

FUTUREWAYS

OCTOBER
Volume 2, Issue 1

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Dear Parents:

Wow! October is here already!! Our friendship module is done. It's great that we had some new friends joined us in Futureways. Our new friends:

The upcoming module will be Health and Nutrition, and then the following module in November will be Manners and Daily Living Skills. We are working towards achieving children's potentials and giving opportunities for children to socialize in Futureways.

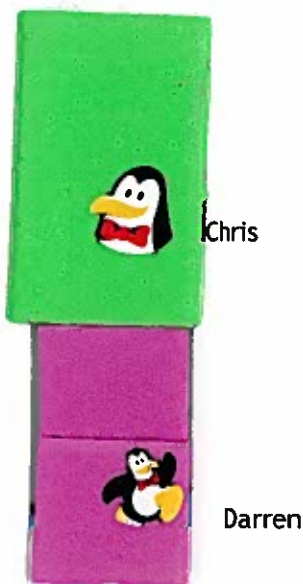
In our upcoming module: Health and Nutrition, we will mainly focus on what is healthy food and children will be able to make their own snacks and lunches according to the food pyramid.

Also, at the end of our module (Oct 22 & 23), we will have a small field trip to Safeway. Children will practice grocery shopping and pick up ingredients for our snack of that day.

Please sign the consent form

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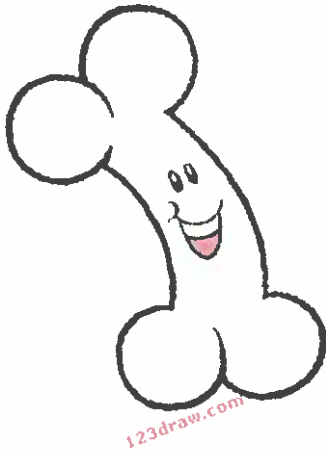
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This Month Highlights

- Oct 9, 2008. Our friend Mark's Birthday!!
- Oct 22 & 23, 2008
Our first field trip to Safeway
- Halloween Pot Luck

Eat Enough Calcium, and a Balanced Diet, Too



To get enough calcium for growing bones, each day you need to eat foods whose %Daily Value for calcium adds up to 120 percent. Because the amount of calcium in foods can vary, read the food label check the %DV for calcium in what you eat.

So your body will have all the other nutrients it needs, too, be sure to eat the recommended number of servings from the food groups that make up the Food Guide Pyramid:

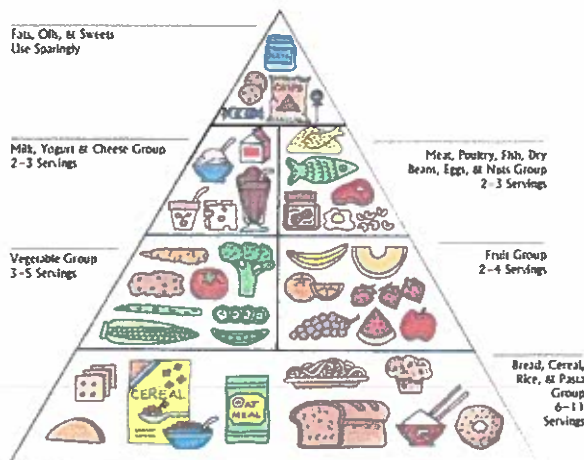
- **Grain Products Group:** 6-11 servings
- **Vegetables Group:** 3-5 servings
- **Fruits Group:** 2-4 servings
- **Milk Products Group:** 2-3 servings
- **Meat and Bean Group:** 2-3 servings
- **Fats, Oils, and Sweets:** Use sparingly

Each group includes foods that provide calcium. The food examples are listed by their serving size and %DV for calcium. The information is illustrated more fully in Page 3.

Fiber and Your Child

Few kids would say they crave a good fiber-rich meal. Although the thought of fiber might bring gags and groans from kids, many appetizing foods are actually great sources of fiber – from fruits to whole-grain cereals. And kids are probably eating them without even knowing it.

Not just for the senior-citizen crowd, foods with fiber are beneficial because they're filling and, therefore, discourage overeating – even though fiber itself adds no calories. Plus, when combined with adequate fluid intake, high-fiber fare helps move food through the digestive system and protect against gut cancers and constipation. It may also lower LDL cholesterol ("bad" cholesterol) as well as help prevent diabetes and heart disease.



Adding Fiber to your Family

Breakfast

- Make oatmeal (a whole grain) part of morning meals.
- Opt for whole-wheat or other whole-grain cereals that list ingredients such as whole wheat or oats as one of the first few items on the ingredient list.
- Make pancakes with whole-grain (or buckwheat) pancake mix and top with apples, berries, or raisins.
- Serve bran or whole grain waffles topped with fruit.
- Offer whole-wheat bagels or English muffins, instead of white toast.
- Serve whole-grain cereals. Many popular cereals are made with whole grains, but try to choose ones that have less sugar than some of the excessively sweet whole-grain cereal offerings.
- Top fiber-rich cereal with apples, oranges, berries, or bananas. Add almonds to pack even more fiber punch.

Lunch and Dinner

- Make sandwiches with whole-grain breads (rye, oat, or wheat) instead of white.
- Make a fiber-rich sandwich with whole-grain bread, peanut butter, and bananas.
- Serve whole-grain rolls with dinner instead of white rolls.
- Use whole-grain pastas instead of white.
- Serve wild or brown rice with meals instead of white rice. Add beans (kidney, black, navy, and pinto) to rice dishes for even more fiber.
- Spice up salads with berries and almonds, chickpeas, cooked artichokes, and beans (kidney, black, navy, or pinto).
- Create mini-pizzas by topping whole-wheat English muffins or bagels with pizza sauce, low-fat cheese, mushrooms, and chunks of grilled chicken.

Snacks and Treats

- Bake cookies or muffins using whole-wheat flour instead of regular. Or use some whole-wheat and some regular flour, so that the texture of your baked treats won't be drastically different. Add raisins, berries, bananas, or chopped or pureed apples to the mix for even more fiber.
- Add bran to baking items such as cookies and muffins.
- Top whole-wheat crackers with peanut butter or low-fat cheese.
- Offer popcorn — a whole-grain food — as a midday treat or while kids watch TV or movies. Aim for popcorn without lots of added fat or sugar. (However, only give popcorn to kids over 4 years old

Corn Bread

Ingredients:

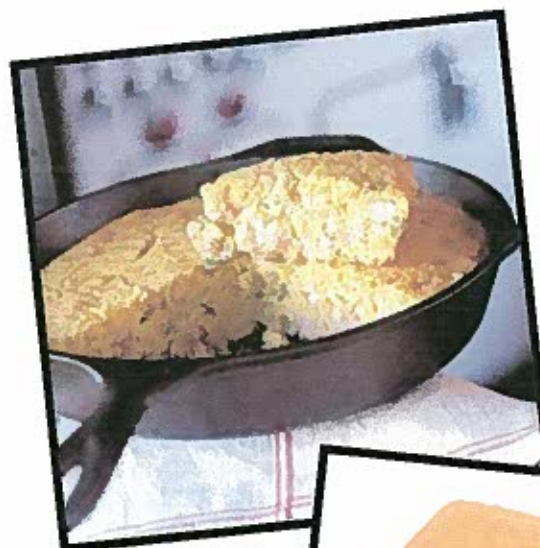
- 2 eggs, beaten with a fork
- 1 cup cornmeal
- 1 cup flour
- 1 cup milk
- 2 teaspoons baking powder
- 1/4 cup vegetable oil
- 1 teaspoon salt
- 1 tablespoon sugar
- 1/2 cup corn (fresh, canned, or frozen if it's taken out of the freezer ahead of time and soft)

Directions:

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. Put all the ingredients, except for the corn, into a large bowl.
3. Beat all the ingredients together with a big wooden spoon. The mixture should be smooth.
4. Stir in the corn and mix.
5. Pour the mixture into baking pan coated with shortening or nonstick spray.
6. Bake in the oven for 25 or 30 minutes or until the cornbread is light brown on top.
7. Remove bread from the oven, cut it into 9 pieces with a knife, and serve it warm for a lip-smacking treat.

Serves: 9

Serving size: 1 piece



Nutritional analysis (per serving):

226 calories
5 g protein
7 g fat
30 g carbohydrate
1 g fiber
48 mg cholesterol
376 mg sodium
77 mg calcium
1.5 mg iron

Raspberry Cheesecake Cupcake

Ingredients:

- 1 1/2 c. sugar
- 24 oz. light cream cheese, softened
- 1 tsp. vanilla
- 4 eggs
- 1 1/2 c. raspberries

Topping

- 8 oz. light cream cheese
- 1/4 c. sugar

Directions:

1. Preheat oven to 350 degrees Fahrenheit (176 degrees Celsius).
2. In a large bowl, use a hand mixer to blend the sugar, cream cheese, and vanilla.
3. Add eggs to cream cheese mixture one at a time and blend after adding each egg.
4. Line 24-cupcake pan with cupcake liners. Fill cupcake liners 3/4 of the way full with cream cheese batter.
5. Divide raspberries evenly between the 24 cupcakes and sprinkle on top of each cupcake.
6. Bake for 25 minutes at 350 degrees (176 degrees Celsius).
7. Remove from oven and let stand for 5 minutes. A well will form in the middle of each cupcake.
8. Turn the oven to 450 degrees Fahrenheit (232 degrees Celsius).
9. In a small bowl, blend together topping ingredients. Using a teaspoon, drop topping into the center of each cupcake.
10. Bake for 5 minutes at 450 degrees Fahrenheit (232 degrees Celsius).
11. Remove from oven and cool. Refrigerate for 1 hour. Keep refrigerated.

Serves: 24

Serving size: 1 cupcake

Nutritional analysis (per serving):

146 calories
5 g protein
6 g fat
3 g sat. fat
18 g carbohydrate
1.8 g fiber
53 mg cholesterol
181 mg sodium
55 mg calcium
0.2 mg iron





New Address:
325 41 Ave N.E

Phone:
(403) 262-9445

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(403) 262-4539

We are also on web!!!

Free Courses

Oct 7, 2008	Positive Discipline 6:30-8:15 McKenzie Lake Towne Hall	Oct 28, 2008	Parenting Inattentive/Hyperactive Children and Youth 6:15-8:00 Signal Hill Library
Oct 27, 2008	Parenting Anxious Children and Youth 6:15-8:00 Learning Village Collaborative	Oct 29, 2008	Parenting a Child with Disruptive Behaviors 6:15-8:00 Alberta Children's Hospital

www.abilitysociety.org

****To register, please go to www.fcrc.sacyhn.ca (Include more courses) If you have any questions about the courses or having problem registering, please contact Hilda Lam at: Hilda_lam@abilitysociety.org OR 403-262-9445 (ext:109)**

Reminder to Parents

- Please sign in your child every workshop.
- Toy from home should stay home or in their lockers.
- Bring:
 - Jacket (fall is here!!!)
 - Snack (if you child does not eat our snacks)
- Please Sign Consent Form and Return to Hilda
- **Please Contact Hilda if you are NOT attending class at:**



Phone: 262-9445 (ext:109)

hilda_lam@abilitysociety.org

