

HEALTHY HEROES

BACK-TO-SCHOOL GALAXY GUIDEBOOK





**PREPARE FOR A NEW SCHOOL YEAR
RIGHT BY MAKING SMART CHOICES
FOR A HEALTHIER, HAPPIER YOU.**

Embedded in our Pay-Less mission statement is to care for our community. To us, that means offering nutritious options, fitness opportunities, promoting green initiatives, and good hygiene at home, school, and the community at large.



Get eduKitchen Online!

Tune in to see our eduKitchen chef, registered dietitian, and our friends from the UOG SNAP-Ed 5-2-1-Almost None team make out-of-this-world snacks.

- Friday, August 7th (4pm) Smart Pizzas and Smart Cones
- Friday, August 14th (4pm) Smart Pinwheel Roll-ups and Smart Banana Ice Cream
- Friday, August 21 (4pm) Space breakfast
- Friday, August 28 (4pm) Fruit & Veggie Dipper



five two one almost none



HEALTHY HEROES



OUR MISSION IS TO INSPIRE AND EMPOWER YOU WITH THE KNOWLEDGE TO MAKE HEALTHY CHOICES. WE WANT TO NOURISH THE POTENTIAL OF YOUR YOUTH IN A FUN AND CREATIVE ATMOSPHERE. TAKE THIS PLEDGE AND BE PART OF OUR TEAM!



HEALTHY HERO PLEDGE

"I PROMISE..."

to reach for the stars and care for my community.



"I PROMISE..."

to keep my space safe by washing my hands.



"I PROMISE..."

to protect our planet Earth from sea to space.



"I PROMISE..."

to fuel my body with healthy foods and stay active.



"I PROMISE..."

to be a stellar healthy hero and inspire others.



I TOOK THE PLEDGE!

Mission Commander (My Name):

Training grounds (My School):

Date:

Rocket Fuel (My favorite fruits & vegetables):



Sign Here

Together, let's think greener, live healthier, help others, and save planet Earth!



HAVE FUN WITH FOOD!
COLORFUL FRUITS AND
VEGGIES ARE NUTRITIOUS
AND DELICIOUS!

FUEL YOUR JOURNEY



ROCKET KABOBS

NO RECIPE NEEDED! TAKE A SKEWER, AND BUILD A SPACE-WORTHY ROCKET OUT OF YOUR FAVORITE FRUITS. START WITH A FIERY ROCKET ENGINE AND END WITH A POINTY NOSE CONE.

GREEN JUICE

INGREDIENTS

- 3-4 handfuls spinach
- 1 cup frozen pineapple
- 1 cup strawberries, fresh or frozen
- 1 cup mango, fresh or frozen

Place all ingredients in a blender and blend on low, then gradually turn up the speed and blend on high for about 30 seconds or to your preferred texture.



GALAXY SMOOTHIE BOWL

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup steamed cauliflower, frozen
- 1 cup frozen blueberries
- 1 tbsp. nut butter
- Optional toppings: Shredded coconut, shaved dark chocolate, fresh blueberries

Add all ingredients, except for toppings, to a high speed blender and blend until well combined. Spoon mixture into a bowl and add toppings. Consistency tip: Add more milk for thinner, and more cauliflower for thicker.



PLANETARY PANCAKES

INGREDIENTS

- Whole grain pancake mix
- Honey
- Fruits to decorate your very own solar system (blueberries, strawberries, bananas)

Mix pancake batter according to package directions. Add in some mashed up fruit to each pancake to give your planets some color, and cook in a skillet. When the back of the pancake bubbles up and makes "craters", it's time to flip it over and cook that side. Use the cratered side face up and create your "galaxy" plate.

MOON CAKES

INGREDIENTS

- Rice cakes
- Banana
- Cheerios™
- Peanut butter

Spread peanut butter on rice cake. Cut banana into round slices. Arrange the banana slices and Cheerios on the rice cake to create your own moon craters.



ALIEN POPS



INGREDIENTS

- 1 package lime jello
- 1/4 cup low-fat vanilla yogurt
- 1 cup water
- Popsicle molds, or paper cups and popsicle sticks

Boil water and remove from heat. Add the package of lime Jello and stir until powder is completely absorbed into the water. Cool in the refrigerator for 5 minutes. Add the vanilla yogurt and mix well into the green liquid. Pour the popsicle mixture into the molds and freeze for 5-6 hours before serving.

SHOOT FOR THE MOON! SHAPE YOUR SANDWICHES INTO ROCKETS AND BLAST OFF TO A DELICIOUS MEAL. DON'T FORGET TO ADD SOME HEALTHY GREENS, FRUITS AND VEGETABLES.



HEALTH SMART VOYAGE ACTIVITY

START HERE!



GREETINGS, SPACE HEROES!

Our planet needs your help. Fly around the Pay-Less galaxy to uncover the hidden messages to help you become health smart.

How to play:
Use the decoder below to fill in the blanks and reveal the hidden words!

*	(=	\$!	?)	/	^	;
A	B	C	D	E	F	G	H	I	J
"	@	+	&	\	-	{	#	!	%
K	L	M	N	O	P	Q	R	S	T
<	:	}	.		>				
U	V	W	X	Y	Z				



In collaboration with UOG's SNAP-Ed 5-2-1-Almost None to help make the healthy choice, the easy choice.

Fruitopia

Eat or more fruits and veggies per day. Fruits and vegetables are packed with nutrients that give you protection.



H2O PLANET

Strive for sugary beverages per day. Add calamansi or lemon wedge to your water for a splash of flavor.



The Moooooon

Eat servings of calcium-rich foods per day. Dairy foods like milk, yogurt, and cheese provide calcium.



MEAT-EOR SHOWER

Plan hour of physical activity every day. Physical activity and lean protein are important to help your body grow strong.



USS VARIETY

Limit your screen time to hours or less a day. Enjoy spending time with your family, playing outside, or doing a hobby.



MISSION COMPLETE!

D.I.Y. (Do It Yourself) UPCYCLED CRAFTS



USE YOUR
IMAGINATION
WITH STUFF
YOU FIND

JET PACKS

SUPPLIES:

- Recycled cereal boxes, aluminum cans and/or two plastic 2-liter bottles
- Plastic cups
- Tape and/or hot glue
- Rope, yarn, or old shoe laces for straps
- Construction paper
- Markers or paint
- Aluminum foil
- Old bottle caps (for knobs)

CEREAL BOX JET PACK DIRECTIONS:

Glue an upside-down can to each side of your cereal box. Paint your box and let dry, or wrap it in construction paper or aluminum foil. Using string or duct tape, carefully secure two straps to your box to resemble a backpack. Decorate bottle caps to use as control knobs. Use as many or as little as you like! Glue the knobs to your box. If you don't have any bottle caps, draw on the knobs after you've finished decorating. From a piece of construction paper, cut out two flames. Fasten them to the end of each can. Use paint or markers to add any finishing touches!

BOTTLE JETPACK DIRECTIONS:

Cut a piece of cardboard to fit the width of your back. Carefully cut a hole in each corner of the cardboard piece and string a rope through to create two straps. You can also use duct tape to create and secure straps. Glue an upside-down plastic cup to the nozzle of each bottle. Let dry. With two plastic bags, fold in half. Fasten them to the inside of each plastic cup. Decorate your jetpack!



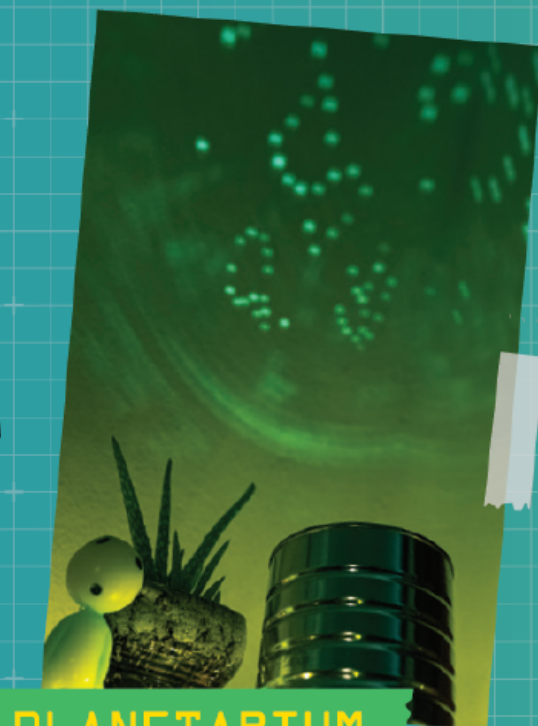
ALIEN GOOP

SUPPLIES:

- 2 mixing bowls
- Water
- 8 oz. school glue
- Green or purple food coloring
- 1 tbsp. borax
- Reused glass jar or air-tight container

DIRECTIONS:

In one bowl, mix glue with 1 cup cold water. In the other bowl, mix borax with 1/2 cup hot water and stir until completely dissolved. Add food coloring to the Borax mixture (about 8-10 drops or until you reach your desired color), and stir well. Combine the Borax and glue mixtures, stirring until it begins to firm. Once firm, using your hands, knead mixture until no longer sticky. Store in reused glass jar or air-tight container.



PLANETARIUM

SUPPLIES:

- Tin can or cardboard canister
- Thumbtack, or hammer and nail
- Flashlight or glow-in-the-dark stick

DIRECTIONS:

Using a recycled tin can, carefully poke holes along the bottom using a thumbtack or nail to create your very own constellations. Turn your flashlight on and place underneath the tin can. Point it at the ceiling, shut off the lights, and see your stars twinkle and shine.



TELESCOPE

SUPPLIES:

- 1 Long cardboard tube
- 1 Short cardboard tube
- Construction paper
- Paint
- Markers
- Stickers

DIRECTIONS:

Insert long tube into shorter tube, and position it so that the shorter tube sits at the end. They should fit snug, but should be able to move and turn. Decorate your telescope!

SPACE HELMET

SUPPLIES:

- Plastic bucket
- Scissors
- Small knife
- Pen or marker
- Markers
- Stickers

DIRECTIONS:

With your pen or marker draw a rectangle on the side of the bucket that is big enough to be used to see out of. With the help from an adult, cut along the path you drew. Decorate your helmet!



LOAD UP WITH THESE BACK-TO-SCHOOL SNACKS



Discover what space travelers need to build strong bones.

FRUITS

That's It: Mango Fruit Bar and That's It: Apple + Blueberries Fruit Bar

REAL fruit servings in a delicious, chewy fruit bar that delights your taste buds and provides your body the daily nutrition it needs. No preservatives, added sugar, concentrates or purees. Just 100% delicious.



Sambazon Acai On-the-Go

Frozen sorbet paired with crunchy granola for a healthy snack. It is a good source of antioxidants and fiber.



Just Fruit: Just Mango

The mango chip snack that is all fruit no junk! 1 bag = 1 whole mango (25 grams)



VEGETABLES



Popchips
Potatoes popped under pressure, giving all the flavor and half the fat of regular fried potato chips.

Yes Peas Farmhouse Ranch
Snack as you peas with this wholesome and delicious snack rich in fiber and protein!



Caulipower Veggie Pizza

Made from real cauliflower, this is a delicious alternative that provides fiber, protein, calcium, and Vitamin C.



CALCIUM

Organic Creamery Silly Cheese: Light String Cheese
Perfect for snacking with carrots and apples.



Yoplait Greek 100: Vanilla
Greek-style yogurt packed with 14-15 grams of protein and 10% DV calcium to support growing bodies.



PROTEIN

Sabra Snackers: Roasted Garlic Hummus with Pretzels

Make snack time easy with this pre-portioned wholesome snack.



Sahale Snacks: Classic Fruit and Nut Trail Mix

The perfect blend of sweet and savory to get you through your next adventure.



WHOLE GRAINS

Triscuit Original Whole Grain Wheat Crackers

Simply made with 100% whole grain wheat, oil, and salt.



Teddy Grahams Snacks: Chocolate
A tasty snack made from whole grains.



Kind Healthy Grains Bars: Vanilla Blueberry
Delicious, real blueberries, hints of vanilla and five super grains bound together. It is the perfect addition to the breakfast routine or your lunch box.



Fuel up your fitness with these whole grains.

SCAN QR CODE WITH YOUR MOBILE DEVICES.



Fresh VS Frozen: Watch to see what's healthier.

7

HEALTH HACKS FOR BACK-TO-SCHOOL SUCCESS



1

Wash your hands regularly.

Adjust sleep schedule. Get 7-8 hours each night.

2



3

Get an Annual Wellness Exam.



4

Protect yourself and others by wearing a face mask.



5

Eat well and be active.



6

Stay cool by wearing sunscreen, hydrating, and using a hat.



7

Stay safe online. Tell your parents or a trusted adult if something or someone makes you feel uncomfortable or worried.

