

The Power Up Eat Right Program's

MONTHLY MINDER

www.powerupeatright.com

LIKE US ON FACEBOOK!

For more information about the Power Up Program, please call 1-800-215-7494.

Cut Back On Sweet Treats

Limit the amount of foods and beverages with added fat and sodium. If you do not buy them, kids will make healthier choices. Fatty snacks and treats have a lot of calories but few nutrients. Most added fats come from chips, crackers, cakes, cookies, ice cream, candy and other desserts.



Tips for Reducing Added Sugar

Serve small portions. It is not necessary to get rid of all sweets and desserts. Small amounts of treats can go a long way. Use smaller bowls and plates for these foods. Have children share a candy bar or split a large cupcake.

Choose not to offer sweets as rewards. By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.



Play label detective in the cereal aisle. Have everyone compare their favorite and select the one with the lowest amount of sugar.

Make treats "treats" and not everyday foods. Treats are great once in a while, just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad. Or serve yummy frozen 100% juice bars instead of eating high-calorie desserts.



Kids need to snack. Have whole grain foods, fruit, vegetables, low-fat or fat-free milk and lean protein foods available for them to choose.

April

Wellness Corner Connection

Power Up is growing peas!

Power Up supplies teachers with all the necessary items for students to grow their own vegetable/herb. After the seed sprouts, take it home and continue to watch it grow!

Once your plant is fully grown, enjoy a healthy snack you helped create. Here are some examples of what our students have grown:

- Lettuce
- Spinach
- Radish
- Basil



Recipe Of The Month: Banana Cocoa Yogurt Pops

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 tsp cocoa powder
- 1 ice cube tray (or paper cups)



Directions

1. Mash banana with fork
2. Mix banana and yogurt well
3. Stir in cocoa powder
4. Divide into 4 small paper cups (or 8 mini muffin cups) and place in Popsicle sticks (or cut paper straws).
5. Freeze
6. Enjoy as a frozen treat!

Nutrition Information Per Serving 1 Popsicle

Calories 79, Total fat 1g, Saturated fat 1g, Trans fat 0g, Cholesterol 3mg, Sodium 41mg, Carbohydrate 15g, Dietary Fiber 1g, Protein 3g

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

Kitchen Clips

Cut up fruit and dip in low-fat yogurt for an easy snack.

Put cut-up fresh fruit in the freezer for a refreshing treat. Frozen, sliced bananas are yummy!

Make homemade trail mix with sunflower seeds, nuts, whole-grain cereal and dried fruit.

Make a smoothie with fresh fruit, low-fat yogurt and ice.

Have cleaned and cut-up veggies in the refrigerator for a grab-and-go snack.

Make popcorn!

Q: When is an apple not an apple?

A: When it is a pineapple!