

Replace Screen Time with Fun Fall Activities

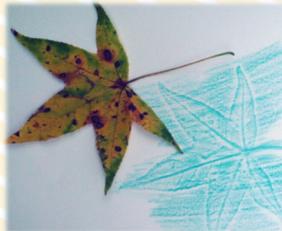
Fall weather is perfect for getting outdoors and away from screens. Here are some screen-free activities to enjoy during this colorful season:



- Gather around a bonfire and enjoy a new twist on a classic fall favorite, apples! Make bonfire apples by placing apples slices on a piece of foil and sprinkle them with cinnamon and a touch of brown sugar. Wrap the apples tightly and place on the coals of the fire to cook for 5 - 10 minutes.



- Hit the trails for a hike and see all of the color-changing foliage. Check out www.alltrails.com to see what trails are nearest you!
- Go on a fall scavenger hunt to find red, brown, orange, yellow, and green leaves, acorns, pine cones, rocks, squirrels and spider webs.
- Head to the pumpkin patch! While hunting for the perfect pumpkin, see if you can find a green one, white one, small one, and large one! Personalize pumpkins by carving or painting.
- Kids can help rake leaves and jump in the pile when it gets large enough! Collect leaves to create leaf rubbings by putting paper over a leaf and coloring with a crayon or colored pencil.



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Did You Know?

- On average, Americans eat more than 10 lbs. of carrots per person each year.
- Baby carrots come from a once longer carrot that has been peeled and trimmed.
- Carrots can sometimes be purple, white, red or yellow.

In The News

- Celebrate Walk to School Day on Oct. 2! Learn more at www.walkbiketoschool.org.
- National Child Health Day falls on Monday, Oct. 7 this year. To observe this holiday, go for a walk or play in the park to promote child health.
- Check out this Pumpkin Patch guide to see those that are open near you.



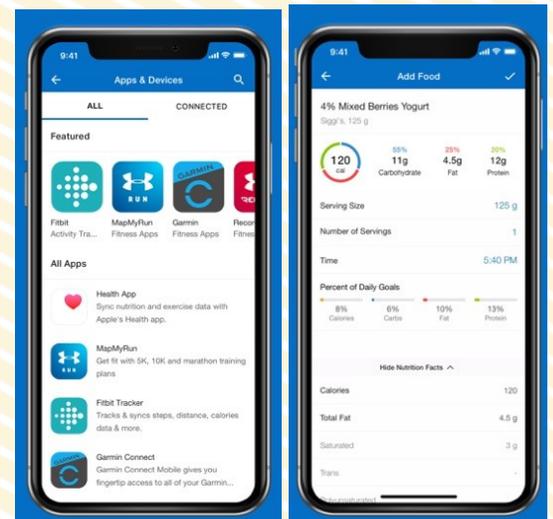
www.kcparent.com/Guides/Pumpkin-Patches/

My Fitness Pal App



Create an account online or download the free My Fitness Pal app available for iPhone and Android users. My Fitness Pal can help you set health related goals, track meals and log fitness activities such as walking, running, biking, swimming and yoga. Tools within the app allow you to scan barcodes for nutrition information, save recipes and search a food database

of over 300,000,000 items. The free mobile app lets you log meals and exercise on the go. There are also discussion forums to share health tips and get encouragement from others practicing healthy lifestyle habits. My Fitness Pal also syncs your fitness activity from other apps you love. For more information visit myfitnesspal.com.





Recipe Corner

Honey Glazed Carrots- *adapted from Cooking Light*

Serving size: About 1/4 cup

Ingredients:

- 1 1/2 quarts water
- 5 cups thinly sliced carrots
- 3 Tbsp chopped fresh parsley
- 2 Tbsp honey
- 1/2 tsp salt
- 1/2 tsp grated orange rind
- 1/4 tsp freshly ground black pepper



Nutrition Facts

Serving Size about 1/4 cup (83g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 260%	Vitamin C 10%
Calcium 2%	Iron 2%
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Preparation:

Bring water to a boil in medium sauce pan. Add carrots and cook for 20 minutes or until tender. Drain well and place carrots and remaining ingredients in a large bowl. Toss gently and serve!



Fall Fun

Enjoy yard work this fall by making it into a fun game your kids will love helping with. Have everyone rake the leaves in an order

that creates a spiral path for the kids to walk through. This can be even more fun for the kids if your center of the spiral is around a tree!



What's in Season?

Carrots

Carrots are a great source of vitamins A and C. They are low in calories, fat free, as well as low in sodium. Carrots can be eaten raw, steamed, or roasted. Experts recommend eating 5 servings of fruits and vegetables each day. Eating fruits and vegetables reduces your risk of heart disease, obesity, some cancers as well as other diseases. Stay Fit-Tastic! with carrots!



Kitchen Tool Corner

Vegetable Peeler

Vegetable peelers are a helpful tool to remove skin on carrots. Most 6-7 year olds can safely use peelers by holding the peeler in the hand they write with and the carrot in the other hand. Hold the carrot near the top and scrape the peel downward and away. Thumbs should be on the top and fingers



underneath the carrot to guide the peeler. Turn the carrot after each slow top-to-bottom motion. For kids, a harp peeler or T-shaped model works well.

Hydrate. Hydrate. Hydrate. Hydrate.



Even when it's cool outside, it is still extremely important to get at least 4 servings of water each day. Make sure to bring a water bottle along when you

leave home and order water with your meal when eating out. Add fresh apple slices and a pinch of cinnamon or a cinnamon stick to your water as an apple cider alternative.

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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