

POWER PACK

Family Magazine

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 HealthPartners®

 yum
POWER



Welcome to the HealthPartners yumPower School Challenge!

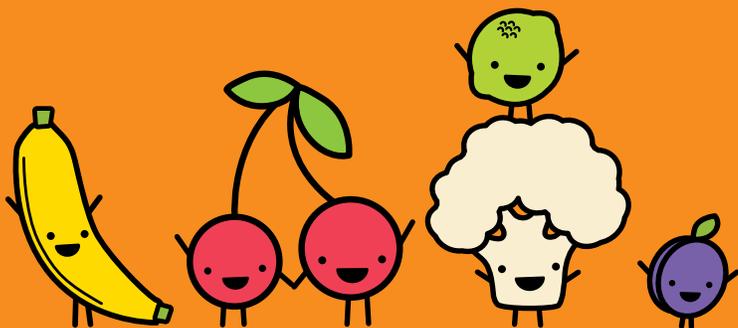
Your child's school is participating in the HealthPartners yumPower School Challenge. **The challenge has one simple goal: encourage kids to eat five or more colorful fruits and veggies every day.**

Here's how the challenge works:

- The challenge kicks off with a high-energy Radio Disney assembly where kids dance, cheer and get excited about fruits and veggies.
- At school, your child will track the fruits and veggies they eat each day.
- Each week will highlight a different fruit or veggie color in fun ways inside and outside the classroom:
 - Week 1 = Green
 - Week 2 = Orange and yellow
 - Week 3 = Red
 - Week 4 = Purple, white and blue
- At the end of each week, your child will get a colorful hand stamp to show they completed tracking for the week. Ask your child to show you this stamp.
- After four weeks, your child will get a special prize and the school can win up to \$500.

Families can take the challenge too!

Get your whole family yumPowered with this super-fun Power Pack. Get started now!





POWER UP YOUR FAMILY

with the yumPower Family Challenge!

What is yumPower?

HealthPartners yumPower is all about finding tasty, good-for-you foods that power your body and help you live the best life possible. After all, when you eat better, you feel better!

With tasty tips and useful resources, yumPower makes it easy to find better-for-you foods that are full of flavor and fun.

Take the challenge

Get your family eating better with the help of yumPower and this Power Pack. Make your way through a different colored section each week for a fun-filled family challenge.

- 3-9** Groovy green power
- 10-17** Awesome orange power
- 18-24** Rockin' red power
- 25-31** Perfect purple power

Explore this Power Pack and find:

Family fun

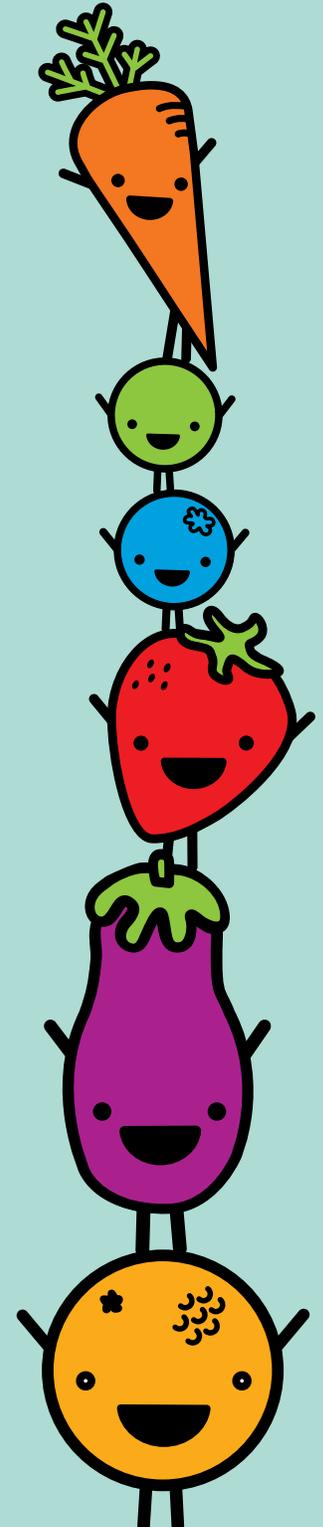
- 6** Test your taste buds
- 11** Shape shifters
- 21** Grocery store scavenger hunt
- 28** Sprout and grow

Kid activities

- 7** Go go greens
- 14** Mini master chefs
- 24** Super red berry power
- 29** Paint your plate

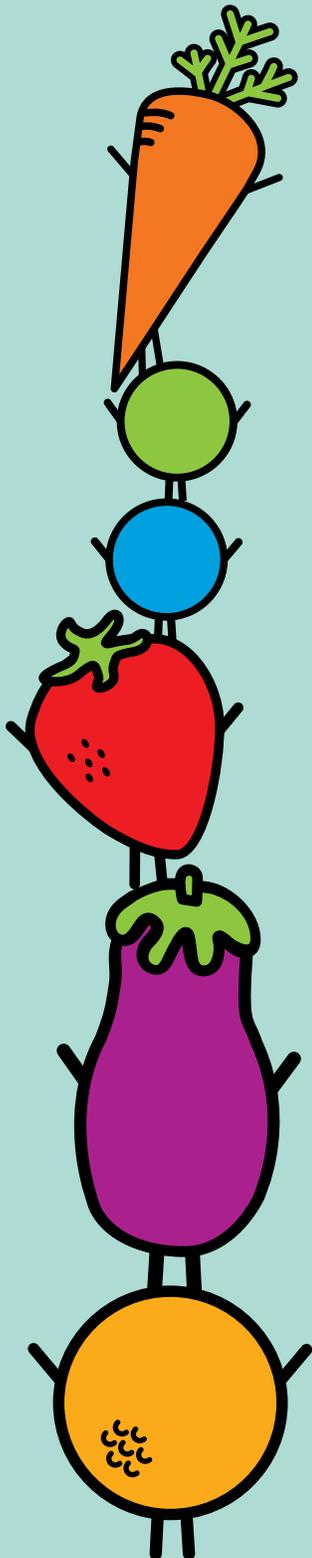
Yummy recipes

- 35** Green monster smoothie
- 37** Roasted rainbow veggies
- 39** PB&J strawberries on a stick
- 41** CauliMash



Tell us how your family stays yumPowered!

Share your stories, pictures and recipes with us on our Facebook page or email us at yumpower@healthpartners.com.



Eating better basics

Make mealtimes magical

Eating together helps build good eating habits, and it's the perfect time to connect as a family. Use mealtimes to create memories, share values and start traditions that make your family special. Plus, kids who have regular family meals:

- Do better in school
- Feel less stressed
- Eat better
- Become better problem-solvers

Bring your family together for more meals and watch the magic grow!

Get chatting with the Table Talk questions on the next page.

Let kids in the kitchen

Getting kids involved in the kitchen helps them get familiar with new foods and learn simple cooking skills. Plus, kids like to help, and they'll get a sense of pride from seeing, sharing and tasting the end result. They're also more likely to eat foods they helped prepare.

Find fun ways your kids can help on page 3, 10, 18 and 25.

Avoid food fights

Remember, you provide the tasty, good-for-you foods and kids decide what foods and how much to eat. Help your kids eat better and avoid food fights with these tips:

- **Make one meal for everyone.** Offer foods your whole family will enjoy, including new items or even

foods your kids don't think they'll like. Avoid making special meals for different members of your family. Instead offer a few side dishes to encourage trying new foods.

- **Don't force clean plates.** Kids don't eat better when pressured, and it usually backfires. Allow them to feel in control and decide when they feel satisfied or full.
- **Lead by example.** Kids want to be like you. Let them see you making good food choices.
- **Try a one bite rule.** Encourage kids to try one bite of everything at mealtime. If they don't care for a food, they can say, "No, thank you." Praise them for trying something new.
- **Offer again and again.** Kids may need to try new foods up to 10 times before they develop a taste for it. Keep offering new foods prepared in different ways.
- **Highlight the fun facts.** Kids want to grow stronger, smarter and faster. Let your kids know that fruits and veggies are packed with nutrients to get them there.

TABLE TALK



Mealtime is a great time for fun family chatter. Start chit-chatting with these cool questions!

Simply cut out the questions below. Have each family member draw a question and then take turns answering it.



What's your favorite green fruit or veggie and why?

If you could make a commercial to sell an orange or yellow fruit or veggie, what would you sell and how?

Name fruits and veggies that are green on the outside but not on the inside.

If you could combine two fruits or veggies to make a new one, what would it be? What would it taste like?

What food traditions do you have from your grandparents or ancestors?

Name fruits or veggies that are orange on the inside but not on the outside.

What's your favorite childhood memory?

If you could be the school principal for a day, what changes would you make?

What's your favorite way to be active and why?

What three words would you use to describe your family?

If you could eat just one food every day for a whole month, what would it be?

If you could create a new name for yourself, what would it be?

Write your own:



MORE TABLE TALK

✂

What's your favorite red fruit or veggie and why?

If you had a future job with food, like a farmer, chef, or gardener, what would you be and why?

What's your favorite family activity and why?

If you could have one wish, what would it be and why?

What makes you turn red or blush?

If you could have any super power, what would it be and why?

Write your own:

Write your own:

Write your own:

What's your favorite family food tradition and why?

If you could look into a crystal ball and see your future in ten years, what would it look like?

Pick a fruit or veggie on your plate and tell a story of how you think it got there. Where did it grow? How did it travel?

If you were stranded on an island and could only bring three items with you, what would you bring?

If you couldn't watch TV, play video games or use a cell phone or computer for a week, how would you spend that time?

What was your favorite part of today and why?

Write your own:

Write your own:

Write your own:

GROOVY GREEN POWER!

Bring green power to your family with these quick start ideas:

Declare green week

Focus on everything green this week. Try new green fruits and veggies, wear green clothes, create green artwork and more.

Stock up on green goodies

Explore the store together and look for fresh, frozen, canned or dried fruits and veggies. Find favorites like frozen peas or green apples and new options like kale or kiwi. Get more ideas on page 5!

Make good-for-you green recipes

Perk up your family's plates with these extra yummy recipes:



Kids in the kitchen

Make greens groovy with your kids by letting them:

- Tear lettuce for a salad
- Break apart grapes and broccoli
- Snap the ends off green beans



Did you know?



Greens like kale, spinach and collard greens are full of good-for-you nutrients that help keep your teeth and bones strong.

Add green to your plate

Try green grapes with breakfast, sugar snap peas with lunch and a green salad with dinner. Be creative in adding green produce to your family meals this week.

Edamame nibbles



33

Zu-canoes



33

Green monster smoothie



35

PLAY WITH YOUR FOOD

Try these tasty ideas to get your whole family eating green this week.



Mighty brocco-saurus

Kids love to pretend. Have your child imagine they're a Brocco-saurus who gets special yum powers by munching on green trees (broccoli)! Eating five trees will give them power to outrun any T-Rex! Mix it up and have them pretend to be Spinach-saurus, Princess Pepper or King Kale.

Colorful kabobs

Cut green fruits and veggies into fun bite-sized shapes and put them on a skewer or toothpick for yum-on-a-stick. Try making a rainbow kabob with any color of fruit or veggie!



Kiwi scoops

Wash kiwi and cut it in half. Scoop with a spoon and enjoy!

Delicious dippers

Dunk green peppers, cucumbers, celery or pears in guacamole, hummus, peanut butter or nut butter.

Avocado bowls

Cut an avocado in half and remove the seed. Fill the bowls with salsa, black beans or chili. Then grab a spoon and yum!



Green powered water

Wash and cut up fresh fruits, veggies and herbs. Add about two cups of fruits and veggies to two quarts of water. Slightly mash the fruits and veggies with a wooden spoon to bring out the flavors and juices. Cover and refrigerate for 30 minutes to three days. Try these cool combos or create your own:

- Lime + kiwi + basil
- Cucumber + lemon + lime + mint
- Honeydew + cucumber + rosemary

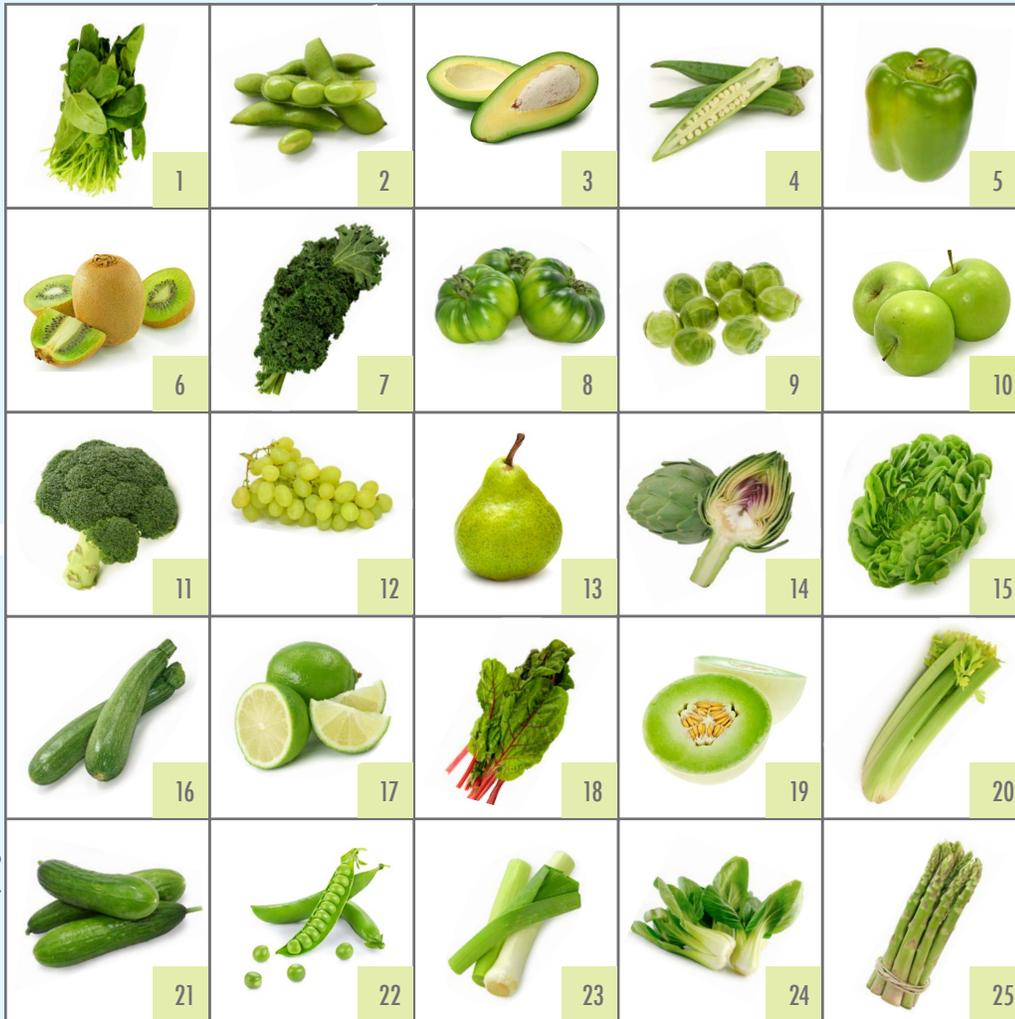
Did you know?



The word broccoli comes from the Italian word 'brocco' meaning arm or branch.

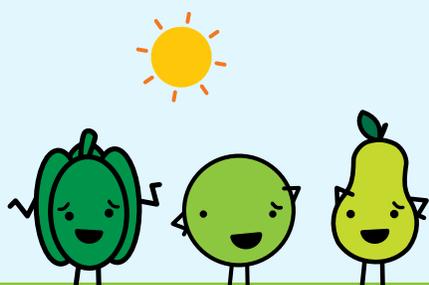
MEET THE GROOVY GREEN GROUP!

Green power comes from many tasty, good-for-you fruits and veggies.
Can you match these fruits and veggies with their names?



Answers on page 45.

- ___ Asparagus
- ___ Artichokes
- ___ Broccoli
- ___ Bok choy
- ___ Brussels sprouts
- ___ Celery
- ___ Cucumbers
- ___ Edamame (fresh soy beans)
- ___ Green peppers
- ___ Green tomatoes
- ___ Kale
- ___ Leeks
- ___ Lettuce
- ___ Okra
- ___ Peas (sweet or sugar snap)
- ___ Spinach
- ___ Swiss chard
- ___ Zucchini
- ___ Avocado
- ___ Green apples
- ___ Green grapes
- ___ Honeydew
- ___ Kiwi
- ___ Limes
- ___ Pears



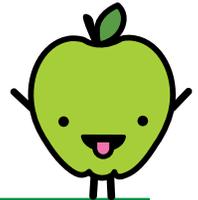
Why are we green?

We're green because of a special green pigment called chlorophyll (klor-o-fill). It turns sunshine into food so we can grow big and strong! This process is called photosynthesis (foe-toe-sin-thi-sis).

TEST YOUR TASTE BUDS



1. Pick up a few varieties of green apples at the store. Look for Granny Smith, Golden Delicious, Crispin and more. Taste test the apples with your family. Compare them in the chart below by listing which apple is crunchiest, softest and so on.



Apples we're tasting:

Taste tester names	Crunchiest	Softest	Sweetest	Sourest	My favorite

2. Grab five different green fruits and veggies. Take turns tasting them with your eyes closed. Can you guess what they are? Draw the fruits and veggies here:

#1	#2	#3	#4	#5
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GO GO GREENS

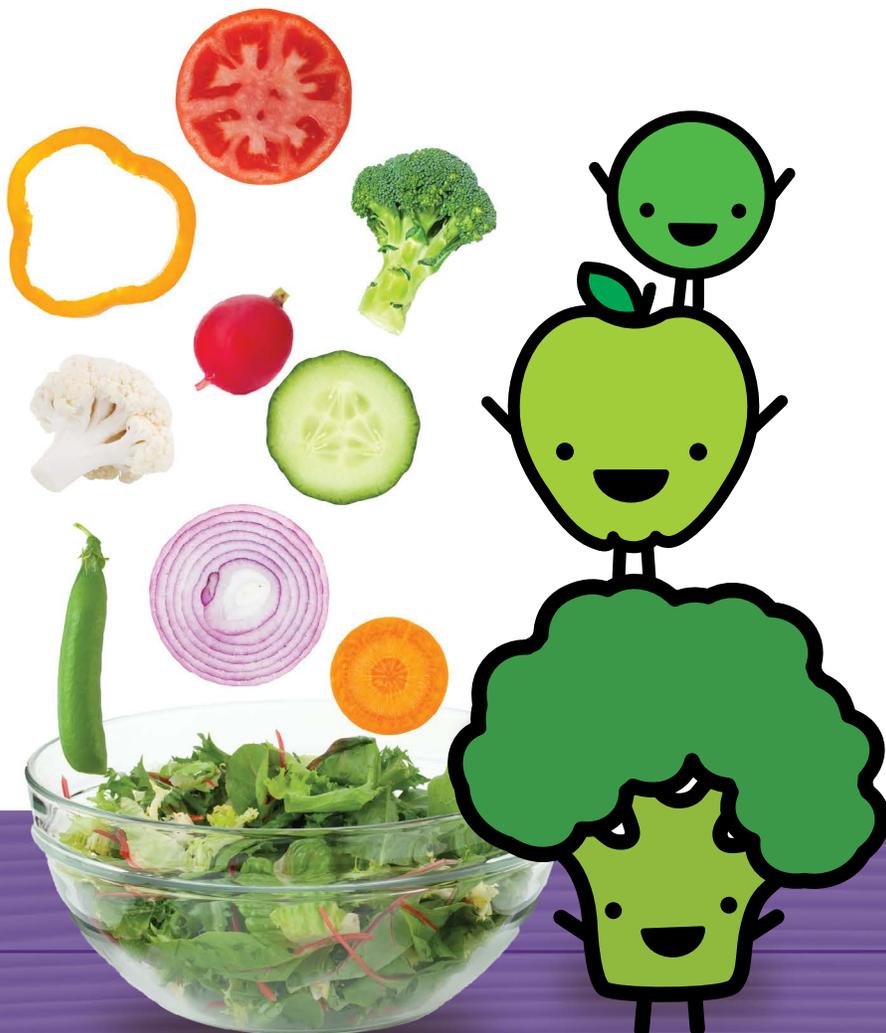
Everybody knows salads are super tasty and super good for you. Start with some fresh lettuce, then toss in as many colorful veggies as you like for a crunch-tastic treat that can be different every time!

Find some greens and discover your power!

If you were super strong, what would you want to do?

Look around you. How many green things can you see right now?

What else can you do to stay powered up?



Unscramble the names of the veggies going into the bowl!

1. OTAOTM _____
2. SAPN-EAP _____
3. IONNO _____
4. LICORCAB _____
5. SDIARH _____
6. EPERPP _____
7. MCBREUUC _____
8. TRACOR _____
9. WRLILOFECUA _____

Answers:
1. Tomato; 2. Snap-pea; 3. Onion; 4. Broccoli; 5. Radish; 6. Pepper; 7. Cucumber; 8. Carrot; 9. Cauliflower

LETTUCE ENTERTAIN YOU.... Lettuce and greens come in many varieties. Try a few and see what you like best: *Romaine, Kale, Turnip or Mustard Greens Spinach, Green Leaf Lettuce*

Get more from your produce

Save money and make your produce last longer with these tips. Plus, find new ways to use your favorite fruits and veggies. Find even more at yumpower.com.



ASPARAGUS

Choose

Look for firm green stalks with tightly closed tips.

Store

Refrigerate unwashed for 2-3 days.

Roast it

Wash and snap off the bottom part of the spears. Drizzle with olive oil, sprinkle with a pinch of salt and roast for about 10 minutes at 400°F.



BRUSSELS SPROUTS

Choose

Pick firm, compact heads that are bright green. Smaller sprouts, less than 1-inch in diameter, taste best. Buy on the stalk when possible. Look for firm green stalks with tightly closed tips.

Store

Refrigerate unwashed in a plastic bag for up to 4 days.

Try it raw

Wash sprouts. Slice thin and toss into salads or slaws. Mix it up by roasting or blanching the sprouts but don't overcook them because they'll turn bitter.



CUCUMBER

Choose

Look for firm, well-shaped cucumbers that are dark green in color and heavy for their size. Avoid cucumbers with spongy spots and wrinkles.

Store

Refrigerate unwashed in a plastic bag for 3-5 days.

Eat it raw

Wash before using. Peel waxed cucumbers and scrub unwaxed ones lightly. They're best eaten raw or barely cooked but can add crunch to a variety of dishes. Amp up your salsa, chicken, shrimp, tuna salad and more by adding finely diced cucumber.



HONEYDEW

Choose

Select melons that are creamy-yellow on the outside and not too firm or soft. Shake the melon and if the seeds inside rattle, it's a sign of a juicy melon.

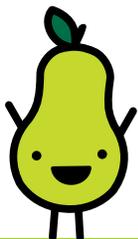
Store

Store uncut at room temperature for 2-4 days. Once ripe, refrigerate for 5 days.

Eat fresh

Wash well and cut in half. Scoop out the seeds and cut into wedges, cubes or melon balls. Add honeydew to a fruit platter, salad, yogurt or make it part of a colorful fruit kabob!

Looking for recipes?



Visit the MyKitchen section of yumpower.com to search for tasty and simple recipes that feature your favorite green fruit or veggie.



KALE

Choose

Opt for dark colored kale bunches with small to medium leaves. Avoid brown or yellow leaves.

Store

Wrap kale in a damp towel or plastic bag and refrigerate in the crisper drawer. Use within a week. Keep the towel damp or the leaves will wilt.

Freeze

Wash, de-stem and blanch leaves for 2 minutes. Rinse in cold water to stop the cooking, drain and pack into airtight containers such as freezer bags.

Simple substitute or snack

Swap kale into recipes that call for spinach or collard greens. Add chopped sautéed kale to omelets, quiches, scrambled eggs, casseroles or mashed potatoes. You can also bake kale for a crunchy snack that's a great substitute to potato chips.



KIWI

Choose

Find kiwi that are plump, smooth and spot-free. Size doesn't affect taste. Press the outside of the fruit with your thumb. If it gives to slight pressure, it's ripe.

Store

Unripe kiwi can be left at room temperature for several days. Ripe ones can be refrigerated for 4 weeks. To speed up the ripening, put kiwi in a paper bag with an apple or banana.

Try the peel

The kiwi's peel is safe to eat and has lots of good-for-you nutrients. After washing the kiwi, cut it in half and eat it with a spoon or toss it in cereal, smoothies, salsa or a fruit platter.



PEAR

Choose

Unripe pears have smooth, firm, shiny skin while ripe pears have skin that is dull and not shiny.

Store

Unripe pears can be left at room temperature for 5 days. Ripe ones can be refrigerated for 5 days. To speed up the ripening, put pears in a pierced paper bag with an apple.

Cooked or uncooked

Pears are tasty when sliced and eaten alone or tossed in a leafy green salad. Choose firm pears when baking, roasting or sautéing.



ZUCCHINI

Choose

Opt for zucchini that's 8 inches or less with a slightly prickly but shiny skin.

Store

Refrigerate for 3-4 days in the crisper drawer. Wash right before using.

Freeze

Keep puréed and grated zucchini on hand by freezing it for use in soup or sauce and breads or muffins.

Bake it in

Add zucchini to any casserole, pasta sauce, quiche, omelet or lasagna. It's an easy way to pump up the vegetables. Bulk up your spaghetti sauce with puréed zucchini. It barely alters the taste but packs in nutrients and decreases the amount of sodium.

AWESOME ORANGE POWER!

Bring orange and yellow power to your family with these quick start ideas:

Declare orange and yellow week

Focus on everything orange and yellow this week. Try new orange and yellow fruits and veggies, wear orange and yellow clothes, create orange and yellow artwork and more.

Create a colorful menu

Let your kids' creativity shine by having them play chef and plan a good-for-you menu. Get started on page 14!

Make good-for-you orange recipes

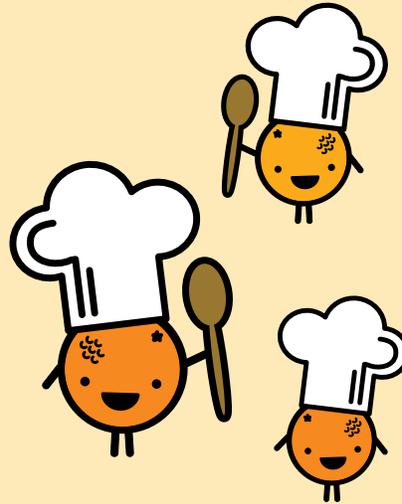
Perk up your family's plates with these extra yummy recipes:



Kids in the kitchen

Bring sunshine to your kitchen by letting kids:

- Peel and section oranges and grapefruit
- Squeeze lemons
- Shuck corn



Did you know?



Squash, like other richly colored veggies, is a great source of carotene which keeps your eyes and skin healthy.

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Squash is one of the oldest crops in the world. It has been grown for 10,000 years!

Banana pumpkin smoothie

35



Rainbow roasted veggies

37



Sweet potato fries

37



PLAY WITH YOUR FOOD

Try these tasty ideas to get your whole family eating orange and yellow this week.



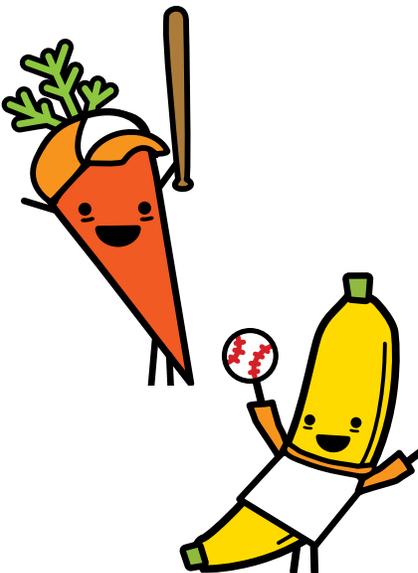
Produce Picasso

Create a masterpiece, like these paradise palm trees, from orange and yellow fruits and veggies. Then, power up by chomping on your edible art.



Shape shifters

Add pizzazz to common fruits or veggies by changing their shape or texture. Try shredding carrots with a veggie peeler, grater or food processor. Mix with a dab of olive oil and lemon juice. Then add yummy extras like raisins, nuts, cinnamon and parsley.



Home plate

Every spring, baseball players in Florida play in a league named after a fruit. Can you guess what the league is called? It's The Grapefruit League! Bring your team to the table to:

- Draft your favorite fruits and veggies to your team
- Design a uniform for the Sunshine Squad

Orange and yellow powered water

Wash and cut up fresh fruits, veggies and herbs. Add about two cups of fruits and veggies to two quarts of water. Slightly mash the fruits and veggies with a wooden spoon to bring out the flavors and juices. Cover and refrigerate for 30 minutes to three days. Try these bright combos or create your own:

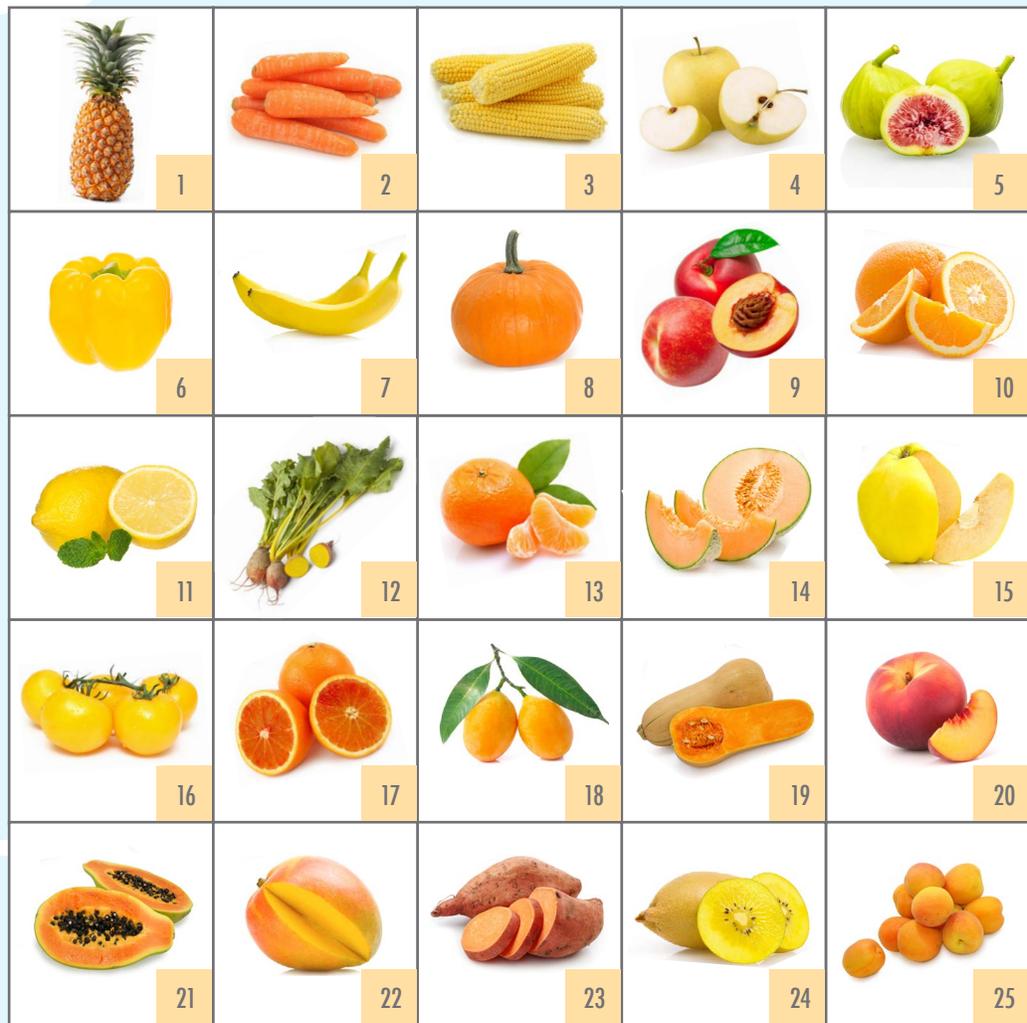
- Pineapple + mango + mint
- Orange + grapefruit
- Lemon + rosemary



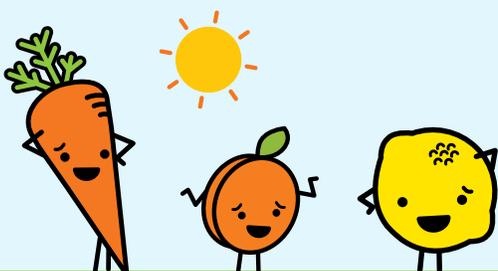
MEET THE SUNSHINE SQUAD!

Orange and yellow power comes from many tasty, good-for-you fruits and veggies.
Can you match these fruits and veggies with their names?

- ___ Yellow beets
- ___ Butternut squash
- ___ Carrots
- ___ Yellow peppers
- ___ Sweet corn
- ___ Sweet potatoes
- ___ Yellow tomatoes
- ___ Yellow apples
- ___ Apricots
- ___ Bananas
- ___ Cantaloupe
- ___ Yellow figs
- ___ Grapefruit
- ___ Golden kiwi
- ___ Kumquat
- ___ Lemons
- ___ Mangos
- ___ Nectarines
- ___ Oranges
- ___ Papayas
- ___ Peaches
- ___ Yellow pears
- ___ Pineapple
- ___ Pumpkins
- ___ Tangerines



Answers on page 45.



Why are we orange and yellow?

We have sunny colors because of an awesome orange pigment called carotene. It protects plants from the sun and can help protect your skin too!

WHERE DO I GROW?

Guess where each fruit and veggie comes from by drawing a line from the fruit or veggie to where it grows.



Yellow beets



Grapefruit



Carrots



Pineapple



Peaches



Butternut squash



Tree



Vine or bush



Underground

Did you know?



You can ripen a banana quickly by putting it in a brown paper bag with an apple or tomato.

Answers on page 45.

mini master chefs

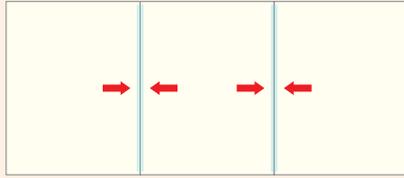
You'll need:

- » 3 sheets of white paper
- » Tape

Get your little ones to play chef this week.
Start by crafting these easy paper chef hats.

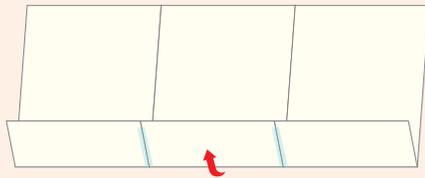
Step 1

Tape the paper together along the long edges.



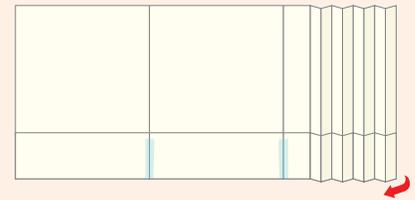
Step 2

Turn the paper over. Fold the bottom up to make a 2½ inch band.



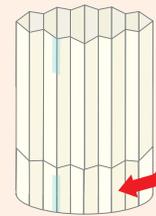
Step 3

Fold the paper back and forth along the short edge like an accordion.



Step 4

Wrap the band around your little chef's head and tape the ends together.



Now plan a colorful, tasty menu to make together.

's Daily Specials

	List a fun and silly name for your food creation.	What are the ingredients?	Will you eat it for breakfast, lunch, dinner or as a snack?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			

FUN ISLAND

Spot the six differences between the islands

Tropical fruits are some of the tastiest and most nutritious treats around! They usually grow in far-away places where it's warm and sunny all the time—but you can find them any time of the year at your grocery store.

Tropical fruits are colorful, sweet treats. Try mixing some together with yogurt and pretend you're on a sunny island!



Answers on page 46.

Get more from your produce

Save money and make your produce last longer with these tips. Plus, find new ways to use your favorite fruits and veggies. Find even more at yumpower.com.



APRICOTS

Choose

Pick plump, deep orange colored apricots that are soft with gentle pressure but not mushy.

Store

Place unripe apricots in a paper bag at room temperature for 1-2 days. Refrigerate ripe apricots for up to 1 week.

Freeze it

For a chilly treat, freeze sliced apricots in an ice cube tray with 100 percent orange juice. Enjoy fresh apricots in salads or yogurt parfaits.



BANANAS

Choose

Opt for yellow bananas with a little green.

Store

Store at room temperature for up to 5 days. To ripen quicker, place in a paper bag with an apple overnight.

Freeze it

Peel overripe bananas and put in a freeze bag for baking, cooking or use in smoothies.

Eat fresh

Slice into yogurt, smoothies or a salad. Try it rolled up in a whole-wheat tortilla with nut butter.



CANTALOUPE

Choose

Look for cantaloupe that gives slightly when pressed and has a sweet scent. It's ripe if the seeds sound loose when you shake it.

Store

Store at room temperature for 2-4 days until ripe. Then refrigerate for up to 10 days. Don't cut until ready to use.

Drink it

Make a refreshing drink by blending 3-4 cups of ripe, cubed cantaloupe, fresh lime juice from ½ a lime, 1 teaspoon honey and 1 ½ cups water. Strain over a pitcher and discard the solids. Add another 1 ½ cups water and chill. Serve over ice.



PEACHES

Choose

Select firm peaches with fuzzy, cut-free skins.

Store

Store unripe peaches at room temperature for 2-3 days. Refrigerate ripe peaches for 3-5 days.

Eat fresh

Peaches are tasty on their own or sliced into yogurt or cottage cheese.

Looking for recipes?



Visit the MyKitchen section of yumpower.com to search for tasty and simple recipes that feature your favorite orange or yellow fruit or veggie.



PINEAPPLE

Choose

A ripe pineapple is firm but gives slightly when pressed, has healthy green leaves and a slight scent. Pineapple do not ripen or get any sweeter once they are picked.

Store

Store whole at room temperature for up to 5 days or cut in the refrigerator for up to 3 days.

Try it raw

Cube it and toss into a salad, smoothie or stir-fry. Make a tropical parfait with vanilla yogurt, pineapple and coconut.



PUMPKINS

Choose

Smaller pumpkins (4-8 pounds) are best for cooking. Look for sugar or cheese pumpkin varieties.

Store

Store at room temperature for up to 1 month or in a cool, dark place for 2-3 months. Once cut, wrap pieces tightly and refrigerate for up to 5 days.

Try the seeds

Toss seeds with olive oil and a seasoning of choice. Put a single layer on a baking sheet and toast at 400°F for 5-20 minutes until golden brown. Flip seeds every 10 minutes.



RUTABAGAS

Choose

Select firm, smooth rutabagas heavy for their size with no soft spots. They should be yellowish-white at the bottom and purple on top.

Store

Store at room temperature for 1 week or refrigerate for up to 2 weeks.

Bake it

Before eating or cooking, remove the waxy outer layer with a peeler or paring knife.

Try them raw in a salad, pureed into soups or baked into chips. Just slice, toss lightly in olive oil, sprinkle with salt and bake at 375°F for about 30 minutes. Turn every 10 minutes. Season with rosemary or other herbs.



SWEET CORN

Choose

Look for ears with green husks, fresh silks and tight rows of kernels.

Store

Refrigerate corn with husks on for up to 3 days.

Freeze it

Boil corn for 3-5 minutes. Drain and rinse under cold water. Dry well and freeze in an airtight container, like a freezer bag.

Grill it

Husk the corn. Brush lightly with one tablespoon extra-virgin olive oil (between four ears of corn). Grill on medium-high, turning occasionally until lightly charred and tender. About 8-12 minutes total.

ROCKIN' RED POWER!

Bring red power to your family with these quick start ideas:

Declare red week

Focus on everything red this week. Try new red fruits and veggies, wear red clothes, create red artwork and more.

Hunt for red

Go on a scavenger hunt at the grocery store with your family. Explore the colorful fruits and veggies and seek out everything red. Get started on page 21!

Make good-for-you red recipes

Perk up your family's plates with these extra yummy recipes:



Cranberry salsa



39

PB&J strawberries on a stick



39

You can't beat roasted beets

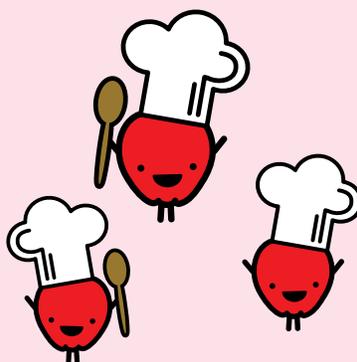


41

Kids in the kitchen

Get rockin' in your kitchen by letting kids:

- Cut out watermelon shapes with a cookie cutter or melon baller
- Scrub red peppers, potatoes or radishes
- Remove seeds from pomegranates



Did you know?



A tomato is really a fruit because it has seeds. You can grow tomatoes almost anywhere like in gardens, containers and even indoors!

PLAY WITH YOUR FOOD

Try these tasty ideas to get your whole family rockin' red this week.

Did you know?



Watermelon is 92 percent water—no wonder it's so refreshing! Find a ripe melon by tapping it like a drum. If you hear a hollow thump, it's ready to eat.

Silly stories

Kids love to tell stories. Have them pick their favorite red fruit or veggie to tell a silly story about. Describe where the fruit or veggie comes from and what journey it takes to get to your family's plates.

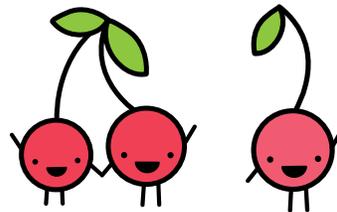
Produce painter

Create rockin' red artwork with red fruits and veggies. Slice a beet and

let your kids stamp it on paper to see what happens. Test other red produce too!

Spit the pits

Did you know there's an International Cherry Pit Spitting contest held in Eau Claire, Michigan every year? It's so popular that the town is now known as the Cherry Pit Spitting Capital of the World. Challenge your family to a pit spitting contest with cherry pits or watermelon seeds.

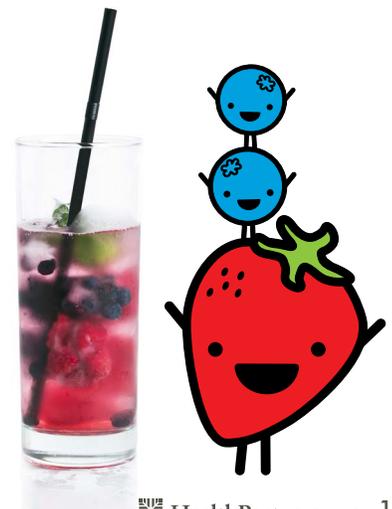


Red powered water

Wash and cut up fresh fruits and veggies. Add about two cups of fruits and veggies to two quarts of

water. Slightly mash the fruits and veggies with a wooden spoon to bring out the flavors and juices. Cover and refrigerate for 30 minutes to three days. Try these rockin' combos or create your own:

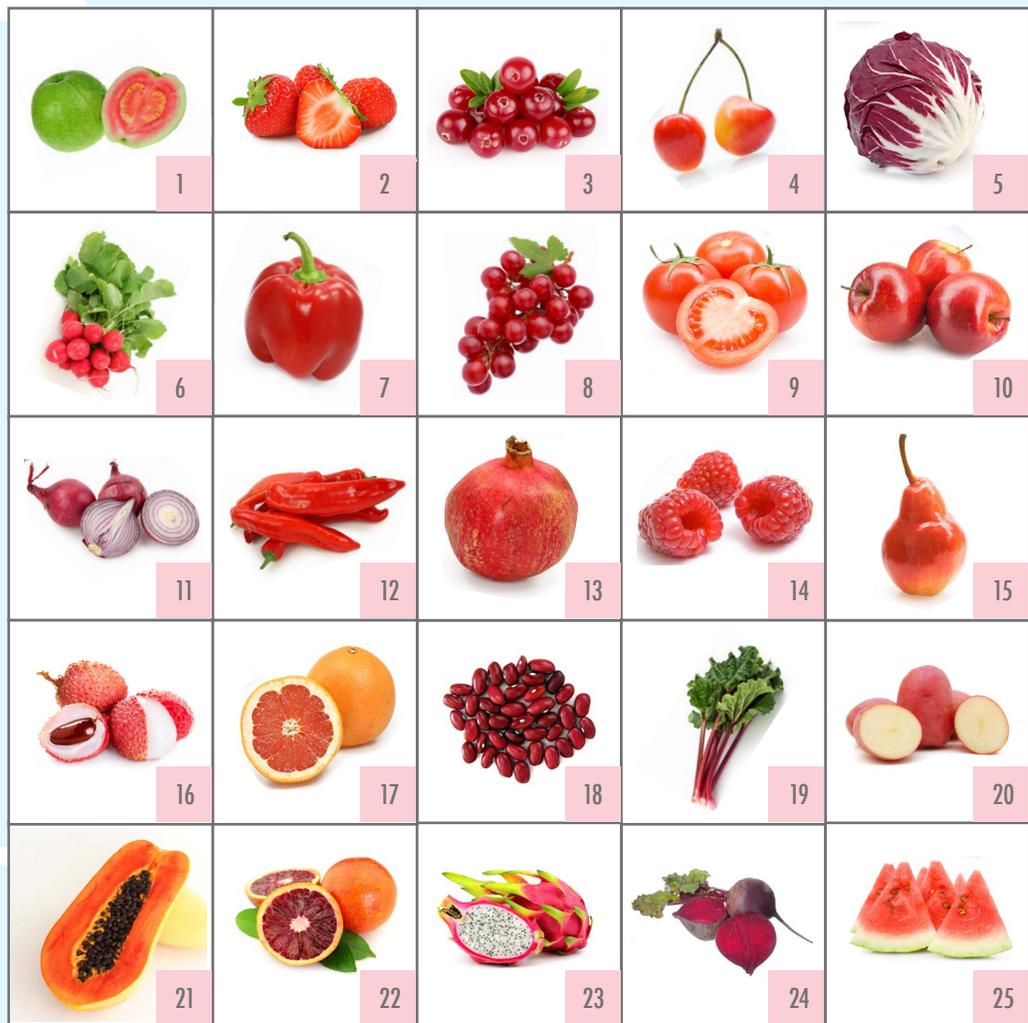
- Raspberries + strawberries + blueberries
- Pomegranate seeds + blueberries
- Strawberries + pineapple + blackberries



MEET THE ROCKIN' RED RANGERS!

Red power comes from many tasty, good-for-you fruits and veggies.
Can you match these fruits and veggies with their names?

- ___ Beets
- ___ Chili peppers
- ___ Red beans
- ___ Red peppers
- ___ Radishes
- ___ Radicchio
- ___ Red onions
- ___ Red potatoes
- ___ Rhubarb
- ___ Tomatoes
- ___ Red apples
- ___ Blood oranges
- ___ Cherries
- ___ Cranberries
- ___ Guava
- ___ Red grapes
- ___ Red grapefruit
- ___ Red pears
- ___ Red papayas
- ___ Pomegranates
- ___ Dragon fruit
- ___ Raspberries
- ___ Strawberries
- ___ Watermelon
- ___ Lychee



Answers on page 45.

Rock this rad poem to find out why we're red!

Roses are red and so are papayas,
Red peppers, melons and apples — just try us!

But those red cherries, berries and radishes in a bin,
They get their red color from Anthocyanins.

If you like our bright color and glossy red sheen,
Then you should know that it comes from lycopene.

Whatever the shape, whatever the color,
Fill up with five and get your yumPower!

GROCERY STORE SCAVENGER HUNT

Be a rockin' red fruit and veggie sleuth!

Answer these questions next time you're at the grocery store. Write as many answers as you can.

How many kinds of red apples can you find? What are their names?

How much does an average red pepper weigh?

How many red potatoes do you think are in a 5-pound bag?

What kinds of red berries can you find in the grocery store this time of year?

Find three red fruits and three red veggies. List them here.

Hint: they can be fresh, frozen or canned.

Fruits:

Veggies:



Discover something new
and delicious to try!

Get more from your produce

Save money and make your produce last longer with these tips. Plus, find new ways to use your favorite fruits and veggies. Find even more at yumpower.com.



BEETS

Choose

Pick firm, small and deep maroon colored beets with bright green leaves.

Store

Trim leaves 2 inches from the root. Store leaves and root bulbs in the fridge in separate bags. Use leaves in 2 days and bulbs in 10 days.

Roast it

Wash, peel and cube beets. Toss with a drizzle of olive oil, pinch of sea salt and sliced onions. Roast at 375°F for 15-30 minutes or until the mixture begins to caramelize. Enjoy as a side dish or chill and toss into a salad.



BLOOD ORANGES

Choose

Find blood oranges that are heavy for their size with thick skin. They look similar to regular oranges but tend to be smaller.

Store

Store at room temperature for up to 3 days or refrigerate unwashed for up to 2 weeks.

Toss it

Blood oranges have a scary name but they're very sweet and tasty! They can be tricky to peel so try cutting them into slices. Enjoy them tossed in a citrus or beet salad.



CHERRIES

Choose

Look for shiny, plump, firm cherries. Cherries with the stem still attached will last longer.

Store

Store at room temperature for up to 2 days or refrigerate unwashed in a plastic bag for up to 2 weeks.

Freeze it

Wash, remove pit and allow to dry. Place on baking tray with baking paper and freeze. Once frozen, transfer to a freezer bag and freeze up to 1 year.

Blend it

Wash before using. Try tossing fresh or frozen cherries into a smoothie with a banana and Greek vanilla yogurt. Or, add to salads or fruit trays



RED GRAPEFRUIT

Choose

Select grapefruit with firm, smooth and thin skins.

Store

Store at room temperature for 1 week or refrigerate for up to 2-3 weeks.

Try it raw

Wash and cut in half. Scoop the fruit for a refreshing snack. For a fizzy drink, mix a grapefruit slice with sparkling water and a splash of 100 percent grapefruit juice.



RED PEPPER

Choose

Look for firm, brightly colored peppers that are heavy for their size and without wrinkled skin. Smaller peppers are sweeter.

Store

Put unwashed peppers in a plastic bag and refrigerate in the crisper drawer for up to 5 days.

Cooked or uncooked

Raw red peppers are yummy plain or dipped in a yogurt veggie dip. Mix it up by chopping them into fresh salsa, brushing them with a little olive oil and grilling them, or sautéing them in a stir-fry.



RADISHES

Choose

Select firm, bright radishes with few nicks. Squeeze them to avoid soft or hollow centers.

Store

Remove green tops and refrigerate in a plastic bag for up to 1 week.

Eat fresh

Use radishes to add crunch to a salad or sandwich. Or, sauté with onions and toss into a chicken-broth based soup with leeks.



RHUBARB

Choose

Opt for stalks that are deep red and flat.

Store

Refrigerate for up to 1 week.

Try it raw

Dice and add to yogurt, smoothies or salsa. Or, roast with a little honey and add to a salad.



TOMATOES

Choose

Find tomatoes with bright, shiny skins and firm flesh that has a little give.

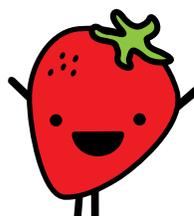
Store

Store at room temperature for up to 3 days. Refrigerate only if you can't use them before they spoil.

Try it baked

Tomatoes are tasty on any sandwich or salad. Try them baked. Simply drizzle with olive oil and sprinkle with cheese. Bake at 350°F for 20-25 minutes or until cheese is bubbly. Add basil leaves on top and enjoy!

Looking for recipes?



Visit the MyKitchen section of yumpower.com to search for tasty and simple recipes that feature your favorite red fruit or veggie.

SUPER RED BERRY POWER

Did you know red berries have special super powers that protect and power your body?
That's why we call them SUPER BERRIES!



WHAT'S YOUR BERRY FAVORITE SUPERHERO? Connect the names to the pictures, then circle your favorite!

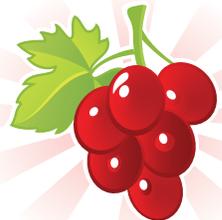
Terrific Tomato

Rockin' Raspberry

Galactic Grape

Super Strawberry

Kickin' Cranberry



If you could have any super power, what would it be?

- X-ray Vision? Invisibility? Flying? Super Strength? Genius? Other?

How would you use your super power? _____

PERFECT PURPLE POWER!

Bring purple, white and blue to your family's table with these quick start ideas:

Declare purple, white and blue week

Focus on everything with these colors. Try new purple, white and blue fruits and veggies, wear clothes in these colors, create artwork with purple, white and blue and more.

Grow your own

Play farmer by growing your own fruits and veggies indoors. No tractor required! Get started on page 28!

Make good-for-you purple, white and blue recipes

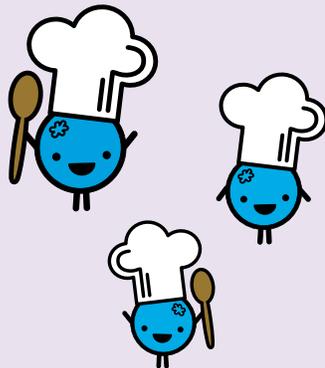
Perk up your family's plates with these extra yummy recipes:



Kids in the kitchen

Bring power to your kitchen by letting kids:

- Wash blueberries or blackberries
- Break apart cauliflower and grapes
- Scrub potatoes



Did you know?



Mushrooms are the planet's recycling team. They help plants break down which adds nutrients to the soil. Those are some hard working fungi!

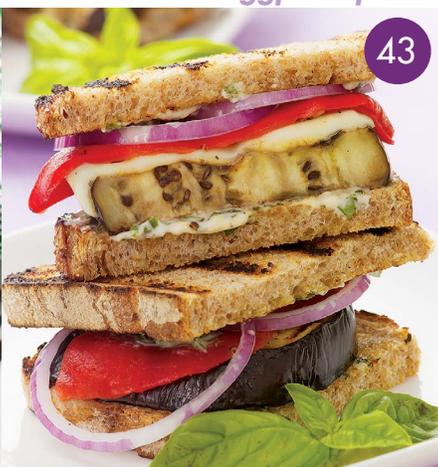
CauliMash

41



Grilled eggplant panini

43



Purple power smoothie

43



PLAY WITH YOUR FOOD

Try these tasty ideas to get your whole family eating purple, white and blue this week.

Fruit and veggie fables

Cultures all across the world use special stories called fables to help teach life lessons. Usually animals and plants get to act like people in these colorful tales. Make up a fruit or veggie fable with your kids. What lesson would it teach?

Mash it up

Your kids may be familiar with mashed potatoes but do they know other veggies make tasty mashes too? Try a new mash from one of these veggies:

- Cauliflower (see recipe on page 41)
- Parsnips
- Turnips and rutabagas
- Kohlrabi
- Celery root

Purple People Eater

This famous song from the 1950s introduced us to the Purple People Eater creature. Then in the '60s and

'70s, the Minnesota Vikings defense used the name with pride. Have your kids create a silly purple, white or blue mascot for your family. What would it look like and what would they call it?

Purple, white and blue powered water

Wash and cut up fresh fruits, veggies and herbs. Add about two cups of fruits and veggies to two quarts of water. Slightly mash the fruits and veggies with a wooden spoon to bring out the flavors and juices. Cover and refrigerate for 30 minutes to three days. Try these perfect combos or create your own:

- Blackberries + ginger
- Blueberries + lemon + mint
- Purple grapes + green grapes



Did you know?

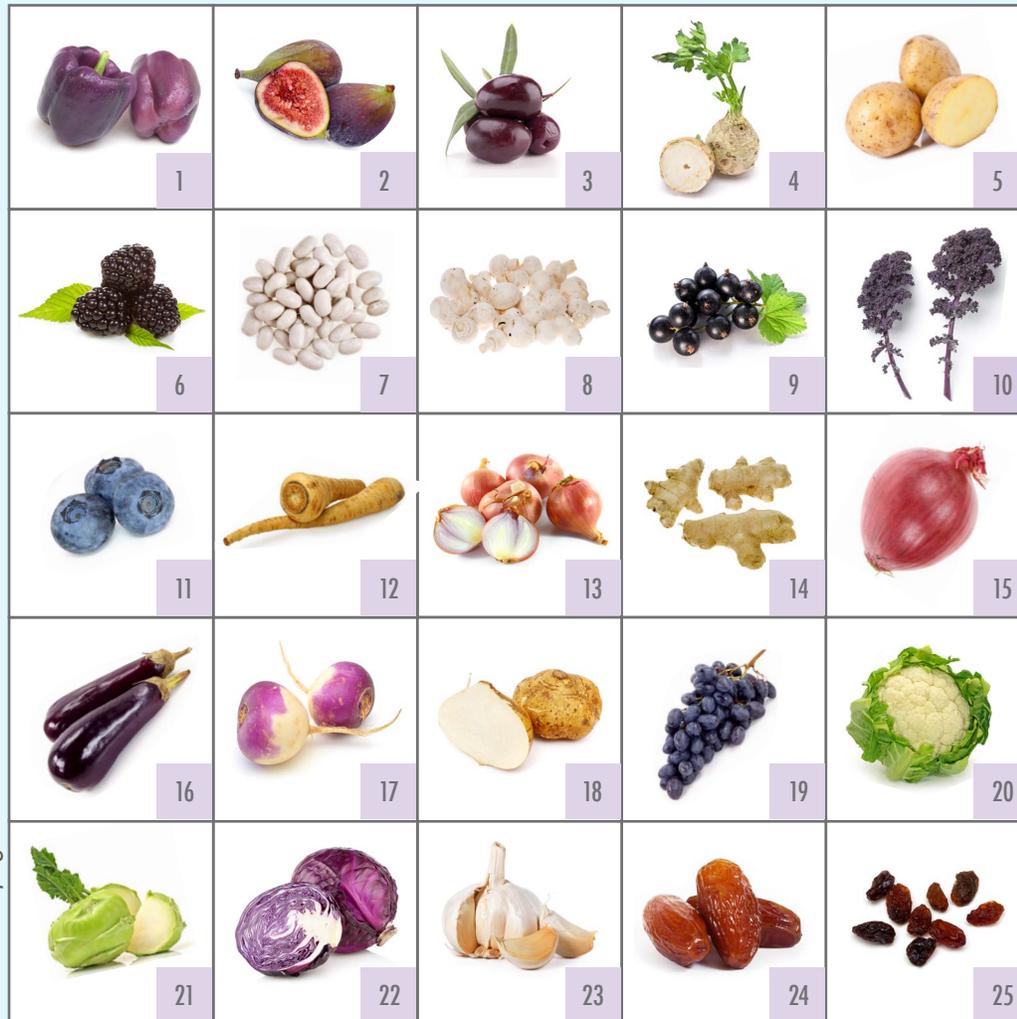


All forms of fruits and veggies are good for you! Power up with fresh, frozen, canned and dried options.



MEET THE PURPLE, WHITE AND BLUE BUNCH!

Purple power comes from many tasty, good-for-you fruits and veggies.
Can you match these fruits and veggies with their names?



Answers on page 45.

- Blackberries
- Blueberries
- Purple cabbage
- Currants
- Dates
- Eggplant
- Purple figs
- Purple grapes
- Purple kale
- Olives
- Purple peppers
- White beans
- Raisins
- Cauliflower
- Celery root
- Garlic
- Ginger
- Jicama
- Kohlrabi
- Potatoes
- Shallots
- Turnips
- Mushrooms
- Onions
- Parsnips

Poetry power!

Purple and blue foods power up your body and mind,
But they can be hard to find.

Try plums, berries, cabbage or kale.
They'll help to power your sail!

But what about foods that are white like snow?
Where did their color go?

Who really knows?!
But they sure help you grow.

So have some fun with blue, purple and white,
These fruits and veggies are a yummy delight!

SPROUT AND GROW

Think only farmers can grow food? Think again—so can you! Try sprouting some fun right in your kitchen with these easy indoor ideas:

Grow purple basil

You'll need:

- Small plant container
- All-purpose potting soil
- Basil seeds

Steps:

1. Fill container with soil.
2. Sprinkle in seeds and cover with a thin layer of soil.
3. Water gently.
4. Place in a sunny spot and watch it grow.
5. Cut basil and add it to your favorite recipes. Then watch it re-grow!

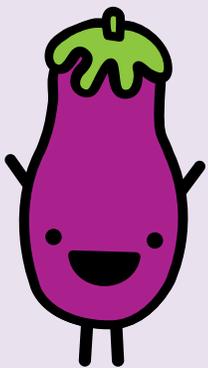
Have an amazing plant race

You'll need:

- Empty egg carton
- All-purpose potting soil
- A variety of seeds—try purple kale, eggplant, purple peppers, onions and more

Steps:

1. Fill an empty egg carton with potting soil.
2. Put a different seed in each hole and cover lightly with soil. Write the name of each plant on the carton.
3. Place the carton in a sunny spot and watch it grow. See which plant grows fastest, tallest and biggest.
4. When the plants get a few inches tall transfer them to larger pots or plant them in the ground to enjoy their bounty!

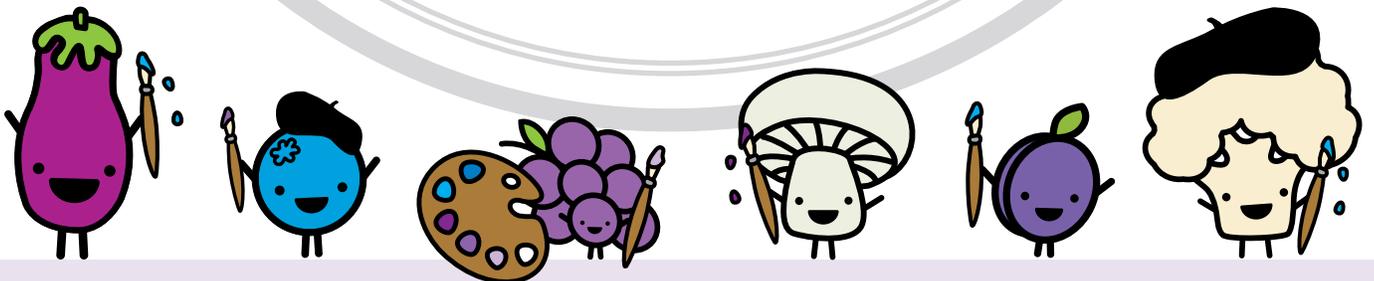
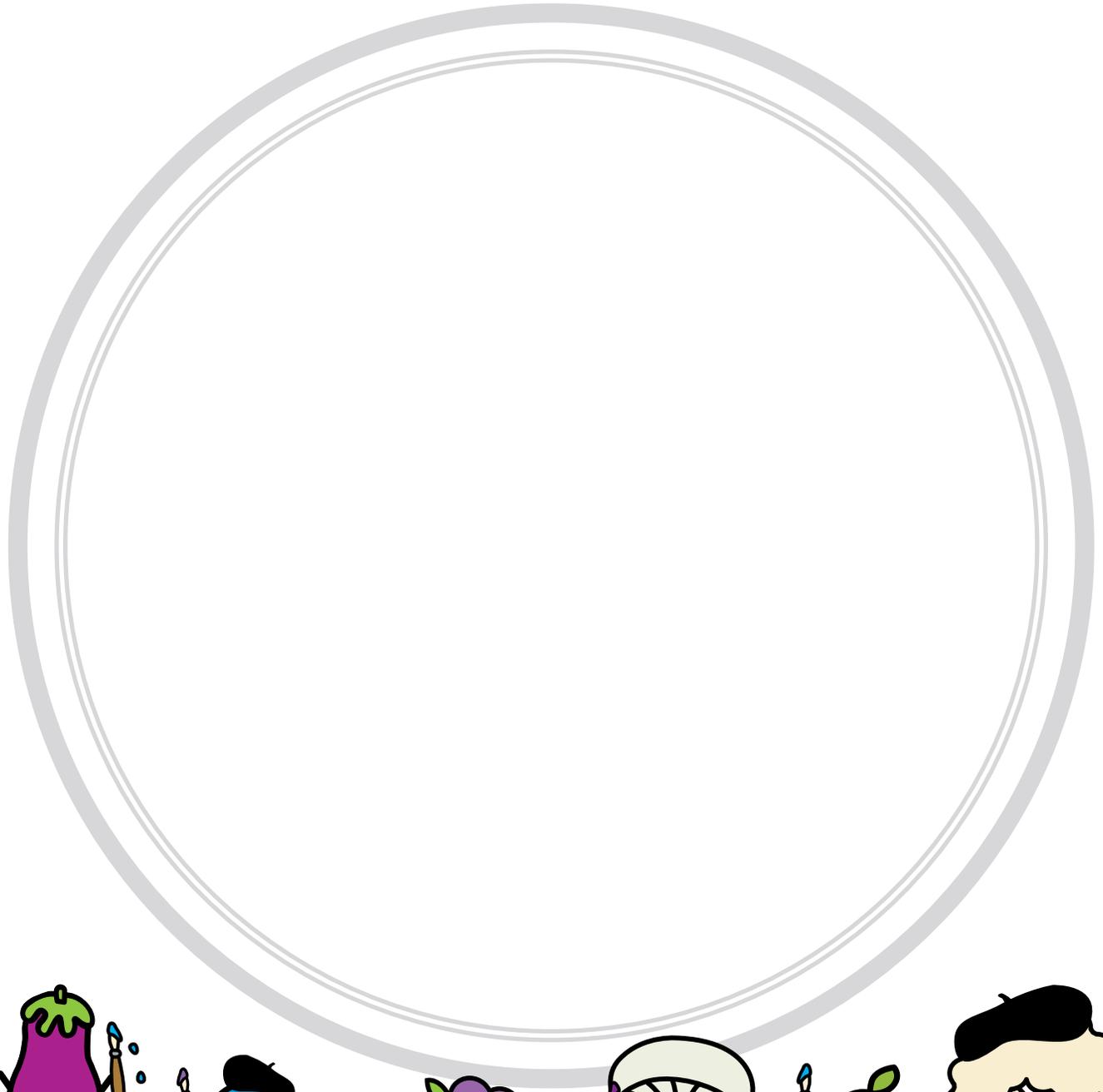


Use your fresh basil in the Grilled Eggplant Panini recipe on page 43.



PAIN YOUR PLATE

Purple, white and blue can make an artist out of you! Grab some markers and crayons and draw your plate here. Then use real fruits and veggies to recreate your masterpiece on an actual plate.



Get more from your produce

Save money and make your produce last longer with these tips. Plus, find new ways to use your favorite fruits and veggies. Find even more at yumpower.com.



EGGPLANT

Choose

Select eggplants that are heavy for their size and without cracks or discolorations.

Store

Both cold and warm temperatures can damage eggplant. Store in a cool, dark place for up to 4 days.

Important note

Eggplant should not be eaten raw. Cooking an eggplant gets rid of a toxic substance called solanine.

Grill it

Cut into ¼ inch thick rounds. Brush with one tablespoon extra-virgin olive oil. Grill on medium-high, turning occasionally until lightly charred and tender. About 2-3 minutes.



CAULIFLOWER

Choose

Opt for compact, creamy white, clean heads. Leaves should be green.

Store

Refrigerate in a paper or plastic bag for up to 1 week.

Mash it

Steam small pieces until tender. Then blend with low-fat milk or yogurt and prepare like mashed potatoes. Try roasting or sautéing cauliflower to add to a stir-fry, soup or salad.



DATES

Choose

Look for dates that are plump with shiny skin.

Store

Refrigerate in an airtight container for up to 1 year.

Eat fresh

Dates can be eaten whole or chopped into pieces and added to hot or cold cereal. They can also be added to chili for added sweetness.



POTATOES

Choose

Select firm and dry potatoes. Avoid potatoes that are soft, wilted or sprouting.

Store

Store at room temperature for 3-4 weeks. Keep away from onions.

Try it fresh

Bake, grill or roast whole or sliced potatoes. Add cooked potatoes to soups, stews and egg dishes.



MUSHROOMS

Choose

Look for firm and unblemished mushrooms.

Store

Refrigerate in a paper bag for up to 1 week.

Bake it in

Wash and trim mushrooms before using. Add them to any casserole, pasta sauce, quiche, omelet or lasagna. It's an easy way to pump up the veggies.



ONIONS

Choose

Opt for clean, well-shaped onions with dry outer skins. Avoid onions that are sprouting or have openings at the neck.

Store

Make air holes in a brown paper bag and keep in a cool place for up to 1 month. Refrigerate cut up onions in a plastic bag.

Boost flavors

Remove paper-like skin and add to almost any dish to boost the flavor. Add to soups, stews, meats, salads and more!



PLUMS

Choose

Select richly colored plums that are slightly soft at the tip. Avoid plums with bruises or cuts.

Store

Store unripe plums at room temperature for 1-3 days. Refrigerate ripe plums in a plastic bag for up to 2 weeks.

Try it raw

Remove the pit and enjoy whole. Or, slice and cube to add to yogurt, smoothies or even chicken salad.



PURPLE CABBAGE

Choose

Find firm, dense heads with shiny, crisp, colorful leaves. Avoid cabbage with bruises and blemishes.

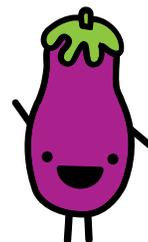
Store

Wrap in plastic and refrigerate in the crisper drawer for up to 2 weeks.

Turn into slaw

Add raw purple cabbage to salads or make a colorful coleslaw by mixing it with green cabbage, onion, shredded carrots, rice vinegar and a little healthy oil. Enjoy it steamed or sautéed too.

Looking for recipes?



Visit the MyKitchen section of yumpower.com to search for tasty and simple recipes that feature your favorite purple, white or blue fruit or veggie.



GOOD-FOR-YOU RECIPES

Cook up a colorful and tasty dish with these yumPowered recipes. Find the  for budget-friendly recipes. Get more recipes at yumpower.com.



Edamame nibbles

Serves 16

Ingredients:

4 cups frozen edamame in pods
2 teaspoons coarse salt

Directions:

Cook edamame according to package directions. Toss with salt and enjoy!

Nutrition per ¼ cup serving: 50 calories, 2g fat, 0mg cholesterol, 5g carbohydrates, 4g protein, 2g fiber, 250mg sodium, 0mg potassium.

Recipe provided by EatingWell©Magazine.



Zu-canoes

Serves 4

Ingredients:

2 medium 2-inch-wide zucchini
½ teaspoon salt, divided
½ teaspoon freshly ground pepper, divided
1 tablespoon extra-virgin olive oil
1 tablespoon white-wine vinegar
1 tablespoon minced shallot
1 cup quartered grape tomatoes
½ cup diced mozzarella cheese, preferably fresh
¼ cup thinly sliced fresh basil

Directions:

Wash zucchini. Trim off ends and cut in half lengthwise. Cut a thin slice off the backs so each half sits flat. Scoop out the pulp, leaving a 1/4-inch shell. Finely chop the pulp and set aside.

(over)

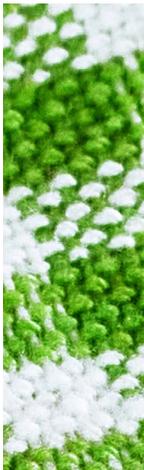




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Place zucchini halves in a microwave-safe dish. Sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Cover and microwave on high until tender-crisp, 3-4 minutes. Or, steam in a steamer basket over 1 inch of boiling water.

In a medium bowl, whisk oil, vinegar, shallot and remaining salt and pepper. Add tomatoes, cheese, basil and the reserved zucchini pulp. Toss to combine. Divide the filling among the zu-canoes and enjoy!

Nutrition per serving: 87 calories, 4g fat (1g saturated, 0g trans), 3mg cholesterol, 7g carbohydrates, 7g protein, 2g fiber, 408mg sodium.

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Green monster smoothie

Makes 4 small smoothies

Ingredients:

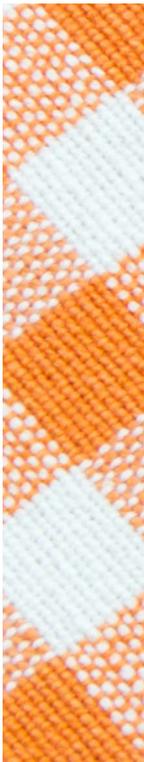
- 2 cups fresh spinach or kale (remove stems)
- 2 cups water
- 1 cup pineapple (fresh, frozen or canned in 100% juice)
- 1 cup mango or peaches (fresh, frozen or canned in 100% juice)
- 2 bananas (fresh or frozen)

Directions:

Blend spinach and water until smooth. Add fruit and blend again until smooth.

Tips and tricks:

- Any kind of fruit will work, just toss in your favorites.
- Use one frozen fruit to make it cold and yumtastic.
- Serve in a glass jar with a fun straw!



Banana pumpkin smoothie

Serves 2

Ingredients:

- 1 cup low-fat vanilla yogurt
- ¾ cup canned pumpkin, chilled
- ½ cup ice cubes
- ⅓ cup fresh orange juice
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- Dash of ground cloves
- 1 ripe banana, sliced and frozen

Directions:

Combine all ingredients in a blender. Blend until smooth. Top with a dash of ground cinnamon, if desired. Serve immediately.

Nutrition per serving: 218 calories, 2.2g fat, 8.4g protein, 5.5g fiber.





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Roasted rainbow veggies

Serves 4

Ingredients:

2 cups chopped vegetables (carrots, sweet potatoes, squash and more)
 1 tablespoon extra-virgin olive oil
 ¼ teaspoon salt
 Pepper and garlic to taste



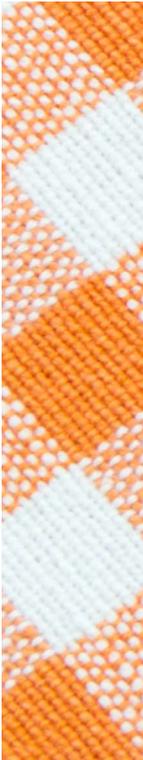
Directions:

Preheat oven to 400° F.

Wash and dry veggies. Cut off stalks and chop into bite-sized pieces. In a bowl, toss veggies with olive oil until lightly coated. Arrange pieces in a single layer on a rimmed baking sheet. Sprinkle with salt, pepper and garlic.

Bake for 20-25 minutes or until the veggies turn slightly brown. Serve immediately as a delicious side to any family meal!

Nutrition per ½ cup serving: 45 calories, 3.5g fat, 1g protein, 1g fiber, 160mg sodium.



Sweet potato fries

Serves 8

Ingredients:

4 large sweet potatoes
 1-2 teaspoons olive oil
 ½ teaspoon ground cinnamon
 ½ teaspoon cumin or chili powder
 1 teaspoon powdered garlic
 Salt to taste



Directions:

Preheat oven to 450° F.

Wash and peel sweet potatoes. Slice diagonally into thick, even wedges. Put wedges in a bowl and toss with olive oil until lightly coated. Arrange wedges in a single layer on a baking sheet.

In a small bowl, combine the spices and then sprinkle over sweet potatoes. Bake until tender and golden brown, about 25 minutes. Let cool before serving.

Nutrition per serving: 90 calories, 0.5g fat, 2g protein, 3g fiber, 35mg sodium.



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Cranberry salsa

Serves 3

Ingredients:

- ½ cup chopped red onion
- 1 clove garlic
- ½ jalapeño pepper, stemmed and seeded, optional
- Fresh cilantro, to taste
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 6 ounces fresh cranberries
- 1 apple, cored and sliced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar

Directions:

In a blender or food processor, blend onion, garlic, jalapeño, cilantro, salt and pepper until finely minced. Add the remaining ingredients and pulse until desired consistency. Serve immediately or cover and refrigerate for up to three days.



PB&J strawberries on a stick

Ingredients:

- Strawberries
- Bananas
- Whole-wheat bread
- Nut butter
- All-fruit jam
- Wooden skewers or thin pretzel sticks

Directions:

Wash strawberries. Peel and slice bananas.

Spread nut butter and jam on whole-wheat bread to make a sandwich. Cut sandwich into 1-inch squares.

Thread a strawberry, sandwich square and banana slice onto a skewer or pretzel stick. Repeat for a colorful, tasty treat!





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You can't beat roasted beets



Ingredients:

Beets
Olive oil
Sea salt
Onion

Directions:

Preheat oven to 375°F.

Wash, peel and cube beets. Toss with a drizzle of oil, pinch of salt and sliced onions.

Roast for 15-30 minutes or until the mixture begins to caramelize. Enjoy as a side dish or chill and toss into a salad.



CauliMash

Serves 6



Ingredients:

3-4 cups water
3 cups cauliflower, about 1 head
¾ cup fat-free plain Greek yogurt
¼ cup low-fat cream cheese
Salt and pepper to taste
1 teaspoon paprika

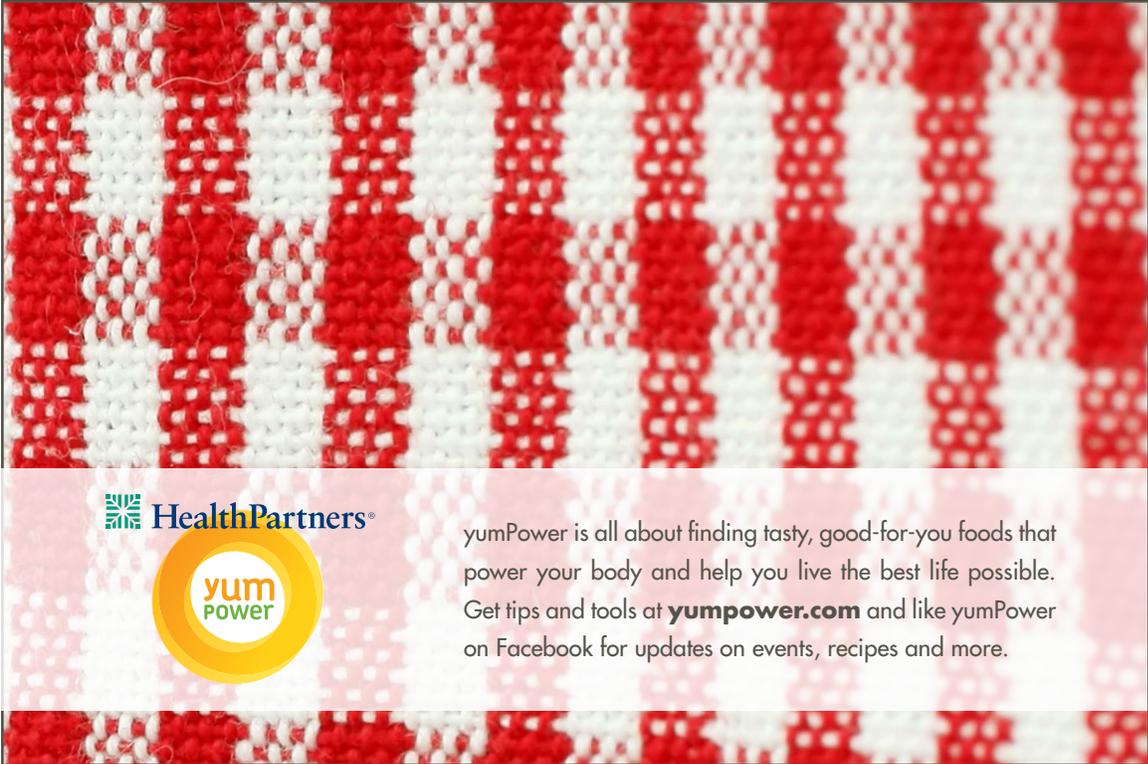
Directions:

In a medium pot, bring 3-4 cups of salted water to a boil.

Trim hard stems and leaves from cauliflower. Cut cauliflower into pieces leaving no more than 2-inch stems. Put pieces into boiling water for 15 minutes or until tender. Drain well and place in a mixing bowl. Mash with potato masher while adding yogurt and cream cheese. Add salt and pepper to taste.

Spoon mash into 1-quart casserole dish. Sprinkle with paprika and serve.

Nutrition per serving: 60 calories, 2g fat, 6g protein, 2g fiber, 90mg sodium.



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Grilled eggplant panini

Serves 4

Ingredients:

- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons chopped fresh basil
- 2 tablespoons extra-virgin olive oil, divided
- 8½ inch slices eggplant (about 1 small whole eggplant)
- ½ teaspoon garlic salt
- 8 slices whole-grain country bread
- 8 thin slices fresh mozzarella cheese
- ⅓ cup sliced jarred roasted red peppers
- 4 thin slices red onion



Directions:

Preheat grill to medium-high. In a small bowl, combine mayonnaise and basil.

Using 1 tablespoon oil, lightly brush both sides of eggplant and sprinkle with garlic salt. With remaining 1 tablespoon oil, brush one side of each slice of bread.

(over)



Purple power smoothie

Makes five ½ cup servings

Ingredients:

- 1 ripe banana
- ¼ cup strawberries, fresh or frozen
- ½ cup blueberries, fresh or frozen
- ½ cup 100% orange juice
- 2 teaspoon honey, optional
- ½ cup fat-free plain yogurt (regular or Greek)
- ½ cup extra-firm tofu



Directions:

Place all ingredients in a blender. Blend until smooth. Serve immediately.



Grill eggplant for 6 minutes. Turn with a spatula, top with cheese and continue grilling until the cheese is melted and eggplant is tender, about 4 minutes more. Toast bread on the grill for 1-2 minutes per side.

To assemble sandwiches, spread basil mayonnaise on four slices of bread. Top with cheesy eggplant, red peppers, onion and remaining slices of bread. Cut in half and serve warm.

Nutrition per serving: 337 calories, 16g fat (6g saturated, 0g trans), 22mg cholesterol, 36g carbohydrates, 12g protein, 7g fiber, 659mg sodium, 353mg potassium.

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ANSWER KEY

Page 5, MEET THE GROOVY GREEN GROUP!

Asparagus-25, Artichokes-14, Broccoli-11, Bok choy-24, Brussels sprouts-9, Celery-20, Cucumber-21, Edamame (fresh soy beans)-2, Green peppers-5, Green tomatoes-8, Kale-7, Leeks-23, Lettuce-15, Okra-4, Peas (sweet or sugar snap)-22, Spinach-1, Swiss chard-18, Zucchini-16, Avocado-3, Green apples-10, Green grapes-12, Honeydew-19, Kiwi-6, Limes-17, Pears-13.

Page 12, MEET THE SUNSHINE SQUAD!

Yellow beets-12, Butternut squash-19, Carrots-2, Yellow peppers-6, Sweet corn-3, Sweet potatoes-23, Yellow tomatoes-16, Yellow apples-4, Apricots-25, Bananas-7, Cantaloupe-14, Yellow figs-5, Grapefruit-17, Golden kiwi-24, Kumquat-18, Lemons-11, Mangos-22, Nectarines-9, Oranges-10, Papayas-21, Peaches-20, Yellow pears-15, Pineapple-1, Pumpkins-8, Tangerines-13.

Page 20, MEET THE ROCKIN' RED RANGERS!

Beets-24, Chili peppers-12, Red beans-18, Red peppers-7, Radishes-6, Radicchio-5, Red onions-11, Red potatoes-20, Rhubarb-19, Tomatoes-9, Red apples-10, Blood oranges-22, Cherries-4, Cranberries-3, Guava-1, Red grapes-8, Red grapefruit-17, Red pears-15, Red papayas-21, Pomegranates-13, Dragon fruit-23, Raspberries-14, Strawberries-2, Watermelon-25, Lychee-16.

Page 27, MEET THE PURPLE, WHITE AND BLUE BUNCH!

Blackberries-6, Blueberries-11, Purple cabbage-22, Currants-9, Dates-24, Eggplant-16, Purple figs-2, Purple grapes-19, Purple kale-10, Olives-3, Purple peppers-1, White beans-7, Raisins-25, Cauliflower-20, Celery root-4, Garlic-23, Ginger-14, Jicama-18, Kohlrabi-21, Potatoes-5, Shallots-13, Turnips-17, Mushrooms-8, Onions-15, Parsnips-12.

Page 13, WHERE DO I GROW?

Yellow beets-Underground, Grapefruit-Tree, Carrots-Underground, Pineapple-Bush, Peaches-Tree, Butternut squash-Vine.

ANSWER KEY

Page 15, FUN ISLAND







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