



BACK TO SCHOOL

August 14th is the first day back to school for Columbia Public Schools! Try a healthy recipe in your lunch or play a new game during recess or after school.



Games

1. As a group come up with the commands. Below are some examples
 - “scrub the deck”-get on hands and knees and scrub the floor
 - “captain on deck”-salute captain
 - “raise the sails”-pull on a rope
 - “hot” if they are really close
2. One person will be the captain
3. Everyone else will stand in a line and face the captain
4. Give the captain the list of commands
5. Captain will yell out one command, the last person to do it will be out

Night at the Museum

1. One person will be the “night guard”
 2. Everyone else will be an exhibition (an animal or person)
 3. The guard will close their eyes and count to ten
 4. Everyone else will run around
 5. After the guard is done counting, everyone freezes
 6. The guard opens their eyes and watches for exhibits to move. If they catch you moving, you are out!
 7. If the guard’s back is turned, exhibits can move and make noise
- The last exhibit is the winner and will be the new night guard!

Animals on the Loose

1. Write down an animal for each pair of people (10 people, 5 animals)
2. Put the paper in a bucket and each person grab one piece of paper
3. Find your animal match by making that noise



Here’s some healthy back to school snacks

- ✓ Lightly salted popcorn
- ✓ Apples with peanut butter or almond butter
- ✓ Hummus and carrots
- ✓ Applesauce with a sprinkle of cinnamon
- ✓ Frozen blueberries
- ✓ Fruit smoothie with Greek yogurt
- ✓ Low-fat mozzarella stick
- ✓ Lightly salted peanuts
- ✓ Trail mix

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Fit-tastic Habit #3

Try one of these dairy products!

Have 3 servings of low or nonfat milk or yogurt

LOW FAT STRING CHEESE

DIP FRUIT IN NONFAT YOGURT

BLEND MILK AND FRUIT FOR SMOOTHIES

COVER BERRIES WITH NONFAT YOGURT AND FREEZE

Recipes

IN SEASON FRUIT: MANGOES



IN SEASON VEGETABLE: BELL PEPPERS



Bell peppers can also be sliced and dipped in hummus or low-fat ranch!

Mango-Banana Smoothie

Ingredients:

- 1 cup non-fat milk
- 1 cup Greek yogurt
- 1 1/2 cups ice cubes
- 1 banana
- 1 mango, chopped
- 1/8 cup unsweetened coconut
- 1 tsp vanilla
- 1 tbsp honey

*optional-chia seeds

Instructions

1. Put all ingredients in a blender
2. Blend for about 2-3 minutes
3. Pour smoothie into a cup and enjoy!

Fun Fact: Mangoes were first grown in India 5000 years ago

Bell Pepper Taco Boats

Ingredients:

- 1 pound ground turkey
- 4 bell peppers (any color)
- 3/4 cup shredded cheese
- 1/2 onion, minced
- 1 cup water
- 1 tbsp olive oil
- Taco seasoning packet

- Optional: taco topping
- 1 cup chopped lettuce
- 1/2 cup chopped tomato
- Sliced jalapeños
- Sour cream
- Guacamole or fresh avocado
- Minced cilantro

Instructions:

1. Pre-heat oven to 400F
2. Slice each bell pepper in half and remove stems and seeds
3. Place pepper halves on baking sheet. Put in oven for 10-12 minutes
4. In large pan, brown onion in olive oil over medium heat. Add meat and cook for 2-3 minutes. Add taco seasoning, cook for 2 minutes. Add one cup of water and simmer for 2-3 minutes.
5. Remove peppers from oven. Spoon 1/2 cup of taco mixture in each pepper half and top with cheese. Put back in the oven for 20 minutes
6. Remove from oven and top with optional taco toppings.



August Newsletter