

October - '15

# NEWSLETTER

## Chesapeake Moms Club

Attention!! Are you a seasonal allergy sufferer like me? If you are, I just found some interesting information in the organic life magazine.

**It's stated that if an allergy sufferer was to drink 1 to 2 cups daily of elderberry flower tea, it could drastically reduce her symptoms. You could find these at health food stores or herbal stores. However our beloved Amazon sells them with Prime shipping! I believe it was 2oz of dried organic Elderberry flowers for \$12.99. I'm going to have to give this one a try!!**

*Cate*



*Communicates...*

# Presidential Notes

This month it was important for me to write about CMC, the club itself. I truly feel fortunate, as we all should, that this club exists & is in our lives. I don't think many clubs like this one exist.

I owe CMC so much credit for introducing me to so many wonderful women, who have now become great friends. I also owe CMC a thank you for the wonderful & many friends my children have gained over the past two years. I believe making CMC a part of your life & getting involved with all that we have to offer, from play dates to book club to our annual retreat (which is a must!), it will truly change your life. It has changed mine. I want to thank the women that decided to start CMC. Without them so much of what we do & the people we know would not exist or be possible.

I want to encourage all that are members of CMC to make an effort & a promise to themselves to get involved with this group as much as possible. I know first hand how scary it can be sometimes to go to a moms night out when you no NO ONE! Or | show up to a play date with the same feeling. Well, that changes, trust me. It just take the push & courage to keep making effort after effort to get involved & stay involved.

I want to personally encourage all of you to do yourselves a favor, your children & your families & truly become a part of CMC. CMC is more than just a Moms Club, it's an opportunity to gain friendships, confidence, happiness & all of the above. We welcome all with open arms, always. Never hesitate to reach out to me, or any of the established members & board members, please never! We all want you to become a part of CMC.

*Thank you CMC for everything personally you have done for me!  
I wish this upon all  
CMC members!*

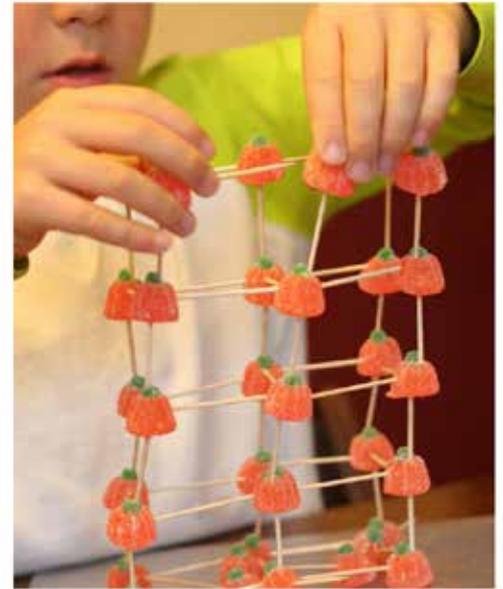


*Emily Malone*

# FUN HALLOWEEN ACTIVITIES

## Good For All Ages!!

1. You know those cavity causing orange and green gummy sugar coated pumpkins?? Make it a STEM project. Give them toothpicks and some gummy candy and let them explore some architectural engineering!

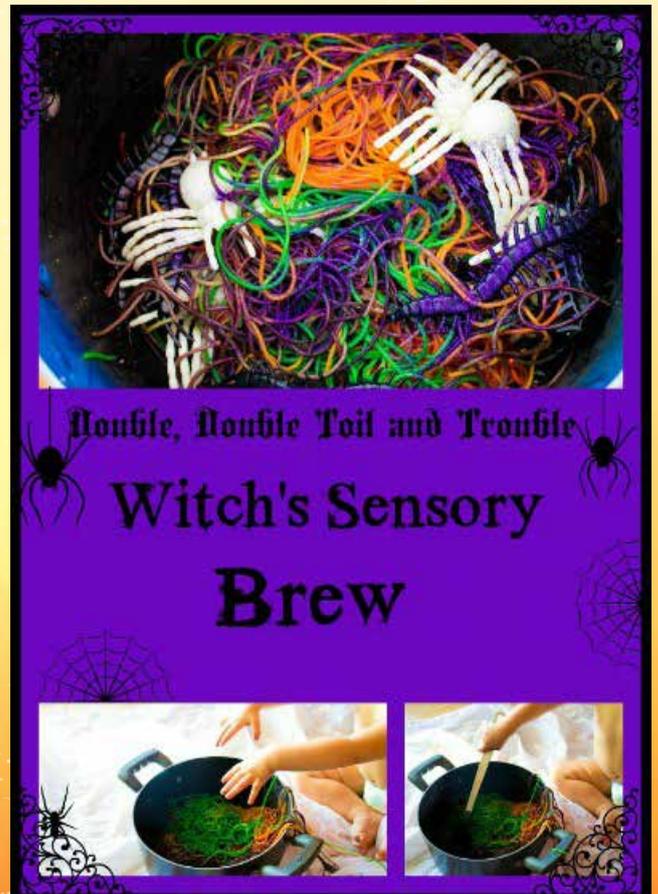


### STEM CHALLENGE

Building With Candy Pumpkins

Lease Time Adventures

2. Make a sensory witches brew!! Get plain old generic spaghetti and cook according to instructions. Separate equally into three bowls. Give each a little drizzle of olive oil and a few squirts of food coloring to make some Halloween worms! One orange, one green and one half red and half blue to make a deep purple. Then add some plastic spiders, grapes for eyeballs etc! And let them have at it!



Double, Double Toil and Trouble

### Witch's Sensory Brew



3. Paint a mini pumpkin! Or two!



4. Let them paint but only using plastic spiders!



5. Let them bob for apples, kind of. Fill a big bowl about halfway with water. Then put 5-8 small apples in. Give your toddler or preschooler tongs and let your older ones actually bob!

## SOME FUN, FESTIVE AND HEALTHY HALLOWEEN PARTY IDEAS!

### Fall Dip

Combine 1 packet of vanilla pudding mix (just the powder) with 15 oz can of puréed pumpkin and one container of cool whip (although I'd probably sub that for nonfat plain Greek yogurt)

Add some cinnamon, stir and serve in a hollowed out small pumpkin with any dippers of choice!



## **Ghost bananas**

Peel bananas and cut in half

Place two mini chocolate chips pointy side down for eyes and one regular size for mouth!



## **Clementine pumpkins**

Carefully peel clementines and do not peel segments, keep it whole. Cut a small piece of celery and stick in center of peeled clementine to look like a stem!

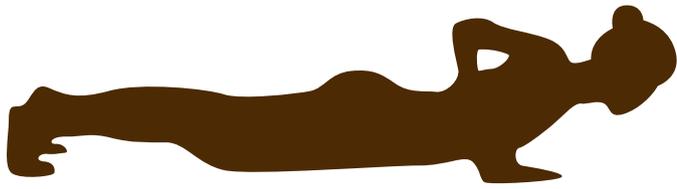


## Don't know what to do with all of the extra candy???

If you're like me I literally dread Halloween because I'm a little bit of a health nut. As my kids get older they're not falling so much for the "candy just disappeared" act. Here's a few ideas...

1. Drop off to local police station or find out how to ship overseas to soldiers who don't have access to such decadences. And teach your kids giving all in one.
2. "Sell" it to the dentist or to the tooth fairy in return for a special toy or prize!
3. Take it to work and leave it in the break room anonymously!!





Okay so now to the rant of the month. Quite a few of us CMC members, most of them being on a team together, rightfully called the Iron Maidens, have just taken the pledge to begin our Workout Like a Girl 90 Day Challenge courtesy of Kendra Eichler over the Edge Training Academy. Her principles for us are very basic, things we already know however we choose on a daily basis to not. Limited alcohol, limited sugar and salt, organic produce, lots of water and exercise everyday! Yes everyday! And last but not least 100% clean eating! This is not as hard as it sounds and in the process of starting the challenge I slowly started to transfer my whole family to this diet as well! Stay away from packaged processed foods, go big on fruits, veggies, whole grains, lean proteins and of course nuts! I haven't bought cookies, chips, ice cream, butter or refined sugar in over a month! And we are all fine and happy! I still give them treats I just make them from fresh whole ingredients! I do my own granola bars, cookies and energy balls each with under 5 ingredients!! Anyway...



So what exactly is clean eating? We hear the term thrown around constantly! Just last week I stumbled upon the August issue of Cooking Light at the library which featured a whole section on it! So all of the following information is courtesy of them!

Clean eating is eating foods as close to their natural state as possible. Read labels and understand where the ingredients came from and how they got from farm to table. Here are five simple rules to get you started!



**1. Cook more!** It empowers you to know exactly what you are putting in your body. And I've found that if I don't keep the processed items in my house, I don't have a choice! I have to get creative!

**2. Balance your plate.** Load every meal with half of your plate filled with fruits and veggies! I personally throw whatever vegetables I have on hand, toss in olive oil, salt, pepper, garlic powder, roast at 425 and ta-da a whole tray of veggies!

**3. Look at the ingredient list.** Aim for fewer than 10 and focus on first few items. Try to aim to grocery shop for items without labels!! That would be the ultimate goal.

**4. Know where your food comes from.** If it's coming from a foreign country it's shelf stable. If it's shelf stable it must have either preservatives, lots of sugar or lots of salt! So stay away.

**5. Drink more water** and limit all other beverages beside naturally flavored seltzer. La Croix is my personal fave! Christie Polgreen just turned me on to the free app Daily Water which helps you track your glasses each day! Aim for 50-67% of your body weight. 150 pounds = 80-100 oz per day.



So what exactly is a processed food? If the food undergoes a deliberate change besides the obvious grinding of flours, roasting of nuts and blending nuts or beans to make butters and dips, it's processed. Best rule is to look at the ingredient list and figure out if you could make it at home. And yes it is possible to make your own yogurts, flours and oils so those don't count. But if it can only be made in a lab like artificial sweeteners, artificial food coloring, hydrogenated oils or high fructose corn syrup, don't buy it!



# HEALTHY Grocery List

EatMoveDreamRepeat.com

## PRODUCE:

Apples  
Oranges/Cuties/Grapefruit  
Bananas  
Kiwi  
Grapes  
Melons  
Carrots  
Snap Peas  
Broccoli  
Asparagus  
Sweet Potatoes  
Dark Leafy Green Salad Mix

## MEAT:

Chicken Breast  
Rotisserie Chicken  
Ground Turkey  
Porkloin Roast  
Porkchops  
Steak  
Salmon  
Deli Turkey Meat (low sodium)

## DAIRY & DRINKS:

Milk  
Almond Milk  
Coconut Water, Coconut Milk  
Cheese Sticks  
Cottage Cheese  
Greek Yogurt (your favorite flavors!)  
Ricotta Cheese  
Shredded Mozzarella Cheese  
Neufchatel Cheese (next to cream cheese)  
Eggs

## BAKING/COOKING:

Coconut Oil  
Extra Virgin Olive Oil  
Stevia Liquid Drops

## FREEZER:

Chicken Breast  
Salmon or Tilapia  
Mixed Fruit  
Stir Fry Veggie Mix

## GRAIN:

Tortillas (corn or whole wheat)  
Whole Wheat Pasta  
Tortilla Chips  
Whole Wheat Crackers  
Whole Wheat Bread  
Whole Wheat Pita Bread  
Whole-Wheat Mini-Bagels  
Whole-Wheat English Muffins  
Steel Cut Oats or Oldfashioned Oatmeal  
Granola  
Brown Rice  
Quinoa

## BULK:

Raw Nuts: Almonds, Cashews, Pecans, Peanuts  
Dried fruit: mangos, cherries, cranberries, rasins  
Trail Mix

## JAR & CANNED GOODS:

Black Beans/ Pinto Beans  
Chopped Tomatoes with Green Chilis  
Salsa  
Pasta Sauce  
BBQ Sauce  
Curry Sauce  
Nautral Peanut Butter/Almond Butter  
All Fruit Jam  
Honey  
Pure Maple Syrup

## OTHER:

100% Fruit Leathers  
Dark Chocolate Bar 70% or higher

Here's a really good sample shopping list!