

# powerup

eating better, moving more.

PowerUp is a community-wide initiative that encourages kids and families to eat better and move more in the Saint Croix Valley



PowerUp is helping kids grow up healthy through:

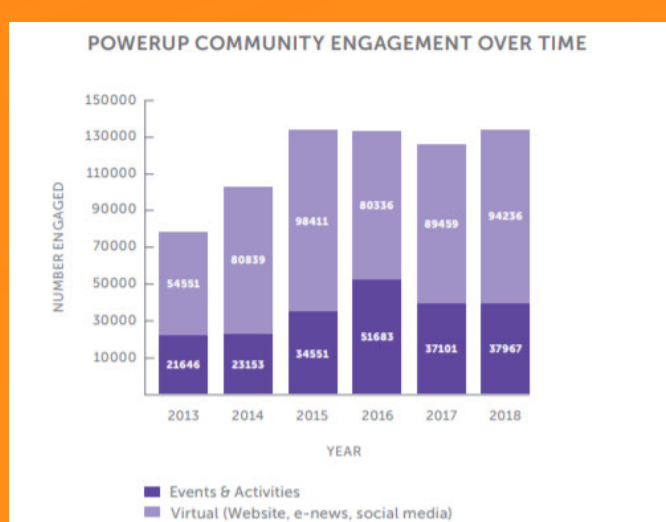


Community Outreach

Community Partnerships

The PowerUp School Challenge

## Community Outreach



## Community Partnerships



Hospitals and Clinics: Veggie Rx



Cooks of Crocus Hill: Cooking Classes



County and State Parks: PowerUp in the Parks



Food shelves: SuperShelf

## MEET CHOMP

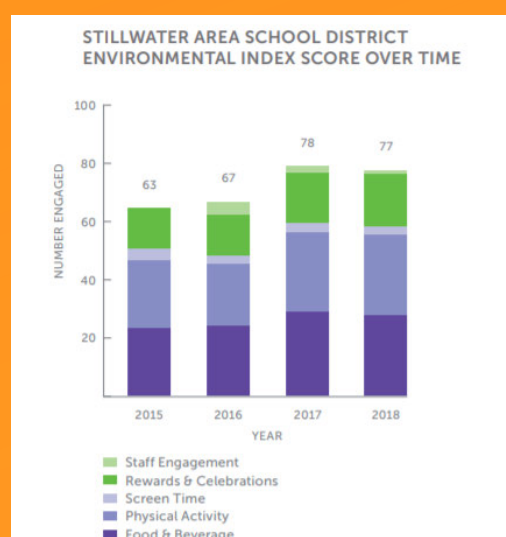
### QUICK FACTS:

**Name:** Chomp  
**Occupation:** PowerUp Super Hero  
**Job Description:** Help kids PowerUp!  
**Full Name:** Chomp A. Liscious  
**Birth Date:** May 4, 2013  
**Birth Place:** St. Croix Valley Farms, Carrot Patch  
**Education:** Dr. of Vegetology, PowerUp University  
**Favorite Color:** Orange  
**Favorite Game:** Gourd bowling with friends



## PowerUp School Challenge

- ▶ The Try for 5 PowerUp School Challenge is a two-week program in local elementary schools that gets kids excited about trying 5 fruits and vegetables every day
- ▶ 44,000 Students in 20-plus schools have participated in the School Challenge since 2012
- ▶ Since the program launch in 2012, teachers and parents are saying that students are eating more fruits and veggies



“PowerUp partners with the entire community to make eating better and moving more the “norm”. We can’t do it alone, but by working together, we can change the trends and give our kids a brighter and healthier future.

MARNA CANTERBURY MS, RD  
DIRECTOR OF COMMUNITY HEALTH

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HealthPartners Family Community Survey. Marna Canterbury, Casey Easterday, Julia Johnson, Jennifer Renner, Jeannette Ziegenfuss, 2014, 2016, 2018. PowerUp and HealthPartners Institute

HealthPartners School Challenge survey of participating teachers, staff and families. 2016-2018.

HealthPartners. (2019). *PowerUp*. Retrieved from <https://www.powerup4kids.org/Home>.