



SMART START Mondays

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Find a Restaurant with Healthy Dining Options!

Visit this dietician approved website, put in the city and state then search restaurants with healthy options!

<http://www.healthydiningfinder.com/>

Provided by America On The Move

Free Workshop from You&Me.We.

Relationship GPS - October 24

Tools to navigate your life together. Preserve and enhance fun, friendship and intimacy. Learn to work through communication relationship challenges. Learn to communicate clearly and safely.

Visit www.pinellas.k12.fl.us/HR/Risk/Wellness1.html under **Community Events for more info.**

Other programs to watch for:

- How to Avoid Falling in Love with a Jerk(ette) (Singles)
- Relationship Ed. 101 for expectants
 - Love Smart Retreat (couples)
 - Dating 101 for teens

Chicken Chili

3 cups shredded or chopped rotisserie chicken (or 3 grilled chicken breasts)
1 yellow onion, chopped
1 bell pepper, chopped
1/3 cp chili powder
1 1/2 tbsp. cumin
1 1/2 tbsp dried oregano
2 quarts chicken broth
2 large cans crushed tomatoes
1 can each: black beans, pinto beans, kidney beans (drained & rinsed)
6 cloves minced garlic cloves
1 1/2 oz. semi-sweet chocolate (shopped)
Olive oil

Grill chicken breast and cut into bite-sized pieces or shred rotisserie chicken meat. Heat 1tbsp. Olive oil in a large pot. Sauté onion and bell peppers until softened (5 min.) Add chili powder, cumin, and oregano. Stir for 1 minute until spices are fragrant and have coated vegetable. Add broth, tomatoes, and chicken. Simmer for 25-30 minutes. Add beans, garlic, and chocolate. Simmer for 5 minutes.

Serve with shredded low-fat cheese, diced red onion, diced avocado, chopped green onions, etc.

Serves 8-10

Recipe from Sharron Georges, Seminole/Oakhurst Elem.

Note the Quote

Success is: being yourself.

*Success is: learning something new every day.
~ Ashley Rice*

Please share this information with staff who may not have computer access!

October 19 - Pinellas County School Board Appreciation Day at Shapes

Shapes Total Fitness for Women is saying "thank you" to all PCS female staff. Stop by any Shapes on October 19 from 4:00-10:00pm and receive a free 30 day trial membership.

Come in anytime through the month of October and get 30 days free.

Just bring your PCS Badge!

For locations and additional information, call 1-888-50-SHAPES.

Visit the website at www.shapestotalfitness.com