



COLONIAL NEWS

Health Committee Newsletter

February 2020

February

Welcome to the Albert Gallatin School District Health Committee's monthly newsletter. Each month this publication will provide our district with health and fitness information. Our goal is for our students, families, and staff to use this information to make healthy decisions and to live a healthy active lifestyle.

Recipe of the Month: Pumpkin Chocolate Chip Muffins

Ingredients

- 1 box chocolate cake mix
- 1 can pumpkin
- 1 cup chocolate chips
- If you want you can add more chocolate chips you can use 1 1/2 cups of chocolate chips. Also semi-sweet chocolate chips taste the best.

Mix can of pumpkin and chocolate cake mix together thoroughly (can use an electric mixer, if you prefer). Sprinkle chocolate chips over batter and stir in.

Fill greased or paper-lined muffin tins almost full. Bake at 350 for 20 to 25 minutes, until done.

To freeze: Cool completely and seal tightly in a zip lock bag. Store for up to 4 weeks in the freezer.

To serve: Thaw for 30 minutes to 2 hours, or warm for a minute in the microwave.

Makes 12 full-sized muffins.



Healthy Tips for February

- **Wash your hands often**

Washing your hands helps you from getting sick!!!

- **Heart Health**

Try to walk 30-60 minutes a day. This will help keep your heart healthy.

- **Manage stress**

Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.



The Strengthening Families Program will be offered at **Albert Gallatin Area High School on Mondays, February 24th to April 6th**. The program is for all families with youth age 10 to 14 and will be held on Monday nights for 7 weeks. There is **NO COST** to attend. A **FAMILY MEAL** will be served at the beginning of each session and **CHILDCARE WILL BE PROVIDED** for younger siblings.

Space is limited, so register early! For further information or to register, contact Michele George at the Penn State Extension of Fayette County at 724-438-0111 or mzg226@psu.edu

Please view additional information at the district website—agasd.org.

walk

your way to health

**ONLY 30 MINUTES OF
WALKING A DAY...**

