

POWER UP

Monthly Minder

OCTOBER 2021



MAKE EVERY BITE COUNT

It is important to eat a variety of food groups. This will improve your health today and as we grow older. Following the MyPlate guide can help you do this. Make half your plate fruits and vegetables, a quarter of your plate grains, and a quarter of your plate protein. Additionally, incorporate dairy into every meal. Each group provides us with unique nutrients that our bodies need. Try using the MyPlate guide to plan your next meal!

GET TO KNOW MYPLATE

The USDA's MyPlate graphic is a guide to eating healthy foods and represents the amounts of food that we should eat from each food group.

Visit [MyPlate.gov](https://www.MyPlate.gov) for more information and additional resources.



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PLEASE BE AWARE:

If you do not complete the survey, you will be removed from our contact list and will no longer receive nutrition and physical activity content from Adagio Health Power Up.

Monthly Recipe

Baked Sweet Potatoes and Apples

Preheat oven to 375 degrees. Slice canned sweet potatoes and chop 2 apples. Place potatoes and apples into a baking dish and add 2 Tbs of apple or orange juice. Sprinkle 1/4 cup of brown sugar over the top of the mixture. Drizzle with 1 Tbs of vegetable oil. Bake for 30 minutes. Refrigerate leftovers.

Activity Corner

Play "Human Spelling"!

Take turns calling out words. Individually or in groups, players should use their bodies to shape letters and spell out the words. This can be played in standing positions or by laying down on the floor.

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).



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