



September 2008

HCSF Newsletter



September is here and school has started! **Autumn officially begins September 22!** Check out our tips to make after-school a blast with **fun activities** and healthy **after-school snacks!**



Do you want to be the next Michael Phelps? Still want to find ways to take advantage of those warm afternoons after school? Then make your own Olympics!!

Try out some of these events: **long jump**, **tag**, **running races**, **Frisbee throw**, **ball toss**, **bowling**, **swimming races**, **basketball**, **circle soccer**, or **hide and seek**.

Be creative! Other Olympic events could be grass rolling, acorn picking, leaf catching, bubble blowing, treasure hunts, or use a hose for fun water games!

Moms and Dads: Have a gift bag of prizes, or get in the action too, and use the games as a fun family activity instead of a competition. Make sure to have healthy snacks on hand for all players, so everyone can refuel after their 'events'.

CIRCLE SOCCER

Have everyone hold hands in a circle and spread out. The circle must be connected by holding hands at all time. Drop the soccer ball inside the circle. The last two players left win!

Rules:

- Players are out if they kick the ball above waist level, or if they let it pass through their legs.
- Last two players are out when a ball passes between them and is below their waists.

BOWLING

Make an indoor bowling alley with homemade pins made from empty milk jugs, juice bottles or cereal boxes and use a small soft rubber ball. Want to get outside? Bowl in the backyard or driveway, **but never in the street! Safety first!**



*The 2008 Menominee Diabetes Relay Walk took place this past August. This year the Healthy Children Strong Families team had **80** walkers who logged over **189** miles, with the youngest being just 4 months old!*

Thanks to all the walkers who turned out!



Try these healthy **after school** snack ideas...

FRUIT CAKE

Slice a large seedless watermelon into wedges and then arrange them in a stack of circles with the rinds facing out to create a cake shape, as shown.

Decorate the cake with any other fruits that are available, such as melon balls, kiwi slices, berries, grapes, and pineapple slices. Attach other fruits to the top of the cake with toothpicks.



Source: <http://familyfun.go.com>

Shrunken Sandwiches

Serves 2



Ingredients:

2 slices ham or turkey lunch meat
2 slices American cheese singles or other lowfat cheese
12 mini crackers, such as reduced fat snack crackers

Directions: Cut meat and cheese (6 from each slice) into small rounds the size of mini crackers. A clean medicine bottle or small drinking glasses make good cutters. Place a slice of meat on six of the crackers, and then add cheese. Cover each with another cracker.

Source: <http://familyfun.go.com>



September not only means the beginning of another school year, but also the start of **apple-picking season**. Use fresh apples from the store or pick your own – then try the healthy and delicious homemade applesauce recipe below!



Recipes from the Apple Orchard

Easy Homemade Applesauce

Serves 8

Ingredients:

10 medium apples
1 cup water
2 tbsp sugar
1 tsp cinnamon
1 pinch nutmeg (optional)

Directions:

Peel and core all apples. Cut apples into slices or cubes. Add all ingredients to pot, turn heat on high. Bring to boil, then cover and reduce heat to low. Simmer for 20 minutes or until apples are soft. Stir frequently. Add more water if apples begin to stick to bottom of pan. Mash for smoother consistency. Applesauce can be chunky or smooth.



Applesauce can be served cold, or serve hot for dessert! Freeze in Tupperware or Ziploc freezer containers for up to 1 year to enjoy fresh, homemade applesauce during spring when apples are out of season!