



Healthy Lifestyles

Small steps ... right direction!



Exercise Challenge: Game Day! Gather friends for some Flag Football!



FUN! FUN! FUN!

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DID YOU KNOW?

Sugar and Spice...maybe not so nice

How many times have we seen our children go bonkers after having candy or cupcakes filled with sugar? Often this behavior is referred to as a sugar rush. The effect sugar has on children is linked to behavioral changes such as irritability, headaches, ADHD and anxiety.

Children between the ages of 2 and 18 should have no more than 6 teaspoons of added sugar a day. A can of soda contains 8 teaspoons of sugar, cereal contains another 4 and 9 teaspoons in a Gatorade.

Sugar should seriously be monitored and looked at as something harmful to our children. Balance is the key. Try to replace added sugar items with fruit and/or look for a 10 grams of sugar or less items.

You are not what you feel, you ARE what you BELIEVE!



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

VEGETABLE RICE CASSEROLE

INGREDIENTS

- 2 tablespoons olive oil
- 2 medium onions, sliced
- 2 1/2 cups baby bella mushrooms, sliced
- 3 cloves garlic, peeled and minced
- 2 cups fresh spinach (1/2 cup frozen spinach)
- 4 cups cooked brown rice
- 1/2 cup grated cheese (Havarti, manchego, cheddar, or cheese of your choice)
- 2 cups skim milk
- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup grated cheese

Directions

Preheat oven to 375 degrees F.

Heat olive oil in a non-stick pan over medium heat. Add onions and garlic to a large pan and sauté until translucent and soft, about five minutes. Add spinach to the pan and cook until wilted, about 1-2 minutes.

Pour cooked vegetables and rice into a large bowl and add 1/2 cup grated cheese, milk, flour, salt and pepper. Toss to combine completely and pour into a greased 8 inch by 12 inch casserole dish. Top with remaining 1/2 cup grated cheese. Cook for 30-40 minutes and until cheese is lightly browned.