

## August is Family Fun Month!



### Nutrition & Physical Activity Books:

- **“What’s So Yummy?: All About Eating Well and Feeling Good”** by Robie H. Harris introduces pre-schoolers to the pleasures of eating healthy, being active, and feeling good.
- **“Move”** by Lolly Hopwood and YoYo Kusters provides an ingenious way to help kids get the 60 minutes of active play they need each day.

### Recipe of the Month: Broccoli Calzones !

#### Ingredients:

- 1 tablespoon of olive oil
- 2 packages (10 ounces each) frozen chopped broccoli, thawed
- 4 garlic cloves
- 1/4 teaspoon red-pepper flakes
- Flour, for rolling dough
- 2 packages (1 pound each) balls fresh or frozen pizza dough, thawed if frozen
- 1 cup part-skim ricotta cheese
- 1 1/2 cups shredded (6 ounces) part-skim mozzarella cheese
- Coarse salt and ground pepper
- Prepared organic tomato sauce (optional)
- 1 medium red onion, finely chopped



frozen

#### Directions:

- In a large nonstick skillet, heat oil over medium. Add onion; cook until softened, 4 to 5 minutes. Add broccoli, garlic, and pepper flakes. Cook, stirring occasion-

ally, until liquid has evaporated, 5 to 7 minutes. Transfer to a medium bowl; set aside to cool.

- Preheat oven to 400 degrees. Form calzones: Divide dough into 8 equal pieces. On a lightly floured surface, stretch each piece out, first to a 3-by-4-inch oval, then stretch again, this time to a 6-by-8-inch oval. (Let dough rest a few minutes if too elastic to work with.)
- Stir cheeses into cooled broccoli mixture; season generously with salt and pepper. Assemble calzones: Spread a rounded 1/2 cup broccoli mixture over half of each piece of dough, leaving a 1/2-inch border; fold over to form a half-moon. Press edges to seal.
- Using a wide metal spatula with a thin blade, transfer calzones to 2 baking sheets lined with parchment or waxed paper; reshape if needed.
- Bake until golden, about 25 minutes. Serve with tomato sauce, if desired.



<http://www.marthastewart.com/313608/broccoli-calzones>

### Physical Activity Ideas:

**Energy Dance:** Help children understand how food gives them energy and how they use this energy for physical activity.

- Gather your children in an open space and give each child some food cards.
- Turn on music and dance! Turn the volume down gradually, and tell your child to slow their movements to match the music. They are pretending to run out of energy.
- When the volume is so low that children can’t hear the music anymore, they’ve “run out of energy”. They need to pretend to eat their healthy foods.
- Now crank the music up again and dance with lots of energy!



**Family Wellness Corner:** August is the month of Family Fun! Try to incorporate these healthy lifestyle activities into your summer weekend.

**Go to the farmer’s market.** The best way for kids to learn healthy habits is by watching your habits. Teach them well by letting them tag along to the farmer’s market. Load up on fresh produce. Better yet? Ask your child to pick out a fruit or vegetable. When you get home you can make healthy snacks or let them help you prepare a healthy dinner with the items you just purchased.

**Hike.** Not only is hiking a great exercise but is also is a great way to explore nature with the kids. Point out birds, plants, flowers, butterflies and bees.

