one slice in pan then top with 1/2 ounce low fat mozzarella cheese, a handful of spinach, 2-3 tomato slices, and the second piece of bread. Cook about 3 minutes on each side (until lightly browned).

Activity Corner

Play "Bring The Music, Bring The Funk"!

All players stand. The leader creates a beat by clapping, stomping, snapping, etc. Players must try to replicate the beat. Take turns being the leader. Try using props like balls or school supplies to make the game harder.

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.

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



Check out the Power Up website at www.powerupeatright.com »