

OCTOBER KIDSHAPE NEWS



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Inspirational Quote

"I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen."

~ Frank Lloyd Wright

Physical Activity Game of the Month — Group Ball Push

All players stand in one straight line, one behind the other, with legs apart in a straddle. Use a large playground ball and push it through the legs of each player from the front of the line to the last person

in line. Players must work together to keep the ball rolling all the way to the last person in line. Players should push the ball through, if necessary. When the ball gets to the last person, he or she must

run to the front of the line and start the ball over, rolling through legs. To vary, have the last person in line dribble the ball as he or she makes his or her way to the front of the line.



KidShape Graduate Recipe Corner — Trail Mix

Ingredients:

Air popped popcorn, 3 cups

Dried pineapple chunks, 1/4 cup

Vanilla almonds, 1/4 cup

Mini chocolate chips, 2 Tbs

Sunflower kernels, 2 Tbs

Raisins, 1/2 cup

Mini pretzel twists, 1 cup

Directions: Place all ingredients in a bowl and stir together. Spoon into single-serve, snack-sized bags.

Makes 6.

Submitted by Corey Hall

Nutrition Tip

Soy is an excellent source of protein, fiber and many vitamins and minerals. Eating soy has been found to promote a healthy heart and may reduce risk for some cancers. Give these healthy, tasty soy foods a try:

- Roasted soynuts
- Steamed edemame
- Sauteed tofu
- Soy milk
- Soy cheese or yogurt
- Veggie burgers