

# POWER UP

Monthly Minder

FEBRUARY 2022



## FUEL UP WITH WHOLE GRAINS

There are two types of grains: whole grains and refined grains. A whole grain contains all 3 parts of the kernel, including the bran, the germ, and the endosperm. The bran and the germ parts of a grain kernel are rich in fiber, vitamins, antioxidants, and healthy fats. In refined grain products, the bran and the germ are removed. This means that refined grain products can be more starchy and less nutrient dense than whole grain foods. Look for breads, pastas, crackers, and cereals that say 100% whole grain. Other examples of whole grains are popcorn, oatmeal, and brown rice.

## GRAINS ARE GOOD!

Grains are the main source of energy for our bodies. We should put grains on our plates every day.

Make at least half of your grains whole grains.



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## Monthly Recipe

### **Cheesy Broccoli and Rice**

In a large pot, boil 3 cups of water. Add 3 cups chopped broccoli and 2 cups uncooked instant brown rice. Cook for 7 minutes on high heat. Reduce heat to medium and add 2 cans of cream of mushroom soup. Cook until bubbly, stirring often. Remove from heat. Stir in 1/2 cup reduced-fat shredded cheddar cheese.

## Activity Corner

### **Play "Hot Potato"!**

Players stand in a circle. Game leader will be in charge of music. Players will pass a ball around the circle. When game leader stops the music, whoever is left holding the ball must take a step back. If a ball is dropped, that player is out - leaving a gap in the circle. Repeat until only 1 player remains.

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