

POWER UP

Monthly Minder

APRIL 2021



GET GROWING TO FRESHEN UP YOUR DIET

Understanding where our food comes from is an important part of healthy eating. Sometimes we forget that most foods originate as plants, and the more they are processed and changed, the less healthy they become. Try fresh fruits and veggies with your family, or maybe even try some gardening of your own. Getting kids involved in growing foods from seeds may make them more willing to taste different things.

PRIORITIZE PLANTS

There are 6 major parts of a plant: root, stem, leaf, flower, fruit, and seed. Did you know that there are edible portions of all plant parts?

Have a plant part tasting! Try roots like beets or carrots, stems like asparagus or celery, leaves like spinach or cabbage, flowers like broccoli or cauliflower, fruits like apples or olives, and seeds like rice or corn.



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

Carrot and Raisin Salad

Peel and grate 4 medium-sized carrots. In a bowl, mix together the grated carrots, 1/4 cup of raisins, 2 teaspoons of sugar, and juice from 1 lemon. Stir until all ingredients are well combined. This dish is ready to eat, or can be placed in the refrigerator and served cold.

Activity Corner

Play "Kitchen Utensil Relay"!

Place any kid-friendly kitchen utensils (spoon, spatula, whisk, etc) in a central location. Divide players into teams and choose starting positions. Assign each team a utensil or list of utensils they need to retrieve. On "go", teams will race from their starting position to the utensils, grabbing their correct item, and returning to their team.

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.



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