

## Fall Outings for the Family

It's that time of year again, the leaves are turning, apples are falling and pumpkins are growing. You know what that means! Time to take a trip to the local apple orchards and pumpkin patches for a family day of fun but don't forget to pack a lunch and bring your water bottles. Below is a list of some orchards and farms to explore:

**Cider Hill Family Orchard** [www.ciderhillfamilyorchard.com](http://www.ciderhillfamilyorchard.com) 3341 N. 139 Street, Kansas City, Ks: This orchard has 1300 apple trees with 18 different types of apples to choose from. Ride to the apple trees on the wagon pulled by tractor and once you get back have the kids try to find the biggest pumpkin or feed the fish in the ponds.



**Weston Red Barn Farm** [www.westonredbarnfarm.com](http://www.westonredbarnfarm.com) 16300 Wilkerson Rd. Weston, Mo : This farm has different types of produce to choose from daily. Hayrides take you to the patch and the orchard while giving you information about the crops being grown. They also have animals like pigs, sheep and goats that the kids can visit.

**Allredge Orchards** [www.allredgeorchards.com](http://www.allredgeorchards.com) 10455 Highway N Platte City, Mo: This orchard offers apples and pumpkins to choose from on Saturdays and Sundays during the Fall season. Kids will love the hayride and to play in the mini barns sliding down to the pedal go-karts.

**Deanna Rose Children's Farmstead** [www.opkansas.org/things-to-see-and-do/deanna-rose-childrens-farmstead](http://www.opkansas.org/things-to-see-and-do/deanna-rose-childrens-farmstead) 13800 Switzer Rd, Overland Park, Ks: This farmstead was started to get kids exposed to life on the farm. Explore the barns, school house, and big ponds all while seeing the different animals and crops grown here. Children have the opportunity to feed the baby goats and even milk a cow!

**Carolyn's Country Cousins Pumpkin Patch** [www.carolynscountrycousins.com](http://www.carolynscountrycousins.com) 17607 N.E. 52nd Street Liberty, Mo: At Carolyn's it is more than just a pumpkin patch. While you are waiting for the hayride to take you to the patch, the kids can enjoy rides on the mini train, the petting farm, the corn pit and many more.

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### Did You Know?

- The cranberry is one of only a handful of major fruits native to North America.
- Others include the blueberry and the Concord grape.
- The name pumpkin comes from the Greek word "pepon," meaning "large melon."
- The top of a pineapple, after cleaning and drying, can be planted in soil and a new plant will grow.

### Screen Free Fun in KC!

- [Art + Family = FUN](#) at the Nelson-Atkins Museum of Art: Join us every Saturday and Sunday from 1-4pm for FREE activities for all ages! 1-4pm, at the Nelson-Atkins Museum of Art, 4525 Oak, KCMO. Now through early December, explore African patterns, designs and colors through fabrics and create paper assemblages.

## Fallin' For Fall Weather!- Kylee Bosworth, Weighing In Intern

Fall is a season full of cooler weather so get outside and enjoy the last few weeks before the cold arrives! Here are some great ideas for activities to do in the Fall:

**Leaf Hunting:** Head to a local park with many trees so that finding leaves will be easier. Walk around the park taking time to find the biggest and most interesting leaves. Keep a few of your favorite leaves and take them home to glue on paper and decorate for a fall decoration. You could also find a book at the library to help you iden-

tify what type of leaves you have.

**Raking Leaves:** If you have a yard full of leaves, get the kids involved in helping! Have the kids help rake the leaves into different piles around the yard. Now, have the kids race around the leaf piles as fast as they can and jump in a few for fun! Once the races are over, have the kids see how fast they can put the piles of leaves into the bags.



## Paper Plate Crafts!



For a fun alternative screen time activity, try turning a simple paper plate into a fun, imaginative animal. A lion can be made by painting the plate orange, adding your best lion face and gluing dried pasta to the outside of the plate. A snake can be made by painting the plate any color you like and cutting a spiral into the plate. The possibilities are endless for this fun and easy craft!



## What's In Season in the Fall?

- Broccoli
- Squash
- Cranberries
- Cauliflower
- Pomegranates
- Grapes
- Pumpkins
- Jalapeños



Acorn squash can be tan, dark green, yellow or orange.

## Moo More at Lunch

Our bodies need three servings of low or nonfat milk or yogurt each day. So why not make one of those servings happen at lunch! Choosing milk at lunch helps you gain valuable nutrients that are important to do well in school and to stay healthy.



## Ingredients:

- 10" whole wheat flour tortilla
- 2 Tbsp peanut butter
- 1 banana

## Preparation:

1. Let tortilla sit at room temp for a few minutes to make "wrapping" easier.
2. Smear peanut butter on the tortilla.
3. Peel banana and lay whole near one edge of tortilla.
4. Wrap tortilla around banana like a log. Cut in half.
5. Slice each half into small disks if desired or eat whole.

## Nutrition facts per serving

- 220 calories; 10 g total fat, 28 g carbohydrate, 4 g fiber, 6 g protein

## Recipe Corner

### Peanut Butter Banana Wraps

Makes 2 servings



## What Does Water Do for Our Bodies?- Kylee Bosworth, Weighing In Intern

Are our bodies really made up of about two-thirds water? Yes! Water is vital to our bodies so they may perform the way we want them to. Here are a few areas of the body where you can see water helping:

- Water prevents memory loss as you get older.
- Water is important for the body to sweat and sweat helps to cool ourselves down when we get too hot.
- Water nourishes our skin to make it soft and smooth, not rough and itchy.

- Water allows our red blood cells to carry oxygen more efficiently, which helps our muscles function their best and increases our ability to focus.

As you can see, water does way more than just quench your thirst. Without four servings or more a day our bodies won't function the way we need them too. So grab your water bottle, fill it up and feel your body working its best!



**CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!**

For more tips on how to lead a healthy lifestyle go to [www.fittastic.org](http://www.fittastic.org).

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