

POWER UP

Monthly Minder

MARCH 2022



BUILD A HEALTHY BREAKFAST

Balance your breakfast with food from at least 3 of the MyPlate food groups.

Limit sugary breakfast options, such as cereals and pastries.

START YOUR DAY STRONG

Making healthy choices at breakfast is important for the rest of your day. A healthy breakfast helps us stay full until the next meal or snack. It gives us energy to start the day and fuels our brains for school and work. Often times, breakfast can impact mood and attention span as well. Breakfast options often have both healthy and unhealthy choices. Cereal is a good example of this. Some cereals are high in sugar, while others are made of whole grains and contain fiber. Check nutrition labels to compare products.



We'd love your feedback!



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Monthly Recipe

Overnight Oatmeal with Berries

Combine 1/2 cup low fat milk, 1/4 cup plain greek yogurt, 2 teaspoons honey, 1/4 teaspoon cinnamon, and 1/4 teaspoon vanilla extract in a container that has a lid. Add 1/2 cup uncooked rolled oats. Mix well. Add 1/4 cup raspberries and mix gently. Put lid on container, refrigerate overnight. Eat cold or heat in microwave.

Activity Corner

Play "ExerCARDS"!

Assign an exercise for each suit in a deck of playing cards. Shuffle the cards. Have players take turns choosing a card. Once a card is chosen, all players must do the appropriate exercise for that suit for 30 seconds.

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).

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