



Healthy Lifestyles

Small steps ... right direction!



Exercise Challenge: Core Strength

Get on a good cushioned surface and see if you can do a headstand. This is great exercise for your core and helps put blood to your brain!



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DID YOU KNOW?

Why Eating Dinner Together is Important

Let's face it, we are busy people. We have careers, family, soccer, playdates, doctor appointments and so much more. We are on the go constantly and more than likely are finding it difficult to sit down together and enjoy dinner but this may inspire you.

A survey showed that the 9-14 year old population who ate dinner with their family ate more fruits and veggies and ate less fried foods or drank soda.

Studies also that kids who eat with their families frequently are less likely to get depressed, consider suicide, and develop an eating disorder. When a child is feeling down or depressed, family dinner can act as an intervention.

Eating family dinners at least five times a week drastically lowers a teen's chance of smoking, drinking, and using drugs.

Making time for dinner is worth every effort!

RECIPE CORNER: TASTY AND HEALTHY! GIVE IT A TRY!

PUMPKIN STUFFING

Ingredients:

- 4 tablespoon – olive oil
- ¼ cup – butter, unsalted
- 8 piece whole – Mushrooms, shiitake
- 2 cup, chopped – onion
- 5 stalk – celery
- 2 tablespoon – rosemary, fresh
- 1 tablespoon – sage, leaves
- 15 ounce – pumpkin, canned
- 2 cup – chicken broth, low-sodium
- 8 cup – bread cubes or stuffing cube

1. Preheat oven to 400 degrees and prepare a 9X13 inch pan by greasing it. 2. In a large pan over medium heat add olive oil and butter and let melt. Add mushrooms and let cook for 3 minutes. Add chopped onions and celery and let cook for 10 minutes until veggies are soft. 3. Add rosemary and sage, stir and cook for 1 minute. Season with salt and pepper. 4. Reduce heat to low and add pumpkin and chicken stock and stir. Cook for 5 more minutes. 5. Place bread cubes (mine were about 3/4 inch cubes) in casserole dish (you can dry them out in the oven before if you would like) and pour veggie/pumpkin mixture over bread cubes. Gently toss to coat evenly and bake for 20 minutes.

You are NOT what you feel... You ARE what you BELIEVE! Believe great and wonderful things!



The Healthy Lifestyle Committee wishes you and your family a happy and healthy Thanksgiving!!