

METABOLIC CHANGE AUGUST 2020 NEWSLETTER



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SAFE BIRTHDAY CELEBRATIONS

1. Leave a bucket of sidewalk chalk out so that extended family, friends, and neighbors can fill the driveway full of birthday wishes.
2. Make a video montage with birthday wishes, songs, and pictures from extended family and friends.
3. Have a backyard bbq and campout on a clear night, or cook a dutch oven dinner & baked s'mores and camp indoors.
4. Throw a virtual birthday, video game, or streaming party. For *The Verge's* how-to's on video streaming parties, click [here](#). For *Tech Crunch's* virtual birthday party or video game party options, click [here](#). For *PC Mag's How to Host a Virtual Game Night*, click [here](#).
5. Have a themed birthday party at home. Dress up and serve your favorite pirate, Disney character, or superheros food. Bake a themed cake. Play games and watch movies that match your theme.

6. Design an arts & crafts night with a trip to Michael's or Hobby Lobby, or make a birthday box for a child in need. For *Crafting Kind Kids'* instructions on making a birthday box to donate click [here](#).

7. Host a Family Olympics Night. To learn how to compete in the Quarantine Olympics challenges, click [here](#).

DENTISTS' 4 STEP BEDTIME ROUTINE

1. Rinse with an alcohol-based mouthwash.
2. Floss.
3. Brush with a SLS-free (sodium-lauryl-sulfate-free) toothpaste like Sensodyne Pronamel.
4. Rinse with an alcohol-free fluoride mouthwash.

EASY FRUIT PIZZA

1. Bake a sheet pan sugar cookie. Use Annie's refrigerated cookie dough or boxed cookie mix. To make it gluten-free, use Sweet Loren's refrigerated cookie dough. Cool.
2. Beat 8 oz. softened cream cheese, 3 T honey, and 1 t vanilla. Frost cookie.
3. Decorate with sliced fruit or berries, e.g. strawberries, kiwi, peaches, mandarin oranges, or blueberries. Keep chilled until serving.

