

SEPTEMBER KIDSHAPE NEWS



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Physical Activity Game of the Month — Wring out the Wash

Stand in pairs facing your partner, holding hands. Raise arms up and do not let go of each others hands while each person makes a full turn and goes under the hands and arms

(like swing dancing). End up back where you started, facing each other. After a few minutes of practice, try to look each other in the eye as you spin and turn. Do 5 spins in a row. Then try the same

move but travel from one end of the room to the other.

KidShape Graduate Recipe Corner — Goo & Plenty

Ingredients:

1/2 cup light vanilla soymilk
3 oz. fat-free cheddar cheese
2 wedges The Laughing Cow cheese, light original Swiss
2 Tbsp. fat-free cream cheese
Whole wheat pita or Baked tortilla chips

Directions: Place all ingredients in a saucepan and heat stovetop at low-medium heat. Stir frequently. Heat until cheeses have melted and sauce is well mixed and hot. Cut pita into small tri-

angles or use baked tortilla chips and serve alongside cheese dip. Serves 5.

Submitted by Chris Galgon

Inspirational Quote

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."

~ Epictetus



Nutrition Tip

Don't know what to make for dinner? How about make-your-own salads. Start with big plates of greens and let each family member choose from a variety of toppings, such as:

- Colorful cut up veggies
- Sesame seeds or toasted almonds
- Lowfat grated cheese
- Beans or chickpeas
- Grilled chicken or turkey breast or tuna
- Diced fresh or dried fruit