



CONTENTS

September is Whole Grains Month

Slow-Cooker Turkey Stew with Lima Beans

Everday Heroes 5K Walk

Fall Into Fitness

Back To School

8 Ways to Eat Sustainably

Dates to Remember

Meet the Team

Links

Visit Our Web Site

SUBSCRIBE

Enter your email address in the box below to receive an email each time we post a new issue of our newsletter:

Add Remove
Send as HTML

ARCHIVE

Issue 8
August 1, 2010
Vol. 4 Issue 8

Issue 7
July 1, 2010
Vol. 3 Issue 7

Issue 6
June 1, 2010
Vol. 4 Issue 6

Issue 5
May 1, 2010
Vol. 4 Issue 5

Issue 4
April 1, 2010
Vol. 4 Issue 4

September is Whole Grains Month

September is Whole Grains Month and every year the Whole Grains Council celebrates with special events and promotions all month. Whole Grains Month is a great time for everyone to get on the whole grains bandwagon. Eating better is not an all or nothing choice. Every little improvement you make in your food helps.

[\[VIEW THE FULL STORY\]](#)



Slow-Cooker Turkey Stew with Lima Beans

by Food Everyday, September 2010

Let this be your back to school meal. It will cook all day while the kids are at school and you will have a virtually no fuss meal after the first day of school.

[\[VIEW THE FULL STORY\]](#)



Everday Heroes 5K Walk

<http://www.walkforcops.com/index.html>

The Everyday Heroes 5K Walk & Fun Run will take place on Sunday, September 26 at 8:00am at De Anza Cove at Mission Bay Park. This 5K is a benefit for the "Everyday Heroes" program, which helps San Diego police officers become homeowners. For more information or to register for the 5K click [here](#).



Issue 3

March 1, 2010
Vol. 4 Issue 3

Issue 2

February 1, 2010
Vol. 4 Issue 2

Issue 1

January 1, 2010
Vol. 4 Issue 1

Issue 12

December 1, 2009
Vol. 3 Issue 12

Issue 11

November 5, 2009
Vol. 3 Issue 11

Issue 10

October 7, 2009
Vol. 3 Issue 10



use this link to print
this newsletter

[Fall Into Fitness](#)

The end of summer can be hard for some people, but luckily for us San Diegans we have a few more months of beautiful summer-like weather ahead of us. With kids back-to-school and the holidays on the way it may seem impossible to find time to exercise, but this is one of the best times of the year to get out and enjoy the fresh air.



[\[VIEW THE FULL STORY\]](#)

[Back To School](#)

How to stay organized and on track

Research suggests that parental involvement in school is vital to a child's academic success. However, if you are a single parent or a working parent you may find it difficult to find ways to get involved. Use the following list to stay organized and help your child succeed academically.



At School:

- Attend parent teacher conferences
- Get to know your child's teacher
- Drop in on extracurricular activities

[\[VIEW THE FULL STORY\]](#)

[8 Ways to Eat Sustainably](#)

1. Buy local eggs. Purchase them at a farmer's market, directly from the person who collected them.
2. Be package conscious. If you are buying food at the store, try to choose products that come in the least amount of packaging possible or in containers that are recyclable or compostable.
3. Get farm fresh food delivered. Find a community supported agriculture (CSA) farm near you and pay a subscription fee for regular batches of local produce.
4. Soak grains and beans overnight. You will cut the cooking time and energy usage in half.

[\[VIEW THE FULL STORY\]](#)

Dates to Remember

September 7 - Labor Day
Septmeber 9 - Rosh Hashanah
Septmeber 12 - Grandparents Day
September 18 - Yom Kippur



Meet the Team

Spice of Life is a team of very dedicated, talented professionals who consistently and cooperatively work together to create successful events that exude the heart and passion that is discovered in its production. Spice of Life's team is devoted to touching people's lives-- one event at a time.



[\[VIEW THE FULL STORY\]](#)

Published by [Spice of Life](#)

Copyright © 2010 Spice of Life, Inc.. All rights reserved.

[TELL A FRIEND](#)

[RSS](#)

Created with [eNewsBuilder](#)



HOME



LETTERS

There are no letters for this article. To post your own letter, click Post Letter.

[\[POST LETTER\]](#)

CONTENTS

September is Whole Grains Month

Slow-Cooker Turkey Stew with Lima Beans

Everday Heroes 5K Walk

Fall Into Fitness

Back To School

8 Ways to Eat Sustainably

Dates to Remember

Meet the Team

September is Whole Grains Month

September is Whole Grains Month and every year the Whole Grains Council celebrates with special events and promotions all month. Whole Grains Month is a great time for everyone to get on the whole grains bandwagon. Eating better is not an all or nothing choice. Every little improvement you make in your food helps.

Here are a few things you can try this month to help your diet:

1. Try to buy three different loaves of whole-grain bread this month and taste all of them to see which one you like best.
2. Serve bulgur brown rice with dinner instead of potatoes one night this month.
3. Look for the whole grain stamp every time you shop.
4. Buy some whole wheat pasta and try it.
5. Try cooking a pot of steel-cut oatmeal.
6. Use whole wheat flour when baking.
7. Serve your hamburger, turkey burger or veggie burger with a whole wheat bun.
8. Try a new breakfast cereal with at least 16 grams of whole grain per serving.

[\[PRINTER FRIENDLY VERSION\]](#)



HOME



Slow-Cooker Turkey Stew with Lima Beans

by Food Everyday, September 2010

Ingredients:

- 2 cups large lima beans, sorted and rinsed
- 2 boneless, skinless chicken breasts, cut into 1 1/2 inch pieces
- coarse salt and ground pepper to taste
- 3 tablespoons vegetable oil
- 1 large white onion, diced medium
- 3 garlic cloves, smashed and peeled
- 1 1/2 cups dry white wine
- 5 large strips of lemon zest, plus 2 tablespoons lemon juice and lemon wedges, for serving

1. In a slow cooker, cover beans with cold water; let sit overnight. Drain beans and return to slow cooker.
2. Season turkey with salt and pepper. In a large skillet heat one tablespoon oil over medium-high. In two batches, brown turkey on all sides, adding 1 tablespoon oil for second batch, about 10 minutes total. With a slotted spoon, transfer meat to slow cooker. Return pan to heat and add one tablespoon of oil, onion, and garlic. Cook, stirring occasionally, until onion is translucent, about 4 minutes. Add wine and bring to a boil, stirring and scraping up any browned bits with a wooden spoon. Boil one minute, then add mixture to the slow cooker.
3. Add 1 1/2 cups water and lemon zest to slow cooker. Season with salt and pepper. Cover and cook on high for 6 hours. (Bean should be tender and turkey will just be beginning to fall apart.) Add lemon juice and stir. Serve stew with lemon wedges. (To store refrigerate up to 4 days, or freeze up to 3 months.)

[PRINTER FRIENDLY VERSION]

LETTERS

There are no letters for this article. To post your own letter, click Post Letter.

[POST LETTER]

CONTENTS

September is Whole Grains Month

Slow-Cooker Turkey Stew with Lima Beans

Everday Heroes 5K Walk

Fall Into Fitness

Back To School

8 Ways to Eat Sustainably

Dates to Remember

Meet the Team

Published by [Spice of Life](#)

Copyright © 2010 Spice of Life, Inc.. All rights reserved.

[TELL A FRIEND](#)





HOME

EVERYDAY HEROES 5K WALK FUN RUN

Everday Heroes 5K Walk

<http://www.walkforcops.com/index.html>

The Everyday Heroes 5K Walk & Fun Run will take place on Sunday, September 26 at 8:00am at De Anza Cove at Mission Bay Park. This 5K is a benefit for the "Everyday Heroes" program, which helps San Diego police officers become homeowners. For more information or to register for the 5K click [here](#).

[PRINTER FRIENDLY VERSION]

LETTERS

There are no letters for this article. To post your own letter, click Post Letter.

[POST LETTER]

CONTENTS

September is Whole Grains Month

Slow-Cooker Turkey Stew with Lima Beans

Everday Heroes 5K Walk

Fall Into Fitness

Back To School

8 Ways to Eat Sustainably

Dates to Remember

Meet the Team



HOME



LETTERS

There are no letters for this article. To post your own letter, click Post Letter.

[\[POST LETTER\]](#)

CONTENTS

September is Whole Grains Month

Slow-Cooker Turkey Stew with Lima Beans

Everday Heroes 5K Walk

Fall Into Fitness

Back To School

8 Ways to Eat Sustainably

Dates to Remember

Meet the Team

Fall Into Fitness

The end of summer can be hard for some people, but luckily for us San Diegans we have a few more months of beautiful summer-like weather ahead of us. With kids back-to-school and the holidays on the way it may seem impossible to find time to exercise, but this is one of the best times of the year to get out and enjoy the fresh air.

- Walking is one of the easiest and best forms of exercise. All you need is a good pair of shoes. The key to making it enjoyable is to stick with it and make it a daily activity. Plan on after dinner walks with the family and use your walk as a time to connect with each other. Take Fido along too. You can also plan family activities around walking such as a fall apple picking adventure!
- Fall is also a great time to start hiking. It is not too hot or too cold and there are less bugs. Hiking also burns mega calories as you increase elevation and really work those legs.

[\[PRINTER FRIENDLY VERSION\]](#)



HOME

back to
School



LETTERS

There are no letters for this article. To post your own letter, click Post Letter.

[\[POST LETTER\]](#)

CONTENTS

[September is Whole Grains Month](#)

[Slow-Cooker Turkey Stew with Lima Beans](#)

[Everday Heroes 5K Walk](#)

[Fall Into Fitness](#)

[Back To School](#)

[8 Ways to Eat Sustainably](#)

[Dates to Remember](#)

[Meet the Team](#)

Back To School

How to stay organized and on track

Research suggests that parental involvement in school is vital to a child's academic success. However, if you are a single parent or a working parent you may find it difficult to find ways to get involved. Use the following list to stay organized and help your child succeed academically.

At School:

- Attend parent teacher conferences
- Get to know your child's teacher
- Drop in on extracurricular activities

At Home:

- Organize your time: Create schedules and calendars for each month and block out time to spend with your kids talking about school, helping with homework, chatting with teachers or volunteering at school.
- Learn to multi-task: Do chores in the same room as your child does his/her homework. That way you are readily available to answer questions.
- Develop a routine or ritual in which you spend time learning with your child. Try to have dinner as a family and discuss school and current events. If a daily routine is impossible, then try to schedule a weekly activity. Get up early on Sunday and go for a family walk or read a story together as a family.

[\[PRINTER FRIENDLY VERSION\]](#)



[HOME](#)

LETTERS

There are no letters for this article. To post your own letter, click [Post Letter](#).

[\[POST LETTER\]](#)

CONTENTS

[September is Whole Grains Month](#)

[Slow-Cooker Turkey Stew with Lima Beans](#)

[Everday Heroes 5K Walk](#)

[Fall Into Fitness](#)

[Back To School](#)

[8 Ways to Eat Sustainably](#)

[Dates to Remember](#)

[Meet the Team](#)

8 Ways to Eat Sustainably

1. Buy local eggs. Purchase them at a farmer's market, directly from the person who collected them.
2. Be package conscious. If you are buying food at the store, try to choose products that come in the least amount of packaging possible or in containers that are recyclable or compostable.
3. Get farm fresh food delivered. Find a community supported agriculture (CSA) farm near you and pay a subscription fee for regular batches of local produce.
4. Soak grains and beans overnight. You will cut the cooking time and energy usage in half.
5. Read PLU codes. If the number on the produce sticker begins with 9 then the item is organic.
6. Plant more than flowers. Almost anyone can grow just a little bit of food. You don't have to be an expert gardener.
7. Compost your kitchen waste.
8. Buy better canned tuna. American albacore is the only canned variety out there that is certified to be sustainable fished.

Eating local foods should always be the priority, but the organic label really does mean something. If you can't buy local, buy organic- coffee, teas, jams, olive oils, honey, nuts, raisin, beans, and grains. There are so many organic options available now.

[\[PRINTER FRIENDLY VERSION\]](#)

Published by [Spice of Life](#)

Copyright © 2010 Spice of Life, Inc.. All rights reserved.

[TELL A FRIEND](#)





SPICE OF LIFE™

Discover a healthy balance.

September 2010

Issue 9

VOLUME 4 ISSUE 9

HOME



Dates to Remember

September 7 - Labor Day
September 9 - Rosh Hashanah
September 12 - Grandparents Day
September 18 - Yom Kippur

[PRINTER FRIENDLY VERSION]

LETTERS

There are no letters for this article. To post your own letter, click Post Letter.

[POST LETTER]

CONTENTS

September is Whole Grains Month

Slow-Cooker Turkey Stew with Lima Beans

Everday Heroes 5K Walk

Fall Into Fitness

Back To School

8 Ways to Eat Sustainably

Dates to Remember

Meet the Team

Published by [Spice of Life](#)

Copyright © 2010 Spice of Life, Inc.. All rights reserved.

[TELL A FRIEND](#)

[RSS](#)

Created with [eNewsBuilder](#)



HOME



LETTERS

There are no letters for this article. To post your own letter, click Post Letter.

[POST LETTER]

CONTENTS

September is Whole Grains Month

Slow-Cooker Turkey Stew with Lima Beans

Everday Heroes 5K Walk

Fall Into Fitness

Back To School

8 Ways to Eat Sustainably

Dates to Remember

Meet the Team

Meet the Team



Amy's background in sales, management and corporate fitness is what led her into producing Health & Lifestyle Expos. In 2006 Spice of Life incorporated making Amy the official CEO. With an incredible love for animals and plants she spends much of her time caring for her pets and garden.

Tim joined the Spice of Life team three years after its inception. With his background in outdoor recreation systems management and an openness to learn sales and the business, event planning came naturally for him. He also quickly took ownership of his role in the company which has led him where he is today, sharing the role of running the business with Amy.



Laurie joined the Spice of Life team after 26 years in Human Resources. Her strong background in benefits and her natural ability to meet and greet people made this career change seamless.

With a background in Public Relations and Education, Sabrina joined the Spice of Life team in 2001. After taking

a break to start a family she is back with the team on a part-time basis helping with logistics and contributing to our company newsletter.

[PRINTER FRIENDLY VERSION]



Published by [Spice of Life](#)

Copyright © 2010 Spice of Life, Inc.. All rights reserved.

[TELL A FRIEND](#)

[RSS](#)

Created with [eNewsBuilder](#)