



# HCSF Newsletter









November  
2011

November is here and you know what that means – family, food and football! It also means changes to your routines, which can be stressful. Read on for tips to help you relax, avoid over-eating and keep moving during this hectic time of year. We've also included some fun crafts, games and jokes to keep everyone in good spirits!

## Fall Leaf Turkey

This simple craft is made with natural materials, so get everyone outside to collect autumn leaves & pinecones. Put these out for display on the big day!

### Materials Needed:

-  fall leaves
-  pinecone
-  paper
-  glue
-  scissors
-  eyes  
(wiggly or paper)



### Instructions:

Optional: You can press the leaves for a few days before making the craft. This will help keep the leaves from getting crunchy.

- 1) Glue the leaves onto a piece of paper in a fan shape. Younger kids may not make a "perfect" fan, but they'll still have lots of fun gluing!
- 2) Make eyes from a scrap piece of paper and markers or use wiggly eyes. Glue them to the pinecone.
- 3) Make an orange beak and a red wobbler from construction paper or white paper and markers. Glue them onto the pinecone.
- 4) Glue the pinecone onto the bottom of the fan (use lots of glue).
- 5) Let dry and hang up!

*"Give thanks for  
unknown blessings  
already on their way."*

## Cranberry Orange Sauce

Ready to move on from that cranberry sauce that still looks like the can it came in? *Have we got the recipe for you!* Get the kids to help make this for their contribution to the family meal.

### Ingredients:

- 1 bag fresh cranberries
- Rind and juice of one orange  
(See Note)
- 1 cinnamon stick
- 4 cloves
- ½ tsp. ground ginger
- ¼ cup sugar



**Note:** You can get the rind off with a zester specifically designed for this job, or just use the smallest setting of a cheese grater. Zest the orange first, then squeeze the juice into the pan.

**Directions:** Cut berries in half (this is a mom or dad job!) Next, combine all ingredients in the pan and bring to a simmer. Simmer for 5-10 minutes until berries get nice and squishy, then remove from heat, cover and refrigerate. Remove the cloves and cinnamon stick before serving.

**Calling all kids!** Try these jokes on your family for some laughs!

**Q.** What did baby corn say to Mama corn?  
**A.** Where's Papa corn?

**Q.** How do you fix a flat pumpkin?  
**A.** With a pumpkin patch.

**Q.** How do you tell the difference between a walrus and an orange?  
**A.** Squeeze it -- if you don't get orange juice, it's a walrus.



**Q.** Where do snowmen keep their money?  
**A.** In a snow bank.



# Turkey Trot



## What You Need to Play

-  Turkey Mascot (one for each team)
-  Defined finish line

## Instructions

Let the kids have their own football game before or after dinner! To play, pair kids up with their elbows linked. Each team is handed a turkey mascot. You can make a mascot by taping a colored-paper turkey head to one end of a football. (You can also just stuff a brown bag with crumpled newspaper and draw on a face with colored markers.)

On your cue, the pairs try to make their way to the finish line at the far end of the 'playing field'.

The first team to get there without dropping their bird or unlinking their arms wins!

## Breathe. Just Breathe.

Ever had one of those crazy stressful days when you feel like your shoulders are *up near your ears* and you almost need someone to push them back down to where they belong???

In addition to increased muscle tension, we also don't breathe deeply when we're feeling stressed out. *Deep breathing can help release some of the tension and give us a mini-break so we can get on with our day.*

Try this breathing technique the next time you're at the end of your rope. *Yes, you may feel silly doing this, so try it when you're alone.* (Although laughter is another good tension tamer!)

- 1) With your right thumb, close your right nostril and inhale slowly through your left nostril.
- 2) Now close your left nostril with your pinky and ring fingers, release your thumb, and exhale slowly through your right nostril.
- 3) Keep your right nostril open, inhale, then close it, open the left nostril, and exhale slowly through the left.

That's one round. Start with three rounds, and work your way up to five. Then practice whenever you're feeling stressed out!



## Avoid Holiday Weight Gain

### MAKE PHYSICAL ACTIVITY PART OF YOUR DAILY LIFE

Holiday schedules are tight and exercise schedules are often sacrificed to make time.

**Don't make that trade-off this year!! Instead pledge to keep moving.** If you can't make your usual exercise classes, substitute a walk with a buddy at lunchtime, or make sure you have a family walk planned for most nights of the week.

Make sure the kids are staying active too - indoor games might need to substitute for outdoor play when the weather outside is frightful!

### PRIORITIZE HEALTHY EATING

Don't deprive yourself!

Instead choose foods that you actually enjoy that are also lower in fat, sugar, and calories. Feel free to fill your plate at holiday feasts, but select fresh fruits, salad greens, and filling veggies instead of sugary desserts, fried foods, mountains of breads, or starchy entrees. You can still eat the "other" foods you enjoy, but take a smaller portion.

Here are some more ideas for keeping trim during the holidays.

- ★ When eating turkey, choose white meat over dark. A 3-ounce serving of turkey breast (skinless) has 119 calories and 1 gram of fat (compared to dark meat with 145 calories/5 grams).
- ★ If you're cooking, provide at least one healthier option per category. For dessert, offer a fresh fruit option. For side dishes, offer a vegetable option instead of potatoes or rice.
- ★ If you are going to a party, bring a healthy dish that you can enjoy. Have a light snack beforehand so you're not *starving* and easily tempted when you get to the party or buffet.
- ★ When dining out, decline the bread and butter plate or limit yourself to just one piece.

**Resolve to maintain and don't gain and you'll have NO regrets come January 1<sup>st</sup>!**