

Kids Create in Kitchen Invention 2006

Indiana teens are following their adult predecessors in leading the nation in obesity. To help fight this trend, Beth Switzer, an Extension Educator for the Purdue Cooperative Extension Service in Hendricks County, applied her skills as a registered dietitian and licensed teacher and developed Kitchen Inventions 2006, which took place during the Hendricks County Fair.

Kitchen Inventions was created to empower young people to take an active role in their food selections and consumption. Depending on the age of the participant, they were to create a smoothie, wrap or roll (sandwich), pasta dish, salad or deceiving dessert high in Vitamin A, Calcium, and/or Fiber. The participants were provided a list of foods high in Vitamin A, Calcium, and Fiber to choose from when creating their recipes. From the 27 teams to enter the contest, 12 teams were selected to participate in a public cook-off and four teams were selected as winners. At the cook-off competition, eight young people developed winning recipes which were offered on the Charbonos menu for two days for the public to purchase. Although the winners did not receive compensation for these creations, they did get to see their inventions make it to market.

To tie fitness into the program, the Extension Educator secured Splash Island in Plainfield as a sponsor. They donated a daily water park pass for all finalists in the cook-off. Because Kitchen Inventions was created to help fight childhood obesity, the Extension Educator believed it was important to promote fitness as well as nutrition.

A special thanks to the 2006 sponsors: Purdue Extension, Duke Energy, Charbonos of Avon, Hendricks Regional Health, Splash Island of Plainfield, Truax Farms, National City Bank, and Wild Oats of Indianapolis.

Listed below are the winners from each category:

Smoothie Sensations (Grades 3 & 4):

McKenzie Leath, Avon Intermediate School East

Jessica Rigdon, Brentwood Elementary School, Plainfield

Wrap & Roll (Grades 5 & 6):

Ben Hendricks, Brownsburg East Middle School

Riley Hendricks, Brownsburg East Middle School

Pasta Pleasures (Grades 7 & 8):

Joe Colborn, Paul Hadley Junior High School, Mooresville

Logan Luce, Avon Middle School

Salad Sensations or Deceiving Desserts (Grades 9 – 12):

Hilary Hughes, Home schooled

Sara Paschall, Home schooled

10K-A-Day

Join INShape Hendricks County in this new county-wide walking program provided in part by a grant from Hendricks Regional Health Foundation.

Strap on a free pedometer, available from one of our partner locations, and hit the pavement! The goal is 10,000 steps, or 5 miles, per day.

To register for this fun, free program, log on to

hendricksregional.10kaday.com.

You Are What You Eat

Eating out is very common with today's on-the-go lifestyle. To help you eat better, featured below are healthy items on the Chili's® menu:

**Dinner House Salad,
no dressing or crackers**
(140 calories 7g fat 2g fiber)

Guiltless Chicken Sandwich
(490 calories 8g fat 11g fiber)

Chicken Noodle Soup: Cup
(50 calories 1g fat 1g fiber)

Chili with cheese: Cup
(250 calories 9g fat 1g fiber)

Get Moving!

(Community Events)

October 7, 2006

Walk to Remember

Start Time: 8:30 AM

End Time: 12:30 PM

Location: Avon Town Hall Park

Description: Join us in our first annual "Walk to Remember" as we reflect on our newborns and children who have passed away. The event will include a short service and balloon release signifying each lost child represented. This free event is open to anyone who has lost a child as well as their families.

Contact: Josephine Manns at 718-4361

October 7, 2006

Avon Community Awareness Day

Start Time: 11 AM

End Time: 3 PM

Location: Dugan Chevrolet US 36 and 525 E

Description: Bring your family to Community Awareness Day at Dugan Chevrolet featuring the Avon and Danville fire departments, and plenty of booths featuring local organizations and businesses. Stop by our booth to have your bike helmet checked. Free bike helmets will also be available while supplies last.

October 17, 2006

Colts Hay Day

Start Time: 6:00 PM

End Time: 8:30 PM

Location: Hendricks Regional Health, Danville

Description: Bring your kids to enjoy our annual safe trick-or-treating with healthy treats, Colts player and cheerleaders, free family photo and more!

Contact: Lori Leyba at 745-8606

October 21, 2006

Making Strides Against Breast Cancer

Start Time: 8 AM

End Time: 5 PM

Location: Celebration Plaza, White River State Park

Description: Join us as we walk in the fight against breast cancer. Walkers are encouraged to raise \$100 or more through pledges, to donate to the American Cancer Society.

Contact: Cancer Center at 272-3636

Back to School: Staying Fit

With children heading back to school and summer activities coming to an end, it seems like exercise should become easier to do instead of harder. For many parents, this isn't the case because schedules get crammed with school activities, the sun goes down earlier and the stress of daily life sets in. Instead of waiting for the "right" time, why not start now? Getting exercise firmly established makes it easier for it to remain a priority for you. Staying fit takes a little work, but it is worth it in the long run.

Here are a couple suggestions on how to fit exercise into your busy schedule:

- Plan out a weekly calendar of work, family and other responsibilities.
- Look for times you can squeeze in exercise. Parking your car further away or taking the stairs is a good example of squeezing in more exercise.
- Plan what you will do and what you will need to do it. If you are going to pick up your children and go to the gym after work, get gym bags and snacks ready to go the night before.
- Look for creative ways to be active. Integrating exercise with other activities is one creative way.
- Set up a home gym. Have some basic equipment available such as an exercise ball and some dumbbells.
- Get a pedometer. Experts recommend walking 10,000 steps a day. Clip a pedometer to your belt, and you will instantly walk more just to meet your goal for the day.
- Have a personal trainer. A personal trainer can be a huge motivator. This can be expensive, so another option is to get a friend to exercise with you. You will have added accountability and the time will go faster!

Whatever you do, do not wait until later to get back to your exercise routine. The longer you wait, the harder it gets and the more you get used to life without it. Make a commitment and do something today...it's never too late to get started!

Strawberry Splash

Created by: Jessica Rigdon & McKenzie Leath
Winners of Kitchen Inventions 2006

Ingredients:

1—6 oz. light strawberry/banana yogurt

1 med. Banana

1 med. Strawberry

Skim milk optional*

Directions:

1. Add a clean strawberry and banana to yogurt in a blender and mix for 10-20 seconds.
2. Add a straw and enjoy.

*add a splash of skim milk for less thickness.

Serves: 1

Serving size: 1- 8 oz glass

Nutrition facts per serving:

calories: yogurt, 80; banana, 105; strawberry, 5; total calories 190

Total fat: 0 grams

Total carb: 13g yogurt, 27 g banana

Potassium 290 mg yogurt; 600 mg banana

Protein 7g yogurt, 1.3 g banana