

Let's Move



Childhood obesity or excess weight threatens the healthy future of one third of American children. We spend \$150 billion every year to treat obesity-related conditions, and that number is growing.

Obesity rates tripled in the past 30 years, a trend that means, for the first time in our history, American children may face a shorter expected lifespan than their parents.

We need to get moving. Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.

Let's Move has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation.

Let's Move will give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country.

Want to learn more about our first ladies initiative to eradicate obesity in one generation? Check out her website:

www.letsmove.gov

Earth Day 2010- do you have something to contribute?

Check out these quick easy tips to do your part for our earth...



1. Lower your thermostat. Buy a programmable thermostat.
2. Reuse your water bottle. Avoid buying bottled water. In fact, reuse everything at least once, especially plastics.
3. Buy in fruits and vegetables in season.
4. Turn off lights and electronics when you leave the room. Unplug your cell phone charger from the wall when not using it. Turn off energy strips and surge protectors when not in use (especially overnight).
5. Go to your local library instead of buying new books.
6. Bring your own bags to the grocery store. Given a choice between plastic and paper, opt for paper.
7. Teach kids about the environment.
8. Do full loads of laundry and set the rinse cycle to "cold."
9. Wash towels after several uses.
10. Don't allow the water to run while brushing your teeth.

Source: www.divinecarline.com

Recipes for the Whole Family

Roasted Asparagus – Look for Asparagus at your local farmers market near the end of April!!



So simple to prepare, but what a great flavor!!

Ingredients:

- 4 pounds fresh, local asparagus
- ¼ cup light olive oil
- ½ teaspoon of salt
- ¼ teaspoon of pepper
- ¼ cup sesame seeds, toasted

Instructions:

Arrange Asparagus in a single layer in two foil-lined 15-in. x 10-in. x 1-in. baking pans. Drizzle with oil. Sprinkle with salt and pepper. Bake, uncovered, at 400° for 12-15 minutes or until crisp-tender, turning once. Sprinkle with sesame seeds.

Servings: 10-12

*Source: www.tasteofhome.com

