

OCTOBER 2019

POWER UP PROGRAM



WHAT IS THE POWER UP PROGRAM?

Power Up is a nutrition education program available at no cost to qualifying schools, early child care centers, food banks, grocery or corner stores, community centers, WIC, and senior centers to enhance knowledge about nutrition and physical activity.

What are goals for Power Up Program?

To provide evidence-based nutrition education for adopting healthy eating patterns as reflected in:

- 1. 2015 - 2020 Dietary Guidelines for Americans
- 2. MyPlate Food Guidance System
- 3. 2008 Physical Activity Guidelines

*To increase the consumption of fruits and vegetables, low-fat dairy, lean protein, whole grains, and water

*To increase physical activity and reduce time spent in sedentary behaviors

*To maintain appropriate calorie balance during each stage of life

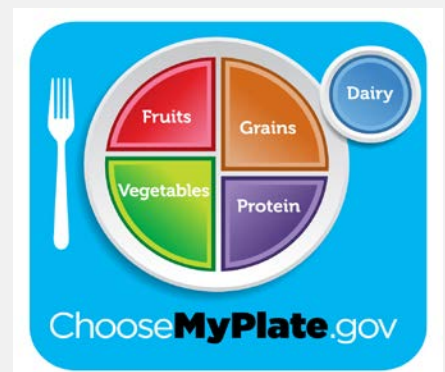
*To partake in initiatives to create a healthier environment for everyone

5 FOOD GROUPS

**FRUITS, VEGETABLES,
GRAINS, DAIRY, & PROTEIN.**

According to the 2015-2020 Dietary Guidelines for Americans, Everyone should be eating a variety of each group. The amount we should be eating depends on our age and physical activity.

During the Program, your child(ren) will be learning about each food group and what foods belong in each. They will be learning about many nutrients as well.



Nutrition plays a key role in the healthy development of our children and youth. Nutritious foods provide our body and mind with the energy needed to grow, feel well, be active, stay healthy and learn.

WHAT TO EXPECT!

HEALTHY HABITS

- MyPlate – Eating all 5 food groups.
- Hand washing and Food Safety.
- Understanding the Food Label.
- Physical Activity.
- Learn the 6 Nutrients.
- Taste Test New Foods!

Each month, we will visit their classroom and discuss a different Healthy Habit. We will have a few food tastings throughout the year so the students can try new things or try something a different way. Some visits we will have an incentive for the students or even an informative paper for parents and guardians. We teach the students fun ways to get physical activity.



We have multiple websites you can check out for information or fun activities.

- www.powerupeatright.com
- www.adagiohealth.org
- www.choosemyplate.org