



**Commit to Be Fit**

# July Newsletter

## Announcements



## C2BF Spring CHALLENGE

### Winners Announced

**Congratulations to our C2BF Spring Challenge winners!**  
Amy Grady placed 1st and won the \$50 Walmart gift card.  
Our 2nd place finisher, **Jessica Langley (pictured)**, won a C2BF tank top and shaker bottle. Way to go, Amy and Jess!



## July Activity Schedule

### July Step Classes

Join Gail for Step class at the High School:  
Monday, July 2<sup>nd</sup>- **CLASS WILL NOT BE HELD**  
Wednesday, July 4<sup>th</sup>- **CLASS WILL NOT HELD**

Monday, July 9<sup>th</sup>- Step at 5:30pm  
Wednesday, July 11<sup>th</sup>- Step at 5:30pm  
Monday, July 16<sup>th</sup>- Step at 5:30pm  
Wednesday, July 18<sup>th</sup>- Step at 5:30pm  
Monday, July 23<sup>rd</sup>- Step at 5:30pm  
Wednesday, July 25<sup>th</sup>- Step at 5:30pm

Monday, July 30<sup>th</sup>- **CLASS WILL NOT BE HELD**

All other classes are on break until August.



*Summer Step Class*

# MEET Sarah

**We are excited to introduce our summer intern, Sarah Thornhill!** Sarah is interning this summer through the PATH Foundation and partnering with C2BF. She will be transferring to CNU in August to major in Psychology with career goals of pursuing a Master's in Occupational Therapy. Youth in our community are lucky to have such a passionate leader. Sarah is leading educational opportunities at the Warrenton Farmers Market, action based learning activities at Child Care & Learning Center, and helping us prepare health initiatives for the upcoming school year. Welcome, Sarah!

*Check out Sarah's tip and recipe below!*



## Tip of the Month

**Tip and Recipe Submitted by Sarah Thornhill, PATH Intern**

Not many people know how beneficial a farmer's market can be. Local, handpicked and harvested fruits and vegetables are free from harsh chemicals that grocery store produce may contain. Fresh produce is affordable, helps local farms, and is quite tasty. Bring the kids along to show them where their food can come from and teach them about living a healthy lifestyle that supports the community they live in.



*Sarah and Lis Heras (fellow PATH intern) at the Farmer's Market*

This summer and into the fall, Warrenton offers three markets each week. Join us at the WARF every Wednesday (closed on July 4th) from 8:00am-1:00pm, the corner of 5th and Lee street in Old Town Warrenton every Saturday (1st Saturday of each month is a special kids' day) from 8:00am-12:00pm, or Archwood Green Barns Farm in the Plains every Sunday from 10:00am-3:00pm.

Use the following recipe to make a healthy dessert alternative using the fruits you find at the markets!

# Recipe of the Month

## Fruit Pizza

### Ingredients

#### **Crust:**

- 1 Cup flour
- 1/4 Cup brown sugar
- 1/4 Cup finely chopped walnuts
- 1/4 Cup oatmeal
- 9 Tablespoons butter (cut in pieces)
- Pinch of salt

#### **Filling:**

- 1 8oz. container of cool whip
- 1 small box of instant vanilla, lemon or banana pudding
- Dash of vanilla

**Toppings:** any fruit of your choice



### Directions

1. Preheat the oven to 350 degrees.
2. In a large bowl, add the dry ingredients and toss to mix thoroughly.
3. Add the butter and using two forks or a pastry cutter, cut the butter into the mix until it resembles small peas.
4. On lightly greased pizza pan or baking sheet, press dough into 12 inch circle and prick with a fork
5. Bake 10-12 minutes or till golden brown allowing to cool completely.
6. In another bowl, mix the cool whip and pudding with a dash of vanilla.
7. Spread it on cooled crust, then arrange with slices of your favorite fruit.

