



February - '16

NEWSLETTER



# Chesapeake Moms Club

**New year!** New priorities!  
I can't stand the word resolution.  
Priorities are much more realistic.

First, yourself.

We can't take care of our family if we don't take care of ourselves. Go to the gym, make those healthy nourishing meals, get some sleep.

Second, spend some quality time with your spouse! Happy wife=happy mom!

Third, health and safety.

Fourth, frugality! These have become my priorities over the past few years, at least since I've had kids.

*It's*  
**WINTER**  
*TIME*



Hello



We wanted to share what is being considered in the Charities Department. CMC has been approached by the Kinera Foundation to form a partnership. Kinera (nut-shell) provides support and services to children with special needs and their families. Established by Christy Russell, a Kent Island Mom who was looking for nearby resources after her son was diagnosed with ASD, Kinera is requesting assistance with its fund raising endeavors. Some CMC members are also members of Kinera.

Kinera is growing at a rapid pace, including a new facility to be built near Kent Island to house professional services for these children. As Kinera focuses on that capital campaign, they need help keeping their Relief Fund afloat. This fund is available to help families cover the cost of therapeutic treatments, respite care, social activities, advocacy services, etc.

As part of our partnership, Kinera is willing to share space in its new facility for our Club to hold meetings and activities. In addition, they can offer space in their (temporary) space in the industrial park. Often we must forego activities in cold weather because we lack an indoor venue. Kinera is also willing to split fund raising profits if we ever decide to establish a concrete CMC cause like a new playground. We need to mention too that Christy is currently working with Emily to change our Club's non-profit status to a 501c3 so we can take advantage of the better benefits in that category. It's a lengthy process, and we are grateful Christy is willing to overseeing our work on this.

We are giving the Club an opportunity to vote on this partnership. The vote would be to establish a five (5) year relationship so the effort would be worthwhile to both organizations. No true fund raising events have been considered yet. Please contact Shelly, Karin or Emily directly with any questions, but be looking for a voting email and more info on this topic soon.

Best,  
Karin Gallo and Shelly Baird - Charities Co-Chairs





# Let's Talk



The first topic i will hit is **YOURSELF!**  
What have you done for yourself lately?  
Enoyed a glass of wine alone in quiet?  
Had a girls night? Dont let him convince  
you that he can't take care of the kids for a few hours! He can.  
Paint your nails? Get a gym membership? Here are a few starters...  
whatever your niche is these will work for you!



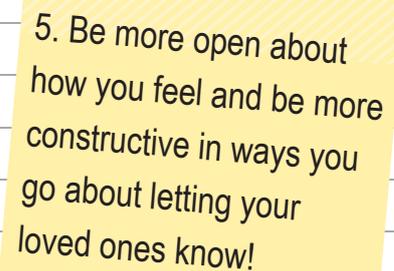
## WINTER

1. Make your own happiness a priority.  
What makes you happy?

2. Notice and live in the present.

3. Be more polite to yourself. Stop  
shaming your mom abilities and your  
body!

4. Be honest with yourself and listen to  
your inner voice.



5. Be more open about  
how you feel and be more  
constructive in ways you  
go about letting your  
loved ones know!

6. Give new people you meet  
a chance and only enter  
ew relationships for the  
right reasons!

7. Lastly, forgive yourself and others.



Health

My next topic will tackle not only health and safety but also frugality! Household cleansers. Have you ever thought about the toxins in some of your things you use daily to wash dishes, clean your floors, clothes, counters, etc. A few years ago, i started looking into making my own cleaning products. First it was to save money but when I figured out I could use these totally toxin free and friendly for the earth products and for less money, I was hooked! I never lock my cleaning cabinet! My first and most favorite product, which I'm sure you've heard of is Dr. Bronners Castile Soap! This highly concentrated plant based soap can be used for almost anything!

Some castile soap is made purely with olive oil (in Spain), although most are a blend of different oils including coconut oil, palm kernel oil, hemp oil, jojoba oil, etc. It is more concentrated than most types of soap or liquid cleanser, which is why just a small amount does the job.

Here are a few ways I use it on a daily basis.

1. Body wash, shampoo and face wash.
2. Detergent in my dishwasher (only a tablespoon will do!)
3. All purpose cleaner! I dilute about a quarter cup of soap with about four to six cups of water. You can add some baking soda and tea tree oil if youd like as well!
4. Mopping solution (only quarter cup of soap to 1-1 1/2 gallons of water)
5. Kids bubble bath
6. Wash fruits and veggies
7. In a jam, you can even use it in your laundry, to do dishes and to make a foaming handsoap!

Cant get to Whole Foods Market (largest selection) or Trader Joes? Amazon has it! At \$13.99 a bottle I usually buy two scents at a time and both bottles will last me 6-8 months!

My disinfectant spray I make with 70% isopropyl alcohol and dilute a half cup with 4-6 cups of water and a teaspoon of dish soap! This is a great glass cleaner as well because it leaves every surface streak free and shiny! This is a huge money saver as a bottle of alcohol is about \$2 a piece and will last me up to six months!

# Recipes

## Cauliflower Pizza Bites

Prep time: 15 minutes

Cook time: 25-30 minutes

Yield: 5 servings Serving size: 6 with 2 heaping tablespoons of marinara sauce

### Ingredients

- 2 cups grated cauliflower
- 2 egg whites, beaten
- ¼ cup fat-free ricotta cheese
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ cup Sargento® Artisan Blends® Shredded Parmesan Cheese
- 90 Hormel® Turkey Pepperoni Minis
- 1 can pizza sauce



### Directions

Preheat the oven to 375° F and spray a 24-count mini muffin tin with nonstick cooking spray.

In a large mixing bowl, mix together the riced cauliflower, egg whites, ricotta cheese, oregano, basil, garlic powder, onion powder, and Parmesan cheese until incorporated.

Spoon the cauliflower mixture into each mini muffin and press down gently with the back of a spoon. Bake for 16-18 minutes, or until golden.

Allow to cool on a wire cooling rack for 5-10 minutes before removing them from the muffin tin.

Serve 6 cauliflower bites with 2 heaping tablespoons of the pizza sauce and 3 mini turkey pepperonis.

# Recipes

## Skinny Baked Broccoli Macaroni and Cheese

Servings: 8

Serving Size: 1 cup

### Ingredients

- 12 oz high fiber elbows like Ronzoni Smart Taste
- 1 1/2 tbsp butter
- 1/4 cup minced onion
- 1/4 cup flour 2 cups skim milk
- 1 cup fat free chicken or veggie broth
- 8 oz (2 cups) reduced-fat sharp cheddar (Cabot 50%)
- salt and fresh pepper to taste
- 12 oz fresh broccoli florets (I used pre-cut bag)
- 2 tbsp grated parmesan
- 1/4 cup seasoned bread crumbs

### Directions

Cook pasta and broccoli together in a large pot of salted water, according to package directions for al dente (or slightly under cook 2 minutes). Spray a baking dish with cooking spray. Preheat oven to 375°.

In a large, heavy skillet, melt butter. Add onion and cook over low heat about 2 minutes, add flour and cook another minute, or until the flour is golden and well combined. Add milk and chicken broth and whisk, raising heat to medium-high until it comes to a boil; cook about 5 minutes or until the sauce becomes smooth and thick. Season with salt and pepper.

Once the sauce is thick, remove from heat, add cheese and mix well until cheese is melted. Adjust salt and pepper to taste, add cooked macaroni and broccoli and mix well. Pour into prepared baking dish. Top with grated cheese and breadcrumbs.

Spray a little more cooking spray on top. Bake for 15-20 minutes, then broil for a few minutes to get the breadcrumbs golden.



skinny broccoli  
mac and cheese

# Recipes

## Cinnamon Apple Crisp

Servings: 8

Serving Size: 1/8th

### Ingredients

#### FILLING

- 5 medium apples, peeled and diced
- 1.5 oz raisins (small box)
- 1/2 tsp cinnamon
- 1/2 lemon, juiced
- 3 tsp cornstarch
- 1/4 cup agave nectar

#### FOR THE TOPPING

- 1 cup Quaker quick rolled oats
- 1/3 cup whole wheat flour
- 1/2 cup light brown sugar (not packed)
- 1 tsp cinnamon
- 1/4 cup (half stick) butter, melted

### Directions

Heat oven to 375 degrees.

Combine apples, raisins, cinnamon, agave nectar and lemon juice in large bowl. Sprinkle with cornstarch. Toss until fruit is coated. Place fruit in an ungreased baking dish. Mix remaining ingredients.

Sprinkle over fruit. Bake about 40 minutes or until topping is goldenbrown and fruit is tender. Serve with a scoop of low fat ice cream or fat free frozen yogurt.

Enjoy!!well. Pour into prepared baking dish. Top with grated cheese and breadcrumbs.

Spray a little more cooking spray on top. Bake for 15-20 minutes, then broil for a few minutes to get the breadcrumbs golden.

