



### WHAT TO DO WITH ALL THAT CANDY?!?

It's that time of year again, when all the ghosts and goblins come out to play. Here are some great ideas to get some of that candy out of the house and make someone's day!

- Pick 10 of your favorite pieces and keep them to eat with lunch or after dinner
- Separate the rest into bags to bring into your teacher(s), give to your coach, a friend, or someone special
- Donate the candy to the local soup kitchen - you can usually find one through your church
- Freeze small bags of candy to take out for special treats!

# T I P S

### Healthy Halloween Choices

- Cut out whole wheat or multi-grain bread with a Halloween cookie cutter; serve with trays of sliced turkey, low-fat cheese, pickles, lettuce, tomatoes, and condiments
- Create your own Monster Pizzas with fat-free pita pockets or whole wheat tortillas. Serve with low-calorie pizza sauce, low-fat or skim milk shredded mozzarella cheese, chopped tomatoes, & your favorite toppings.
- Remember that a lot of pizza toppings are not heart healthy. Try a new veggie or if you love pepperoni try turkey pepperoni and watch your portions
- Whole apples on a stick or apple slices with Fat Free caramel sauce instead of candied apples.



# SHAPE SHIFTER



Hello to all our families. We are well into our second run of Shape Your Future and things are going well. We have 11 new children enrolled and after three weeks I am so thrilled with their energy and enthusiasm. So far attendance has been perfect!!! And I am pleased to report that several are on the way to their goal...GREAT JOB AND KEEP UP THE GOOD WORK!!! Our parents are very supportive and involved which is so important to the success of the kids...WAY TO GO!!

It was so nice to see some of the families back from our pilot program for our first reunion event. Everyone was doing so well after the summer, and despite vacations and cookouts, many were maintaining the progress they made during the program. We are so proud that you have continued on with a lot of the changes you made in both healthier eating habits and regular exercise. It is a lot of work at first, but as some of you may see now, if you stick with it, eating healthy and exercising just become part of who you are and what you do!!

Please feel free to contact Dr. Schneider or me if you have any health concerns at any time, both during and after the program. We are working in the background, monitoring your progress and talking to the team members throughout the course of the 10 weeks. We also keep your primary care physician informed as well.

Hope you all are enjoying the fall and Happy Holiday's

Dr. Boutwell



# SHOUT OUT!

Hi to all of our current and alumni SYF kids! Welcome to the first issue of the SYF newsletter. This area is for any stories, comments, pictures, questions or tips that you may want to share with the SYF team. We would love to hear from you and see how you are all doing. So, please e-mail us, and we will pick our favorite questions, story or pictures and include them in our next issue of "Shape Shifters"!

My "Shout Out" is to Molly Mazanec, our new nurse practitioner that has joined our team. She is loads of fun and will be seeing most of you for follow up in the clinic. She's awesome and I know you will all love her.

### WE NEED YOUR HELP!

We are having a tough time naming our newsletter!

"Shape Shifter" is the best we could come up with for our newsletter. We would like you to tell us if you like it and if not PLEASE give us your ideas! This newsletter is for all of you, please tell us what you think!!



### E-MAIL US!

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Can't wait to hear from you!

Satoko, Molly and the SYF Team



BOO OOO

## Tricky Halloween Word Search



c s c a r y m m u m o o n  
 j k a f l o w e r e w k t  
 h c y r e t s n o m l h r  
 c w k i n d k i h o d s i  
 t l o g i r e g a o w p c  
 i h o h k a l h l r y i k  
 w y p t p c e t l b p d o  
 c d s e m u t s o c e e r  
 h b t n u l o c w a e r t  
 b o i m p a n a e l r i r  
 l n r h a u n t e d c p e  
 a e i b m o z m n r j m a  
 c s p a s n i l b o g a t  
 k w s t s o h g w n a v g



bat	ghosts	scary
black	goblins	skeleton
bones	halloween	spider
broom	haunted	spirits
caldron	monster	spooky
cat	moon	trick or treat
costumes	mummy	vampire
creepy	night	werewolf
dracula	owl	witch
frighten	pumpkin	zombie

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BOO OOO

## RECIPE CORNER

### Peach and Berry Crumble

- 1lb frozen unsweetened peach slices, halved
- Or 12 oz peach slices
- 4oz frozen unsweetened raspberries
- 1/3 cup dried sweetened cranberries
- 2 tsp cornstarch
- 2 tsp orange juice or water
- 1/2 tsp vanilla extract
- 1/3 cup uncooked quick oats
- 1/4 cup sugar
- 1Tbsp flour
- 1/4 tsp ground cinnamon
- 2 Tbsp light tub margarine



Pre heat oven to 350. Use nonstick spray on 8 x 4 loaf pan.  
 In med bowl stir together fruit, cornstarch, juice and vanilla until cornstarch is dissolved  
 Pour fruit into pan  
 In small bowl combine remaining ingredients except margarine.  
 Use a knife to cut margarine into oat mixture until you have pea size margarine pieces  
 Sprinkle over fruit mixture  
 Bake for 25 minutes  
 Put under broiler for couple minutes to brown top  
 Let sit for 30 minutes before serving

1/2 c serving: Calories 191 fat 3.5g fiber 4g

