



Bounce / Munch Program 2011 / 2012

The Bounce / Munch program focuses on getting children excited about fitness and nutrition using a variety of fun and creative activities. Overall, children have fun, get active and learn to cook!

BOUNCE, the physical component of Bounce/Munch, will include the three core areas of physical fitness. These areas are **Endurance**; get everyone sweating, **Flexibility**; you will feel “stretchy” and **Strengthening**; which helps keep muscles strong and bones healthy. Participants will look forward to activities, such as Tai Chi, aquatic games, tag, soccer and Rock Climbing. Children, staff and volunteers get up, get moving and have fun, while shattering the stereotype that you have to be an athlete to be active.

MUNCH, our food and nutrition component, will help children learn about healthy food options, teach them basic kitchen skills and get them excited about cooking! Each session will offer a variety of different menu items, including breakfast, lunch and dinner. Children are encouraged to try new foods, keep an open mind and gain the confidence they need to be safe and productive in the kitchen.

Following is a basic outline of the Munch topic for the year:

Introductory Classes: September 17 & 24, 2011

Cost: \$6.00

These classes will be used to familiarize the participants with the kitchen, the equipment and a variety of terms used. Simple meals will be prepared.

Session One – Fall Fare: October 1, 8, 15, 22, 29 & November 5, 2011

Cost: \$18.00

We will look at the bounty of the fall harvest, fun food for Halloween, how to prepare Thanksgiving favorites and great school lunches that participants can make at home.

Session Two – Easy Entertaining: November 12, 19, 26, December 3, 10 & 17, 2011

Cost: \$18.00

The time of year, when people start to gather for get-togethers, is the perfect time to teach the children about menus geared to entertaining. We will learn how to make freezer friendly appetizers and entrées, as well as explore different types of holiday foods.

Session Three – Winter Warmers: January 7, 14, 21, 28 & February 4, 2012

Cost: \$15.00

As the weather turns cold, we will look at healthy comfort foods, how to make hardy homemade soups, and how to best utilize frozen fruits and veggies to make the most out of the winter season.

Session Four – International Cuisine: February 11, 18, 25, March 3, 10 & 17, 2012

Cost: \$18.00

This is your chance to try something new and exciting or introduce a family favorite to the rest of the group. We will be preparing a variety of foods from around the world.

Session Five – Fabulous Favorites: March 24, 31 April 7, 14 & 21, 2012

Cost: \$15.00

It's your turn to be in control! As a group, the participants will pick their favorite foods and we will prepare one each week. This is the session you don't want to miss!

Session Six – Spring Fling: April 28, May 5, 12, 26 & June 2, 2012

Cost: \$15.00

With the warmer weather approaching, we will explore a variety of lighter foods, such as sandwiches and salads. We will also look at grilling some traditional favorites like homemade burgers and mini-pizzas.

Session Seven – Time to use your Skills: June 9, 2012*

Cost: \$3.00

We will use this last class to put our skills to good use. Participants will be able to invite a family member or friend for a lunch prepared by them!

***Children must have participated in at least two other sessions to attend session seven.**

BOUNCE / MUNCH

DAILY OUTLINE

Each day will vary depending on such things as cooking times and guest instructors. We may start cooking earlier, participate in Bounce while food is cooking and then eat after Bounce. **The outline below is an example of what a basic day may look like.**

10:00 am – Meet, discuss activities for day and read over recipe.

10:10 am – Warm-up: These activities may include tag games, skipping and relay races.

10:20 am – Stretch: This could include a game of “Simon Says”, Tai Chi and Yoga.

10:30 am – Activity: Possible activities could include soccer, pool games (Wellness Pool), and rock climbing.

11:00 am – Cool-down: Low key activities such as walking a couple laps around the gym and more stretching.

11:10 am – Washroom break, wash hands and gather in the kitchen for Munch.

11:15 am – Divide into groups, assign tasks, gather supplies and begin prep.

11:30 am – Begin cooking (This would depend on how much prep and cooking time is required).

While food is cooking (if the food doesn't require monitoring) clean up and nutritional activities will take place.

12:15 pm – Eat

12:35 pm – Clean-up

1:00 pm – Pick-up or Afternoon Adventure

Munch Menu for First Two Sessions*

Introductory Classes		Note to Parents / Guardians
September 17, 2011	Ranch Turkey Burger Sliders, Stuffed Zucchini, Veggies & Dip.	All participants are encouraged to try a little of each menu but if you are concerned your child will not enjoy the recipes for that day, you are welcome to send a lunch with them. Please note that we will not be using pork products in our menus. Hotdogs, bacon and pepperoni will all be products made without pork. We strive to be a peanut free environment. We cannot accommodate for individual food allergies / sensitivities. Please send a lunch with your child if they cannot eat the food being prepared.
September 24, 2011	Chili Cheese Burritos and Caesar Salad	

*Menus may change throughout the season for a variety of reasons such as fresh food donations and product availability. We will try to inform you at drop off of any last minute changes to the schedule.