

SRC NEWSLETTER

Skagway Recreation Center (SRC)

Volume 12 Issue 9

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Detox Dieting

Simple Tips for Whole Body Cleansing

A detox diet is not only a quick and simple way to reset physically and mentally, but also the perfect way to end the summer season in Skagway. Doing a detox diet involves eating clean for a certain period, removing items from your diet that commonly trigger reactions, and slowly reintroducing foods afterward. It's a great opportunity to lose some weight, establish better eating habits, or identify a food allergy or sensitivity that may be making you feel less than 100%. Below are some safe, easy, and effective tips for simple 5 day detox diet, but you can go longer if you want!

1. Clean your cupboards and refrigerator of tempting foods you want to cut out. *If you don't want to toss everything, at least move tempting out of sight.*
2. Buy all the fruits, veggies, and condiments for your meal plan.
3. Prepare your food for the next 5 days. Clean and chop veggies and fruit for handy snacking and quick meal preparation. Make one large pot of detox soup.
4. Start on a non-work day so that you have time to shop and prepare food as well as some downtime to adjust.

Below is a simple plan to follow that will leave you feeling focused and ready for autumn!

7-8am Breakfast

Choose *ONE* of the following Fruit- you can have as much as you want.

Apples
Pears
Watermelon
Grapefruit
Plums
Kiwi

12-1pm Lunch

Choose *ONE* of the following meals- you can have as much as you want.

Organic green juice made with celery, cucumber, kale, and apple.

Detox Soup*

Vegetable Stir Fry**

3pm Snack

1 Avocado w. Himalayan Sea Salt

5-6 pm Dinner

Choose *ONE* of the following meals- you can have as much as you want.

*Detox Soup

**Vegetable Stir Fry

When you feel hungry snack on organic raw carrot and celer sticks, green beans, cucumber or zucchini.

*Detox Soup

3-4 Boxes Organic Vegetable Broth

10 cloves garlic chopped

6 cups Kale or Spinach chopped

6 cups Green Cabbage chopped

4 cups Broccoli Florets

2 cups Golden Beets chopped

1 cup onion chopped

1 cup carrots chopped

1 cup celery chopped



Mix ingredients and simmer until tender. Flavor with organic spices.

**Vegetable Stir Fry

Spray wok or frying pan with coconut oil. Add the following and "stir fry" until tender:

5 cloves garlic minced

.5 cup onion chopped

.5 cup carrots chopped

.5 cup celery chopped

Add the following into the stir fry with $\frac{1}{4}$ cup of water and cover until vegetables are tender— continue stirring so they won't stick or burn.

1 cup Broccoli Florets

1 cup Zucchini Chunks

1 cup Cauliflower Florets

1 cup Red Bell Pepper Julienned

If you are going to reintroduce meat, dairy and gluten do it gradually over a few days and one at a time to see how your body reacts!

Community Sale



Saturday, September 29th

10am—2pm

Skagway Recreation Center

Come Sell or Shop!

The entire main gym (basketball court) will be available to set up your very own rummage sale spaces. If you are trying to get rid of stuff, this is the time to do it or just come to shop!

RENT SPACE AND KEEP THE PROFITS

Rummage Sale spaces are \$20.

This includes a table and 4x4 ft. of floor space next to your table.

If you need more room you must rent more than one space.

No half space rentals.

IMPORTANT RULES

Set up for sale is Friday, September 28th 5-7pm or Saturday, September 29th 8-10am ONLY

All vendors must have their own money banks to make change for their sales.

All items that are not sold must be taken out of the facility by owner.

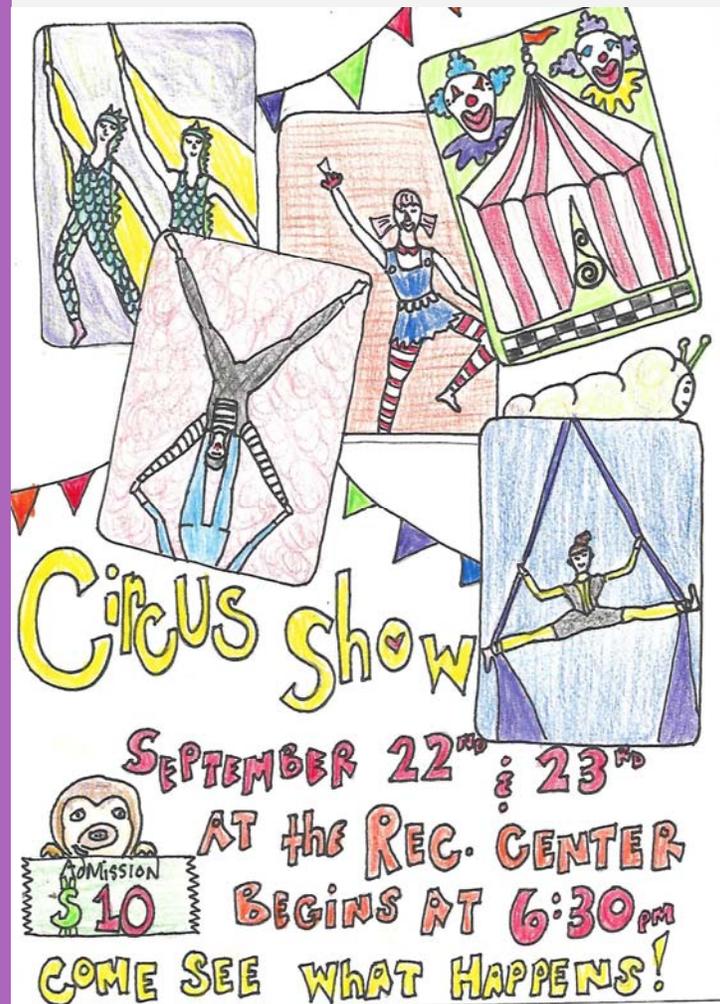
All items not sold must be removed by 5pm on Saturday, September 29th.

The MOS dumpster outside the Rec Center cannot be used to dispose of items.

TO RENT A SPACE PLEASE CONTACT THE SKAGWAY RECREATION CENTER AT

907-983-2679 OR EMAIL RECCENTER@SKAGWAY.ORG

Cirque du Skagway



The Skagway Recreation Center

PO Box 868 Skagway, AK 99840

907.983.2679

www.skagwayrecreation.org

FULL TIME STAFF

Katherine J. Nelson, Director

k.nelson@skagway.org

Jeanne Tyson, Recreation Worker I

j.tyson@skagway.org

KayLynn Howard, Recreation Worker II

k.howard@skagway.org

SEASONAL STAFF

Gillian Smith, Rec Center Assistant

g.smith@skagway.org

Emily Sheridan, Rec Center Assistant

e.sheridan@skagway.org

ADVISORY BOARD MEMBERS

Cory Nelson Mary Thole Jason Verhaege

Casey Sheridan Jamie Lawson

Jay Burnham, Ex Officio