

Faculty, Staff, Students, Parents and Community Members

Join us for the Step Up & Scale Down Program!

Valley Mills ISD will partner with the Bosque County AgriLife Extension Service to launch a new 12-week nutrition and weight management program which will begin February 23rd !

The program will consist of

- Weekly lessons to help you manage weight
- A private weekly weigh-in to track your weight loss
- A weekly challenge to help you “stay the course”
- Free Dinner Tonight! Healthy recipes
- Incentives and/or door prizes

Information for the class is as follows:

- ◆ The class begins Monday, February 27, 2012, from 3:30 p.m. to 4:30 p.m. in Mrs. Kim Jones’ classroom.
- ◆ The cost is \$15 for the 12-week program
- ◆ The class is open to all VMISD faculty, staff, students, and community members!
- ◆ Presenter: Donna Edwards Bosque County Extension Agent
- ◆ Get together with your family and friends and sign up today!

To Register, contact Mrs. Seawright. or Mrs. Jones .

254-932-5210



Sign up by Thursday, February 23rd.



For more information,
contact:

Donna Edwards
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254-435-2331
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TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL



Simple Tips to Include Activity in Your Day

- * **Park farther away.** Rather than driving around looking for the closest parking spot, burn calories by parking farther away from stores or your work entrance!
- * **Clean house.** Cleaning just a couple of rooms each day can help you burn around 80 calories for your 15 minutes of work.
- * **Take the stairs.** Taking the stairs is good for strengthening your knees and legs as well as your cardiovascular system. Take one flight at a time to avoid overdoing it at first.
- * **Adopt an “activity” buddy.** This adds a great social element and helps you “stick to it” over the long run.
- * **Adopt a canine buddy.** Help yourself and your furry friend too.

Adapted from <http://www.health.harvard.edu/>



Together. Better. Stronger.

For more healthy tips, visit the Healthy County Facebook page at www.facebook.com/TACHealthyCounty

Stuffed Peppers—Greek-Style

- 1 lb. 90% lean ground beef
- 1 10-oz pkg. frozen chopped spinach, thawed and squeezed dry
- 1 medium zucchini, coarsely grated
- 1 small onion, minced
- ½ c. bulgur wheat
- 1 egg, lightly beaten
- ½ t. dried oregano
- ½ t. salt
- Black pepper to taste
- 3 medium bell peppers, cut in half lengthwise, cored
- 2 14.5-oz cans no salt added stewed tomatoes, finely chopped, juice reserved
- 1/3 c. crumbled feta cheese

Preheat oven to 350°F.

In a large bowl, combine the beef, spinach, zucchini, onion, bulgur, egg, oregano, salt and pepper. Mix until well combined.

Arrange the pepper halves cut side up in a 9X13 baking dish and fill each pepper half with the meat mixture. Pour the tomatoes with their juices over the peppers. If desired, sprinkle with feta cheese. Cover with aluminum foil and bake for 30 minutes. Uncover and bake the peppers until filling is thoroughly cooked and the peppers are tender, about 45 minutes longer.

6 Servings

Calories:	200	Sodium:	445 mg
Total Fat:	6g	Cholesterol:	83 mg
Carbohydrates:	17g	Protein:	21 g
Fiber:	5g		



Have you planned
Dinner Tonight?

Texas AgriLife Extension Service can help if you're looking for a fast, healthy recipe! To try a healthy recipe today that is easy to prepare and easy on your budget, simply go online to: <http://healthyliving.tamu.edu/> to see a quick video demonstration of a new recipe each week.



