



Golden Pumpkin Granola

A tasty granola with a pumpkin-spicy flavor that is perfect for Fall. Recipe courtesy of [Flourish Your Life](#).

Ingredients:

- 2/3 cup canned pure pumpkin
- 2 Tbs. 1% milk (or almond milk)
- 1/2 cup honey or agave nectar (can substitute sugar-free maple syrup)
- 1 Tbs. vanilla extract
- 2 tsp. pumpkin pie spice
- 2 tsp. ground cinnamon
- 3 1/2 cup whole rolled oats
- 1/2 cup sliced almonds
- 1/2 cup pepitas/shelled pumpkin seeds (can substitute walnuts, pecans or pistachios)
- 1/3 cup Stevia-in-the-Raw (or Splenda)
- 1/2 cup golden raisins

Directions:

In a medium bowl, mix: pumpkin, milk, honey, vanilla, and seasonings. Whisk together well. Add oats, almonds, pumpkin seeds, and stevia. Mix until oats and nuts are evenly coated. Spray a baking sheet with nonstick cooking spray and spread granola out in a thin layer over the baking sheet. Bake at 275 degrees F for 1 hour and 15 minutes. Cook a little longer for more crunchy granola, or a little shorter for chewy granola. Stir in raisins after granola comes out of oven. Keep in airtight container and

Healthy Halloween Fun

FitCity wants you and your kids to have fun this Halloween season. From fun games to healthy snacks, FitCity has some tips and ideas to keep you moving more and eating healthy.



- Play **mummy wrap** - with a roll of toilet paper for each team, simply run around the "mummy" to see who gets wrapped up first.
- Turn the radio to the "**Monster Mash**" song and have kids show off their silliest monster dance moves.
- Create **relay races** and have kids stagger like zombies, fly on broomsticks like witches, or hop like toads.
- Play **musical pumpkins** by cutting pumpkin shapes from construction paper and placing them on the floor; kids must move from pumpkin to pumpkin while the music plays, just like in musical chairs.

When the games have ended and your "little monsters" are ready for a snack, try serving one of [15 healthy Halloween recipes](#) from Family Fun, including Eerie Eyeballs, Salty Bones and Monster Mash Dip. For a fun, healthy break from Halloween sweets, try [FitCity's Volcano Apples](#). Just cut the core and seeds out of an apple and overfill it with cereal, or popped popcorn, dried fruit pieces and nuts.

To help resist the temptation to sneak candy from your kids' treat bags, try the [Halloween Candy Buy Back Plan](#) that helped a FitCity mom get the candy out of her house last year.

FitCity in the City

[FitCity](#) will be a part of the 20th Annual [Indiana AIDS Walk & Ride](#). Stop by the FitCity booth for fun fitness activities, healthy recipes and tips to help you make a healthy move.



- **Saturday, Oct. 9:** Indiana AIDS Walk & Ride 2010, noon - 5 p.m., University Park, downtown (Vermont St. & Meridian St.). A 5K walk and 10K bicycle ride to raise money for HIV impacted Hoosiers and the agencies that serve them. Stop by the Health and Education Tent to visit FitCity and the more than 30 different booths. For information call (317) 630-1805.

enjoy!

Grant Money Available from Geist Marathon

With a mission of promoting health and wellness for students within Geist area schools, the Geist Half Marathon Inc. is committed to funding programs to help subsidize health and wellness initiatives. Last year, \$65,000 was donated to school programs. Grant applications are now being accepted through Dec. 1 from schools within Marion, Hancock and Hamilton counties. [Download](#) an application. Email questions to info@geisthalf.com.



Log On Before Going Out

If you're going out to dinner, but not sure where to get a healthy meal, visit [Healthy Dining Finder](#).

Healthy Dining has teamed up with 60,000 fast food and fine dining restaurants across the U.S. to provide great-tasting healthy choices and accurate nutrition information, including several dietician-approved menu options. So before you visit a restaurant, visit the internet to find a healthy option near you.

What's for Lunch?

"School Lunch - What's on Your Tray?" is an interactive campaign designed to inspire students to get excited about healthy school lunch choices. Encourage your child to take a personality quiz to reveal which cool cartoon characters fit their personality: the social star, busy bee, sports fanatic or just totally chilled-out student. The campaign helps children learn what foods are best to fuel them up, keep them healthy and get the most out of their action-packed school days. [The campaign](#) runs now through Oct., culminating in National School Lunch Week, Oct. 11-15.



If you would like to have FitCity participate in your event, send an e-mail to comments@fitcityindy.org.

Walk to School on Wednesday

Join kids and families across the U.S. who will walk and bike to school on [Walk to School Day](#), Wednesday, Oct. 6. In just one generation, the numbers of walkers and bikers have decreased dramatically to only 16% in 2001. The goal of this program is to encourage students to walk and bike to school every day.

FitCity Calendar

- **Tuesday, Oct. 5:** ABC's of Diabetes: 1:30-3:30 p.m., West Indianapolis Public Library, 1216 S. Kappes St. A four-part series covering topics on medication, nutrition, exercise, monitoring and more. For information call (317) 211-2094.
- **Saturday, Oct. 9:** [For Tomorrow's Nurses Run/Walk](#), 7:30-10 a.m., Buggs Temple, 337 W. 11th St. A family-oriented 5K/10K run walk and 1-mile "fun" walk to raise awareness of the nursing shortage and support the education of tomorrow's nurses. For more information visit www.tuxbro.com.
- **Saturday, Oct. 16:** Halloween Hikes, 6-9 p.m., Ritchey Woods Nature Preserve, 10410 Hague Rd. Join the animals for a family friendly night hike, stay for fun around the campfire and fun crafts for kids. For information call (317) 595-3156.
- **Saturday, Oct. 23:** Fall Indoor Tennis, 10:45 a.m.-3:45 p.m., Garfield Park, 2345 Pagoda Dr. NJTL's indoor quick start program for beginner and tiny tyke level players. Kids will learn the FUNdamentals of tennis. For information call (317) 429-9965.
- **Friday, Oct. 29:** [Run Like Hell](#), 7 p.m., White River Park (old Washington St. bridge). A 3-mile run/walk (in the dark) to celebrate Halloween. Dress up, run and have fun. For more information visit www.tuxbro.com.

For more events and FitCity resources visit www.fitcityindy.org or call 2-1-1.

FitCity is a community-wide childhood obesity fighting campaign of [Learning Well, Inc.](#), with support from [The Health Foundation of Greater Indianapolis](#), the [City of Indianapolis](#), [United Way of Central Indiana](#), [Marion County Health Department](#) and [Connect2Help 2-1-1](#).

Make a healthy move and share the FitCity News!

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