

# METABOLIC CHANGE JUNE 2020 NEWSLETTER



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## KIDS' FAVORITE CRAFT DOUGHS

1. Play Dough is a perennial favorite. *Domestic Superhero* shares her favorite homemade [playdough](#) recipe.
2. Gak is a stretchy, school-glue-based dough to make at home for hours of fun. *Living Well Mom* gives easy-to-follow instructions with her [gak recipe](#).
3. Oobleck is a sensory dough that provides playtime and a learning experience for younger children. For *The Best Ideas for Kid's Oobleck* recipe with step-by-step instructions and suggestions, click [here](#).

## SUMMER FUN SAFETY

An important way to stay safe this summer is social distancing. For CNN's up-to-date article with experts' guidelines for social distancing click [here](#). Visit Google's [CORONAVIRUS](#) website for more information and resources.

1. Wear a helmet. For the American Academy of Pediatrics one minute video on bike safety and proper helmet use, click [here](#).
2. Use All-Natural Insect Repellent. For *Good Housekeeping's* "13 Buy Sprays for Kids and Babies to Help Protect During Your Next Family Outing" click [here](#).
3. Use All-Natural Sunscreen. For *Good Housekeeping's* list of "11 Best Natural and Mineral-Based Sunscreens for the Whole Family" click [here](#).
4. Use a life jacket for all water sports. Life jackets are available in many different sizes, colors, and styles, including light-weight.
5. Visit well-maintained parks with age-appropriate playgrounds. Playing fields that are poorly maintained or playgrounds that are not age-appropriate pose a significant safety risk.

## EASY PIZZA POCKETS

**1 Jar Pizza Sauce**  
**Annie's Refrigerated Crescent Rolls**  
**Shredded Low-Fat Mozzarella or Italian Cheese Blend**

Unroll crescent rolls and separate into triangles. Flatten out and spread a spoonful of sauce inside each triangle. Add cheese to taste. Fold triangles over and seal edges. Bake on baking sheet according to package instructions.