



# Big Brothers Big Sisters

BIG BROTHERS BIG SISTERS OF SHELBY AND  
DARKE COUNTY, INC.

## HEALTH AND FITNESS TIPS OF THE MONTH....

### Health and Fitness Tips of the Month -

#### Fast food: 5 ways to healthier meals while you're out

Though we all know that we usually eat healthier when cooking our own meals at home, these five tips can help you make wise meal choices when going to a fast-food restaurant. If you have to eat outside your home, the key is to choose wisely when ordering fast food.

- 1) Keep portion sizes small. If the fast-food restaurant offers several sandwich sizes, pick the smallest. Bypass hamburgers with two or three beef patties, which can pack more than 1,000 calories and 70 grams of fat.
- 2) Choose a healthier side dish. Take advantage of the healthy side dishes offered at many fast-food restaurants. For example, instead of French fries choose a side salad with low-fat dressing or a baked potato. Or add a fruit bowl or a fruit and yogurt option to your meal.
- 3) Go for the greens. Choose an entree salad with grilled chicken, shrimp or vegetables with fat-free or low-fat dressing on the side. Also skip extras, such as cheese, bacon bits and croutons.
- 4) Opt for grilled items; and avoid fried and breaded foods. Select grilled or roasted lean meats — such as turkey or chicken breast, lean ham, or lean roast beef.
- 5) Watch what you drink. Instead of ordering beverages that are high in calories, order diet soda, water, unsweetened iced tea, sparkling water or mineral water. Also, skip the shakes and other ice-cream drinks to save yourself a lot of unneeded calories.

#### Healthy Recipe: Chicken Pot Pie

##### Directions

Simmer 2 large chicken breasts in 1 cup of chicken broth. Season the chicken breasts to taste, by adding salt, pepper, and parsley flakes. Cube the chicken and set aside. Do not throw-out the chicken broth after removing the breasts from the pan; it will be later used.

Cube 2 red potatoes, 2 medium-sized carrots, 1 ½ cups green beans, ½ onion sliced or chopped, and 1 cup frozen peas. Place the vegetables together in a bowl, and microwave until soft. Season the veggies like the chicken.

Add 2-5 teaspoons of corn starch to thicken the broth in the chicken pan, and stir the mixture. Add broth to the chicken and veggies mix, and stir together. Place all of the ingredients into a frozen pie crust. Place the second frozen pie crust on top.

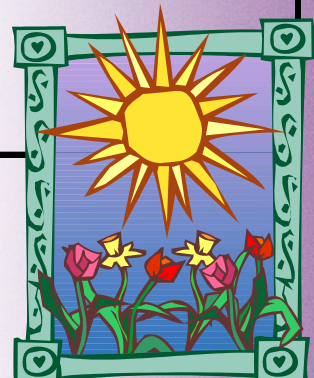
Bake in the oven at 350° for 40 minutes. Cut into 8 pieces for serving.

*Welcome Spring!*

Help vulnerable children beat the odds!

Our programs are proven to help kids succeed in school, avoid drugs & alcohol, and break negative cycles.

Recruit volunteers today to help them get there!





**Big Brothers Big Sisters of Shelby and Darke County, Inc.**

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**Start Something...  
Make a Positive and Lasting Impact!!!**

**We're on the web @  
[www.bigbrobigsis-shelbydarke.org](http://www.bigbrobigsis-shelbydarke.org)**



**Upcoming Events...Mark your calendars!!**

Friday, April 1 - Quarters For Kids 2011 – Newport Sportsmen’s Club

Saturday, April 16, 9am-12pm – YMCA Healthy Kids Day - Sidney

Saturday, April 16, 12-2pm – YMCA Healthy Kids Day - Greenville

Thursday, June 23 – Duck Derby & 5K – Tawawa Park in Sidney

**RSVP for all events to 547-9622 or 492-7611**

**Healthy Living for a Lifetime** is the agency theme this year in collaboration with Dannon and their Next Generation Grant. Our goal is for everyone to become more physically fit and

nutrition savvy. We truly want to inspire everyone to lead a healthier lifestyle.

Dannon website notes, “Good physical and mental health, plenty of exercise and a balanced diet with nutritious foods like Dannon yogurt are key to keeping your mind and body strong. Explore the topics [on the website] to learn more about maintaining your healthy lifestyle.”

Find us on  
Facebook!

Make a BIG impact!!  
Recruit a volunteer to-  
day! It only takes a few  
hours two times a month  
to impact the life of a  
child!!  
Volunteer today!

