

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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Hop, Skip, Jump with Sidewalk Games

The weather is getting nicer, the days longer, and summer is around the corner. It is a good time to think about your physical activity habits and maybe give them a boost. Doing things like workout videos, simple circuits, and playing together as a family are all ways to stay socially distant and be active.

One of the ways the Cent\$ible Nutrition Program likes to stay active is with sidewalk games. In several communities around Wyoming, we have worked with our local partners to put sidewalk stencils at parks, schools, daycare centers, Extension offices, and even downtown. You can make your own sidewalk games with chalk or sidewalk paint—here is one of our favorites!

Mirror Me

Mirror Me is a game in which one player follows another's actions. To make a Mirror Me game, draw two, 3-4 foot wide circles across from one another. Inside each circle, draw a pair of feet in the center, drawing them so the pairs of feet face each other. In one circle, draw 6 different shapes around the feet (star, square, heart, triangle, diamond, flower, etc.). In the other circle, draw the same shapes, but make sure they mirror the first circle. To play:

1. Players decide who will be the leader.
2. Both players start with their feet on the feet in the center of their circle.

Continued on the back

Sidewalk games, continued

3. The leader starts by stepping on one of the surrounding shapes. The other player then steps on the same shape in their circle.
4. The leader then steps on the first shape again and adds another. The second player follows. The game continues with the leader adding a new step to the pattern each time until one of them can't follow the pattern, then they switch leaders.

For more stencil games, visit: <https://uwyocnp.org/stencils/>.

Become a Cent\$ible Nutrition Program Pro!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and depending on the county, in-person. Find out more at: <https://uwyocnp.org/cnp-online-classes/>.



Black Bean Hummus

Ingredients

- 2 15-ounce cans black beans, drained and rinsed
- ½ cup onion, chopped
- 3 garlic cloves, peeled
- 2 teaspoon lemon or lime juice
- 2 teaspoon olive oil
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 3 Tablespoons cilantro (optional)
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Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine all ingredients in a food processor except cilantro. Puree until smooth, about 2 minutes.
3. Add the cilantro and process for about 15 seconds.

Makes 6 ½-cup servings



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