

POWER UP

Monthly Minder

MAY 2021



FIND THE FACTS

The media (radio, television, movies, etc.) can influence what we think and do, and therefore could have an impact on our health.

Pay attention to the nutrition and diet messaging you see, and remember that it is there to sell a product.

BE A SMART CONSUMER

When you see advertisements or commercials for food products, restaurants, and diet programs, remember that companies pay for that to be seen. Advertisers are trying to convince people to spend their money on certain items. They show what they want you to see. Not all products that you see in the media are the healthiest option. When making food choices, use facts to guide your decisions. Speak to a doctor or dietitian, and always look at the nutrition facts label.



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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

Eagle Nests

Place canned peach halves on a plate. The rounded side of the peach should be down on the plate, so that the hollow center of the peach is visible. Scoop 1 Tablespoon of low-fat cottage cheese into the center of the peach. Top with 3-5 raisins.

Activity Corner

Play "True or False"!

Leader makes a statement about MyPlate food groups. Players sit if they think the statement is false or running in place if they think the statement is true. Leader should reveal correct answer and all player should return to standing still before next round.

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