##### **October 12 - October 18, 2009**



##### **Week Two - Feeling Great with Family & Friends**

This week's focus is family and friends, and the importance of maintaining a healthy work/life balance.



We encourage you to try implementing some of these things into your week with your family.

1. It’s Thanksgiving! Why not try some healthier recipes this year. Here’s one healthy alternative:

## Baked Sweet Potatoes with Ginger and Honey

* 3 pounds sweet potatoes, peeled and cubed
* 1/2 cup honey
* 3 tablespoons grated fresh ginger
* 2 tablespoons walnut oil
* 1 teaspoon ground cardamom
* 1/2 teaspoon ground black pepper
* Preheat oven to 400 degrees F (200 degrees C).
* In a large bowl, toss together the sweet potatoes, honey, ginger, walnut oil, cardamom, and pepper. Transfer to a large cast iron frying pan.
* Bake for 20 minutes in the preheated oven. Stir the potatoes to expose the pieces from the bottom of the pan. Bake for another 20 minutes, or until the sweet potatoes are tender and caramelized on the outside.

1. Instead of watching television, sit down with your family and play an interactive game such as, Pictionary or charades.
2. Create a family fun suggestion box and try doing one suggestion from each family member this week.
3. Shake up your family’s lunches this week. Try some of these healthy and fun ideas:

* Celery sticks with light cream cheese spread onto them sprinkled with raisins
* Fruit skewers with a cube of low fat cheese between every 2 or 3 pieces of fruit
* Turkey and light cream cheese wraps rolled and cut into slices/spirals

1. Have each family member write out or tell the rest of the family one thing that they are thankful for everyday this week.

*Source*: Health Canada, healthyworkplaceweek.ca