



The Sacred Heart Beat

Fall for Physical Activity

Get active on a family scavenger hunt!

The beauty of the leaves changing colour, sunshine during the day and cool nights brings us continued unique opportunities to be active as a family. Enjoy the beauty of the outdoors with family and friends by taking advantage of the numerous fall activities. Try an “active” family scavenger hunt on one of LaSalle’s amazing trails, or at Ojibway Park. Design your scavenger hunt by listing items for everyone to find while hiking on the trail. You can have a competition or make it just for fun.

Here are a few ideas for your list:

- Find a seed pod, woodpecker hole, dead log, oak leaf, pine cone, good home for a squirrel, fern that’s longer than your arm, tree that’s too big to fit your arms around or a tree that you think is younger than you .
- Find something smooth, scratchy, round, that an insect has eaten, that flies, that’s rotting, would be good food for a deer, that crawls or that would be good food for a mouse.
- Look for three different colours (not including green and brown!), or your favourite thing...



Health Tip of the Month- Get Your Flu Shot!

All Ontarians should get their flu shot. Unless there is a medical reason not to, everyone aged 6 months or older can benefit from getting the seasonal flu shot.

The flu shot helps strengthen your body's natural immune response against the flu. The shot stimulates your immune system to build antibodies against the virus, making it stronger and ready to fight off the flu.

So this year, make sure you get your flu shot early. The sooner you get it, the earlier you're protected!



<http://www.health.gov.on.ca/en/public/programs/publichealth/flu/>

Healthy Halloween Treats

Try giving healthy alternatives to candy this Halloween to help fight against obesity and keep the dental bills in check. Kids welcome non-candy treats and gifts. Try the following alternatives. They will be excellent surprises for the trick-or-treaters who knock on your door this Halloween.

- Erasers, pencils and notepads
- Stickers or temporary tattoos
- Plastic rings of spiders, pumpkins, bats
- Sugar-free gum
- Cheese and cracker packs
- Applesauce cups
- Fruit-to-Go
- Small packs of pretzels



Nutrition and learning...Is there a link?



The food choices children make can influence their health and learning ability. Studies show that students who ate a healthy diet that included a variety of foods, with an increased fruit and vegetable intake and lower caloric intake of fat were more likely to pass reading and writing tests. Today, many children are eating too much fat, sugar and salt, and not enough vegetables, fruit and whole grains. This could be affecting how well they are doing in school.

To help get your family on the road to healthy eating, try the following:

- Encourage children to choose most foods from the four food groups in Canada's Food Guide.
- Children are influenced by their parents' eating habits and attitudes towards food— if they see you eating healthy foods, they will likely follow suit.
- Keep ready-to-eat, healthy foods on hand for the times when hunger strikes (e.g., fruit cups, yogurt, cheese strings).
- Involve children in planning meals, packing lunches and selecting snacks; use this as an opportunity to talk about healthy choices.



Veuglers PJ., et al., 2008. Diet Quality and Academic Performance. *Journal of School Health*, 78(4): 209-215



Apple-Oatmeal Cookies



Ingredients:

1 cup old-fashioned oats
1/2 cup chopped pecans, or walnuts
1 cup whole-wheat pastry flour
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 teaspoon ground cinnamon, divided
1/8 teaspoon ground nutmeg
2 large egg whites
1/2 cup coarsely shredded peeled apple, such as McIntosh or Cortland (about 1 small apple)
1/2 cup packed light brown sugar
1/4 cup apple butter
4 tablespoons granulated sugar, divided
2 tablespoons canola oil
1/2 teaspoon vanilla extract
1/2 cup diced dried apples



1. Preheat oven to 375°F.
2. Spread oats and nuts on a baking sheet. Bake until fragrant and golden, 5 to 8 minutes; set aside. Coat 2 baking sheets with cooking spray.
3. Whisk flour, baking soda, baking powder, salt, 1/4 teaspoon cinnamon and nutmeg in a medium bowl.
4. Combine egg whites, shredded apple, brown sugar, apple butter, 3 tablespoons granulated sugar, oil and vanilla in a large bowl; stir until blended.
5. Add the dry ingredients and stir until just moistened. Stir in dried apples and reserved oats and nuts.
6. Drop the dough by level tablespoonfuls, about 2 inches apart, onto the prepared baking sheets.
7. Combine the remaining 1 tablespoon granulated sugar and 1/4 teaspoon cinnamon in a small bowl. Coat the bottom of a glass with cooking spray. Dip the glass into the cinnamon sugar and flatten cookies with it, dipping the glass into the cinnamon sugar for each.
8. Bake the cookies, one sheet at a time, until lightly browned, 10 to 12 minutes. Cool for 2 minutes on the baking sheets, then transfer to wire racks to cool completely. Makes about 3 dozen cookies

Per cookie: 70 calories; 2 g fat (0 g sat , 1 g mono); 0 mg cholesterol; 12 g carbohydrates; 1 g protein; 1 g fiber; 56 mg sodium; 37 mg potassium
From EatingWell: October 1998, The Essential EatingWell Cookbook (2004)