



commit to be fit

Weekly Newsletter

Monday, October 8th - Sunday, October 14th

Announcements

And the Winner is.....

Congratulations, Marsha Thompson!!

Marsha won the prize drawing for the September Hydration Drawing. She will receive a hydration back pack. Thank you to everyone that increased your water intake and participated in our fun, monthly challenge.



Wellness Wednesday

The theme for our Wellness Wednesday Workshop on October 10th is a hands-on, food prep course featuring our recipe of the week: Shrimp Stir Fry Freezer Pack! Bring 1 ingredient and leave with a complete meal bag ready to freeze or cook at home. If you haven't already notified us that you will be attending, it's not too late. Email Mandi by 10/5/18 at agrove@rappahannockschoools.us and let us know which 1 ingredient from last week's recipe that you will be able to bring.

This Week's Activities

8 7:15am- Barre	9 4:00pm- <i>Yoga</i>	10 7:30am- <i>Walking Group</i>	11 4:00pm- <i>Yoga</i>	12 7:15am- RIP30	13 No Activities
4:00pm- Cardio Bootcamp	4:00pm- RIP30	4:00pm- Wellness Wednesday	5:30pm- Low Impact Aerobics		
5:30pm- STEP	5:30pm- Low Impact Aerobics				

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Happenings & Highlights

Farm to School Week

Last week was Virginia Farm to School Week and the cafeteria was excited to serve the local items below:

Monday - Local sausage at breakfast
 Local apples at breakfast and lunch
 Local concord grapes at lunch

Tuesday: Local apples at breakfast and lunch
 Local beef for Taco Tuesday
 Local collard greens and beets

Wednesday: Local apples at breakfast and lunch
 Local green beans

Local items on the salad bar:

Broccoli, Scallions, Cherry tomatoes, Beets

Apples are grown at Thornton River Orchard in Sperryville, VA
 Beef came from Rider's Backfield Beef in Etlan, VA
 Sausage came from Papa Weaver's Pork in Orange, VA
 Beets are grown at Van Dessel Farm in Accomack County, VA
 Tomatoes are grown at Superfood Farm in Culpeper, VA
 Grapes are grown at Wenger Grapes in Augusta County, VA
 Collard Greens are grown at Kirby Farms in Hanover County, VA
 Broccoli is grown at Churchill Produce in Highland County, VA
 Scallions are grown at Phantom Hill Farm in Louisa County, VA



Hello from Indiana

The C2BF Team is sending this newsletter out from Indianapolis, Indiana. We are honored to be presenting at the American School Health Association 2018 Annual Conference. Check out next week's newsletter for the entire scoop on our trip.

Tips from the Team



Nutrition Tip & Recipe Submitted by
Amanda Butler, M.A.
Nutrition Specialist

Nutrition Tip of the Week

Tips to save money while eating healthy:

1. PLAN. Planning out your family's meals for the week can help you stick to healthy meals and let's you buy only what you need. Planning ahead also prevents waste and buying out as much.
2. Check the unit price. The grocery stores already do the conversion for you so it is a quick comparison to see whether the smaller or larger unit will be most cost effective. Most the time, bulk will be cheaper!
3. Alternate with buying fresh and frozen. Buying frozen fruits and veggies can cost less money and they can be stored for longer periods of time.
4. Buy store brands, check specials, and use coupons/customer loyalty cards.



Fitness Tip Submitted by
Holly Jenkins, CPT
Wellness Integration Specialist

Fitness Tip of the Week

Find your willpower and lose your excuses! Let's be honest. We all go through periods where we feel a little less motivated. When these feelings start creeping up, make a goal to work out for only 5 minutes. Once you start, you may find you don't want to stop. Often times, it is the process of getting started that is the hardest.



Healthy Kids Tip Submitted by
Jackie Tederick, CPT
Wellness Integration Coordinator

Healthy Kids Tip of the Week

For most kids, sleeping comes pretty naturally. Here are some tips to help you catch all the ZZZs you need:

- Try to go to bed at the same time every night; this helps your body get into a routine.
- Follow a bedtime routine that is calming, such as taking a warm bath or reading. Limit foods and drinks that contain caffeine. These include some sodas and other drinks, like ice tea.
- Don't have a TV in your room. Research shows that kids who have one in their rooms sleep less. If you have a TV, turn it off when it's time to sleep.
- Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don't exercise just before going to bed. Do exercise earlier in the day — it helps a person sleep better.
- Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you'll train your body to associate your bed with sleep.

Recipe of the Week

Skillet Pork and Apples

Ingredients

- 1 teaspoon cinnamon
- ½ teaspoon black pepper
- 4 pork loin chops
- 2 teaspoons olive oil
- 4 apples
- 1/3 cup water



Directions

1. Combine cinnamon and pepper in a bowl, sprinkle evenly over pork chops.
2. Heat oil in skillet to medium. Add pork chops and brown on both sides.
3. Wash apples. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out the seeds and core and chop in to thin slices.
4. Add apples and water to skillet. Cover, reduce heat to medium-low and cook for ten to twelve minutes until pork is done and internal temperature reaches 145 degrees F, using a meat thermometer.

About Commit to Be Fit

Commit to Be Fit is a school sponsored, grant funded program. Through the generosity of the PATH foundation, C2BF was created to help promote healthier lifestyles for students, staff, and county residents and employees.

*All group exercise classes and workshops are offered free of charge for the community.
For more information, contact Holly Jenkins at hjenkins@rappahannockschools.us*