

MARCH 2020

# Power Up Program

Here's what's going on this month!

Dear Parents and/or Guardians,

This month we're discussing our DAIRY group! We talked about what products have the nutrient "calcium" in it.

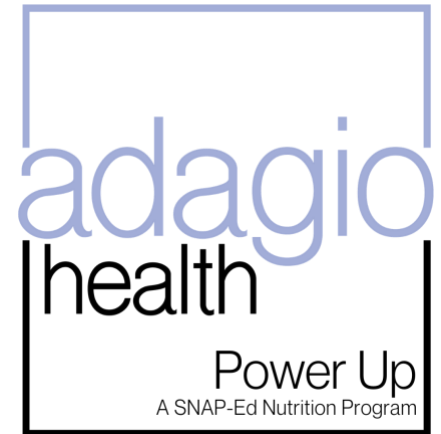
We learned that Calcium helps build strong bones and teeth. The Dietary Guidelines say we should get 3 servings of Dairy foods.

If you or someone you know are Lactose intolerant, we learned about some ways to get our calcium from other sources. I.e: Almond milk, Coconut milk, Soy milk, even some dark leafy greens.

Getting enough calcium will help us in preventing different diseases in the future like Osteoporosis! (which means "brittle bones")

How do you get your calcium?

**If you would like to sign up for a monthly newsletter sent straight to your email, then head on over to our website -[powerupeatright.com](http://powerupeatright.com) and click \*Adults then \*Caregivers. At the bottom it will give you the option of signing up!**

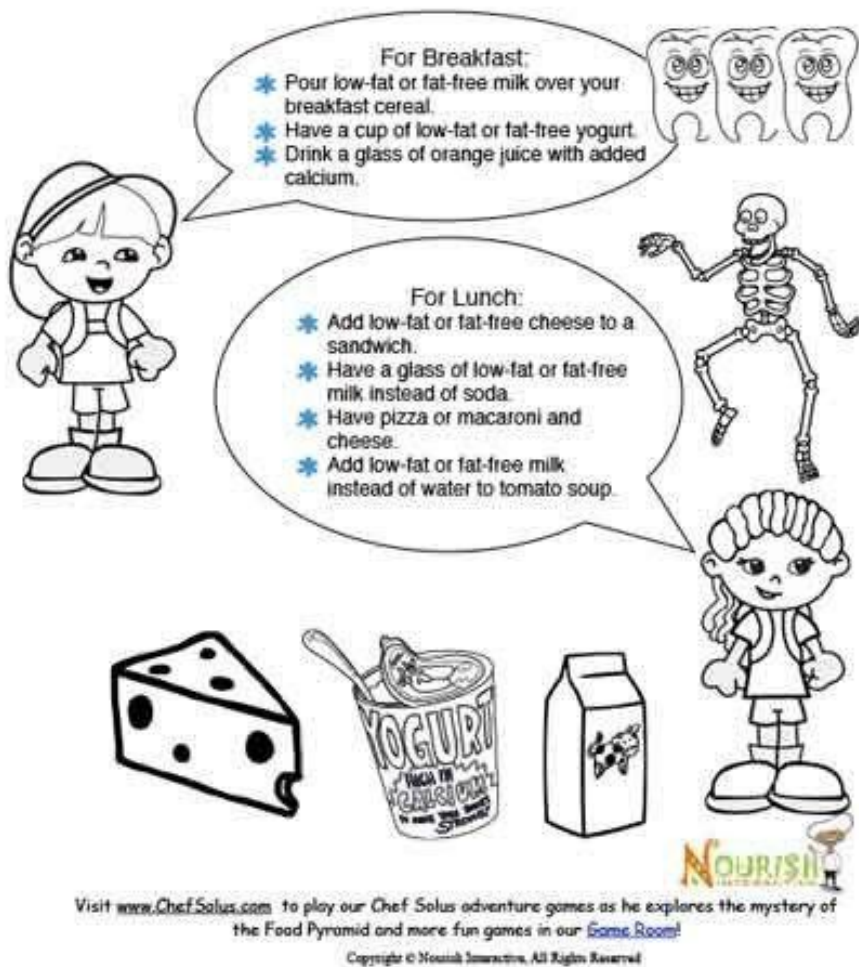


### Chef Solus - Keep your bones and teeth happy with lots of calcium!

Calcium is so important for growing bones and healthy teeth. To keep your bones and teeth healthy, You need 2-3 servings of milk or calcium rich foods.

Explorers share their ideas for calcium-rich foods at each meal:

Color each explorer that gives you a good idea for more calcium!!  
Color the foods with lots of calcium!



### Websites:

- <https://www.powerupeatright.com/>
- <https://adagiohealth.org/>
- <https://www.choosemyplate.gov/>



Get creative with your foods!

How many different snacks can you make using foods that have calcium?

Try a new food that has a lot of calcium!

Have your family plan a "Lactose Free" Day and think of ways to get your 3 servings of calcium!