

EVERYDAY THINGS MATTER THE MOST FOR *Healthy, Happy Kids*

Do What You Can

You have the most influence over what your children eat, how they spend their time and what choices they make. Here are some real-life ideas for getting your kids growing up healthy and feeling good about themselves.

PUMPKIN MUFFINS

Ingredients

- 3 cups all-purpose flour
- 2 cups white sugar
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 2 teaspoons each of ground cloves, cinnamon, nutmeg
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 2/3 cup vegetable oil
- 2 eggs
- 2 cups of pumpkin puree



Directions

1. Preheat oven to 350° F (175° C). Grease a 12 cup muffin tin.
2. In a large bowl, combine the dry ingredients. In a separate bowl, beat together pumpkin puree, vegetable oil and eggs. Stir pumpkin mixture into flour mixture until smooth. Scoop batter into prepared muffin cups.
3. Bake for 20 to 25 minutes, until a toothpick inserted into the centre of a muffin comes out clean.

RECIPE FOR FUN

Crab Crawl. Sit with your feet flat on the floor, knees bent. Lean back and place your hands flat on the floor behind you. Lift your seat off the floor, putting your weight on your hands and feet. Now, crab crawl around the room with your kids!

Sign up for our online monthly *Healthy, Happy Kids* E-bulletin. Low-cost, seasonal recipes and tips will come to your inbox with great ideas to get your kids eating healthier, being more active and feeling good about themselves. Log on to TBDHU.COM for details.

Everyday Things You Can Do

Nourished Kids

SEND YOUR CHILDREN TO SCHOOL WITH A SUPERIOR LUNCH!

- Choose a whole grain bun, pita, or bagel and top with lean meat, cheese or hummus. Pack fruits and veggies too.
- Reach for milk, 100% fruit or vegetable juice, fortified soy beverage or water. Skip fruit drinks, punches, pop and sport drinks. They are high in sugar and low in nutrients.

Active Kids

PAUSE TO PLAY OUTSIDE!

- Rake leaves together and jump in the pile.
- Explore the fall harvest activities at local farms.
- Go for a nature hike and discover different kinds of leaves and rocks.

Visit TBDHU.COM and take our fall scavenger hunt challenge.



Happy Kids

TAKE THE TIME TO TALK!

- Talk openly and often with your children. Stop what you're doing, get down to their level, and respond so they know you're listening. Ask about their day or tell them about yours.
- Don't get overbooked. Leave time to relax and connect together. Not every minute needs to be scheduled. Play time is important.