

NOVEMBER 2020 |

LET'S MAKE FALL HEALTHY!

A Monthly Newsletter by Shape Up Us



THE NEWSLETTER FEATURES:

Tips on Promoting
Healthy Snacks & Festive
Recipes.



Back to School Tips!

Healthy food to prep for the season with Low cost Snack. Tools to create a festive environment focusing on Halloween, Thanksgiving, fall activities.

Tips for the family to start the school year right by introducing them to seasonal and kid friendly snacks.

- Make Black and Orange Kabobs using pretzels, low-fat cheddar cheese and black olives,
- Pumpkin spices oatmeal.
- Snack on orange-colored fruits and vegetables such as baby carrots, mandarines, clementines, or cantaloupe.
- Make apple cinnamon granola using pumpkin seeds, nutmeg, and oats.
- Cut apple and serve with a coconut caramel sauce on the side.



Healthy Popcorn Balls

by Jyl Steinback

These will remind you of your childhood and Halloween but a healthier version.

Shopping list

Packaged ☐ popcorn, no oil

☐ rolled oats

☐ chia seeds

☐ dates

☐ applesauce

Seasonings and Spices

☐ cinnamon

Ingredients

4 c popped popcorn, no oil ½ c rolled oats

¼ c chia seeds

½ c dates

Tbsp applesauce

1 tsp cinnamon

Directions

1. Gather all ingredients.
2. Pop the popcorn according to microwave instructions and set aside to cool.
3. In a large bowl add in the oats, chia seeds and cinnamon. Mix well.
4. Add in the popcorn and mix.
5. Smash the dates in a bowl and then mix with the applesauce to make it a thick liquid.
6. Add date mixture to the popcorn and then, if you are willing, put on a pair of gloves and then mix the ingredients with your hands. This will help to make sure that the date mixture is covering each piece of popcorn.
7. Form into small 2 inch balls, place on a baking sheet or in a bowl and enjoy.
8. These can be refrigerated until ready to enjoy.

Recipe taken from Cookbook "Think Outside the Lunchbox".



THANKSGIVING

Make a Yummy Turkey and Hummus using vegetables for dipping and preparing a healthy side dish to balance their turkey meal.

- Cut different color pepper's green, yellow, orange.
- Cut the Stems off and cut the head out the pepper.
- Slide carrots
- Use Hummus to glue raisins to the peper for eyes
- Fill Pepper with Hummus
- Slide the extra peppers into strips and place into the hummus filled pepper.



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*Building a
Brighter
Future*