



3RD ANNUAL

# PowerUP

MAY 5-13

WEEK 2017

LET'S CELEBRATE WITH FUN WAYS TO EAT BETTER & MOVE MORE!

## POWER CHEF RECIPE CONTEST

It's PowerUp Week! Time to tune up your taste buds, sharpen your chef skills and submit your most delicious fruit or veggie inspired recipe. You could win an **InstaPot® Gift Pack** with great cooking gear and your recipe will be featured by **PowerUp**.



Visit [www.powerup4kids.org/week](http://www.powerup4kids.org/week) to enter and for complete contest rules. Please submit your recipe by May 26 for a chance to win!



AMERY HOSPITAL & CLINIC  
HEALTHPARTNERS STILLWATER MEDICAL GROUP  
HUDSON HOSPITAL & CLINIC  
LAKEVIEW HOSPITAL  
WESTFIELDS HOSPITAL & CLINIC



# JOIN THE FUN DURING THE 3RD ANNUAL POWERUP WEEK MAY 5-13!



This special week is a time to have fun, get inspired and PowerUp with lots of activities to help kids, families and the entire community eat better and move more! **PowerUp** week is a great way for communities in the St. Croix Valley to come together and do what's best for our kids, so they can grow up healthy and strong.

In this special edition of the **PowerUp** Press, you will find lots of ways to celebrate and **PowerUp** all week long.



## WATCH FOR THESE FUN POWERUP WEEK EVENTS

*All events are free or low cost.*

### Fri | May 5

5:30 pm (race time)  
PowerUp Family  
Cinco de Mayo Triathlon\*  
Square Lake Park  
Stillwater

### Sat | May 6

9:15 am (race time)  
PowerUp Family 2K\*  
SooLine Park | Amery

### Tues | May 9

6:00-8:00 pm  
PowerUp Community  
Conversation\*  
Lakeview Hospital | Stillwater

### Wed | May 10

6:00 – 8:00 pm  
Open Gym with Kids Dance  
+ FREE Veggie Giveaway  
Somerset

### Thurs | May 11

4:30 – 6:30 pm  
FREE Veggie Giveaway  
SMG Clinic - Mahtomedi  
& Amery Hospital

### Fri | May 12

6:15 – 8:15 pm  
Open Gym with Kids Dance  
EP Rock Elementary  
Hudson & Lien Elementary, Amery

### Sat | May 13

4:00 – 5:00 pm  
PowerUp Kids & Family  
Dance Party | Stillwater  
  
7:00 – 8:30 pm  
PowerUp Teen Dance Party  
Curio Dance Studio | Stillwater

### Sat | May 20

8:30 a.m. register | 9:00 a.m. race  
White Bear Lake Family Bike Ride

## WHO'S GOING TO BE THE NEXT POWER CHEF RECIPE CONTEST WINNER?

Let's PowerUp plates across the St. Croix Valley with delicious, kid-approved recipes! All recipes must be your own creation featuring at least one (or more) fruit or vegetable. To enter and for complete contest rules, visit [www.powerup4kids.org/week](http://www.powerup4kids.org/week). Submit your recipe by May 26.

Looking for a little fruit and veggie recipe inspiration? Here is the winning recipe from our last **PowerUp** Recipe contest, submitted by a 14-year-old from Hudson, Wisconsin.

**RECIPE**

**CHOMP'S CARROT COOKIES**

DATE **FALL 2016**

PREP TIME **10 MIN.** COOK TIME **15-20 MIN.** SERVING **30**

**DIRECTIONS**

1. Preheat oven to 375 degrees.
2. Cream butter and sugars in a large mixer bowl with an electric mixer until light and fluffy.
3. Beat in eggs and vanilla on medium speed. Gradually beat in flour, baking soda, cinnamon, and salt.
4. Mix remaining ingredients on low speed.
5. Drop rounded tablespoons of dough onto a lightly greased baking sheet, 2 inches apart.
6. Bake until firm and edges are golden, 15-20 minutes.
7. Cool 1-2 minutes; transfer to wire rack to cool completely.

**INGREDIENTS**

- 1/2 cup butter-softened
- 1/4 cup granulated sugar
- 1/4 cup packed dark brown sugar
- 3 eggs
- 1 teaspoon vanilla
- 3/4 cup all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 3/4 cups quick-cooking rolled oats
- 2 cups grated carrots
- 1/2 cup raisins

FROM THE KITCHEN OF **powerUP**

Visit [powerup4kids.org/week](http://powerup4kids.org/week) to register\*, plus learn about these events and so many more - Don't miss out!

Find this and more TOP winning, kid-approved fruit and veggie recipes at [powerup4kids.org/recipes](http://powerup4kids.org/recipes).



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**PowerUp** Week is a special week for everyone to celebrate with fun ways to eat better, move more and create strong healthy communities.

# HAPPY BIRTHDAY...

DID YOU KNOW THAT  
IT'S CHOMP'S BIRTHDAY?  
**HELP HIM CELEBRATE!**

CHOMP!

## CHOMP'S BIRTHDAY PARTIES

Saturday, May 6 | Amery Library

Monday, May 8 | Wildwood Library, Mahtomedi

Friday, May 12 | Lake Elmo Library

Saturday, May 13 | Somerset Library

Visit [powerup4kids.org/week](http://powerup4kids.org/week)  
for additional party details.

