



# Coming to you Summer of 2016 Fit and Healthy Kids Community Wellness Program

*Available to all kids ages 8 and over  
plus at least one parent or grandparent*

*Wonderful aromas filled the halls at Annie Jeffrey Memorial Health Center this summer as we offered our first EVER Fit and Healthy Kids Program. Due to the overwhelming success of the program, the program will be offered again next summer, so mark your calendars now! You can also 'Like' Annie Jeffrey Memorial Health Center on Facebook or check out our website [ajhc.org](http://ajhc.org) for more information.*

During this year's *program*, participants attended weekly cooking classes and learned how to prepare simple, healthy meals and snacks, the importance of good nutrition and participated in weekly fitness challenges. Weekly prizes were awarded for those who met the goals. This 6-week wellness program was designed to help establish a routine of regular exercise and healthy eating by providing weekly recipes and goals, nutrition information and keeping participants motivated with fun, prizes and camaraderie. Leading the wellness program was Sandra Burwell, Annie Jeffrey Health Center registered dietitian and Heather Stevens, food service director.

Each session began by tasting and describing a variety of fruits and vegetables. Members then worked together to use those fruits or vegetables to prepare a nutritious recipe. Examples of the type of recipes prepared in the class include: apple crisp, BBQ Chicken and Cheddar foil packets, Bean Chili Macaroni and class favorite: Banana Berry Smoothies. When asked if the class changed their minds about fruit and vegetables through tasting and recipe preparation, one participant commented: "I learned more fun and easy ways to eat fruit." Another student said "I like more things now - just try them!"

By cooking together, school-aged children and their parents can learn about healthy eating and the importance of working together to plan and prepare healthy meals.

## Bean Chili Macaroni

10 servings

- 1 small onion (diced)
- 2 cloves garlic (minced)
- 1 TBS Vegetable oil
- ½ pound ground beef
- 2 tsp. Chili Powder
- ½ tsp Cumin (ground)
- ¼ tsp salt
- 1 tsp Pepper
- 3 large Tomatoes (diced) ( or substitute canned diced tomatoes)
- 1 can beans 15 oz (drained)
- 2 cups Elbow Marconi (uncooked)  
Cheese

1. In large skillet, sauté' onion and garlic in oil; add meat, chili powder, cumin, salt and pepper; cook meat until browned.
2. Add tomatoes, beans and macaroni; mix well; bring to a boil, cover, and simmer 30 minutes or until macaroni is tender.
3. Sprinkle top with cheese.

This is a very simple, week-night meal made in one pan. It smells wonderful and was a crowd pleaser during the class. Most importantly, it contains a couple types of vegetables!



 Annie Jeffrey