

W.O.W

Working on Wellness

@ Deep Creek Elementary

December Newsletter

**A busy
month!**

November was a great month!! We continued to share some great information about different healthy foods each Wednesday throughout the month during our "WOW on Wednesday" segment on the morning announcements. Just like last month, you will find some interesting notes on these foods below. At the end of November, we completed our Get Active, Get Fit Challenge. Over 140 students turned in record sheets as proof of their participation in this program. We are hopeful that we might get a chance to earn a Radio Disney party for taking part in this program.

**Coming in
December**

During this month, we will be sharing information on these delicious and nutritious food items; oranges, dark chocolate, and milk. On our first Wednesday of the month, all students and faculty members received an orange! The WOW Committee also co-sponsored Deep Creek Elementary's first ever "Jungle Bell Jog" on Saturday, December 11th at 10:00 A.M (we had over 150 participants!).

**November
Food Facts!**

APPLE – Over 2500 varieties of apples are grown in the US. They are fat, sodium, and cholesterol free. The pilgrims planted the first US apple trees in the Massachusetts Bay Colony. Apples are high in Vitamin A, C, and antioxidants.

CRANBERRY– These delicious berries were a popular food eaten by Native Americans. They ate cranberries fresh, mashed with corn meal and baked into bread. They also used the berries to treat wounds and dye rugs & blankets. They are a good source of Vitamin C, and they are full of disease fighting antioxidants.

TURKEY – This delicious meat is low in fat and filled with muscle building protein. White turkey meat has fewer calories and less calories than dark meat. A female turkey is called a hen and a male turkey is called a tom.

SWEET POTATO - Native Americans were growing sweet potatoes before Columbus. They are a good source of dietary fiber, vitamin B6, and potassium. It is a very good source of vitamin A, vitamin C, and manganese.

On the back of the newsletter are a couple of healthy recipes you can try in the month of November. Enjoy!!



**Make a healthy
choice...**

“Eat healthy stuff!”

“Move around enough!”

“Live tobacco and drug
free!”

From Coach Goody, Health Talk Videos

The Wellness Committee

Mr. Triolet, Ms. Bradshaw, Mrs.
Koonce, Mrs. Fitzgerald, Mrs.
Abrams, Mrs. Byrd, Mrs. Hill (RN)

December Healthy Recipes

Low Fat Sweet Potato Casserole

(from www.hubpages.com/hub/Sweet-potato-recipes)

Ingredients

Casserole:

3 cups cooked/mashed sweet potatoes
(about 2 1/4 lbs raw)
1/3 cup packed brown sugar
1/3 cup skim milk
2 egg whites or 1/4 cup egg substitute
2 Tbsp butter or margarine, melted
1 tsp vanilla extract
1/2 tsp salt

Topping:

1/2 cup packed brown sugar
1/4 cup all-purpose flour
2 Tbsp butter or margarine, cold
1/3 cup chopped pecans

Directions

Preheat oven to 350 degrees Fahrenheit, and spray an 8 by 8 baking dish with zero-calorie nonstick cooking spray. In a large mixing bowl, combine all filling ingredients and mix well. Spoon into prepared baking dish and spread evenly. In a different bowl, combine the brown sugar and flour for the topping, then cut in the cold butter until the mixture resembles coarse crumbs. Stir in chopped pecans and sprinkle over the sweet potato mixture in the baking dish. Bake 30 minutes.

Apple Crumble (from www.nytimes.com/2010/10/09/health/nutrition/09recipehealth.html)

Ingredients

2 quarts thinly sliced apples (about 2 1/2 pounds)
2 tablespoons raw brown (turbinado) sugar, preferably organic
1 tablespoon fresh lemon juice
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 teaspoon vanilla extract
1 batch quinoa-oat crumble topping

Directions

Preheat the oven to 375 degrees. Butter a two-quart baking dish. Slice the apples thin. (I don't peel them, but if you'd rather, go ahead.) Toss them in a large bowl with the sugar, lemon juice, cinnamon, nutmeg and vanilla. Transfer to the baking dish, and place in the oven. Bake 30 minutes, stirring every 10 minutes until the apples are tender. Remove from the heat. Top the apples with the crumble topping, and return to the oven. Bake 15 to 20 minutes until bubbling and the top is nicely browned. Allow to cool for at least 10 minutes before serving.