

# THE BULLDOG CHALLENGE

November



## WELLNESS WEDNESDAY ACTIVITY:

Also, our next Wellness Wednesday will be November 9th. Tom Daily, Program Director from GLASA (Great Lakes Adaptive Sports Association), will be our guest. The Great Lakes Adaptive Sports Association (GLASA) was formed to provide sports and recreational opportunities to children and adults who had a primary physical or visual impairment. The Great Lakes Adaptive Sports Association believes that the quality of life should never be limited by a physical or visual impairment. GLASA believes "that it is possible to remove boundaries, elevate expectations, fulfill dreams, enhance self-worth and empower individuals with disabilities in competitive and recreational sports."

## WELLNESS WEDNESDAY FOOD RECIPE

### Whole Wheat Pumpkin Chocolate Chip Bread

#### Ingredients:

3 1/2 cups whole wheat flour  
2 tsp cinnamon  
1 1/2 tsp nutmeg  
1 1/2 tsp salt  
1/4 tsp allspice  
2 tsp soda  
1 1/2 cups sugar  
4 eggs  
1 cup canola oil  
1 16oz can pumpkin  
1 bag chocolate chips  
2/3 cup water

Combine sugar, eggs, oil, pumpkin, and water; mix well. In a separate bowl sift together flour, salt, cinnamon, nutmeg, allspice, and soda. Beat mixtures together just until mixed. Stir in chocolate chips. Pour batter into greased and floured loaf pans. Bake at 350 degrees for 1-1 1/4 hours. This recipe makes two 9" x 5' loaves or three 7 1/2 x 3 1/2 loaves

## **BONUS POINTS**

**Win up to 5 BONUS POINTS for meeting the challenges below. Take one point for each achievement!**

- 1. Try the healthy recipe of the month**
- 2. Try a new sport or exercise**
- 3. Rake leaves for your parents**
- 4. Have a vegetable everyday**
- 5. Take a nature hike with your family**