



Resources

FAMILY FUN

Spring into Reading

The DoD MWR Libraries wants you and your family to join its spring reading challenge.

Read, or be read to for at least an hour a week to be entered into a gift card drawing. Readers who earn all challenge badges will also be entered into a final gift card drawing. All DoD MWR customers of any age are encouraged to join.

You have until May 16, 2020 to participate in Spring into Reading, go to <https://dodvirtualsrp.beanstack.org/> to register.

Explore the hidden worlds of our National Parks.

Our National Parks are a wonderland with amazing places to explore. Follow park rangers on a journey to places most people never go. To start your exploration, go to <https://www.nps.gov/>

Resources (continued)

What's Cooking

Day three with Matt Garvin's Food Sculpture Contest and we're also bringing you a quick and delicious stir fry recipe from Chef Robert Irvine and the Defense Commissary Agency.

To participate in the Create a Food Sculpture contest, take a photo of your food art or sculpture and email it to Matt at nbk.commrec@navylifepnw.com.

Matt will pick out his favorites and we will post them on our Facebook page for all to appreciate.

Resources (continued)

What's Cooking – Robert's Go-To Stir Fry

Directions

- Begin cooking instant brown rice according to package directions for 4 servings.
- While the rice is cooking, cut the chicken into ½-inch strips and begin cooking in a heated skillet with olive oil over medium-high heat.
- While the chicken is cooking, wash and then cut the bok choy into big chunks (discard the stem).
- While still in their bag, microwave the frozen vegetables for 2 minutes. Use your favorite kind of vegetable, like broccoli, or try a stir-fry blend.
- Add the soy sauce or teriyaki sauce/marinade and almonds to the chicken; add bok choy.
- When the bok choy begins to wilt, add the microwaved vegetables; stir, cover and let cook until desired level of tenderness for vegetables. Cooking for 1-2 additional minutes will be just enough to have the same "crunch" as Chinese take-out vegetables.
- Serve each plate with ¼ of the rice, topped with ¼ of the chicken/vegetable stir-fry.

Ingredients (serves 4)

1 package of instant brown rice
 1 lb. raw, boneless, skinless chicken
 2 tbsp. olive oil
 Bok choy (desired)
 12-16 oz. frozen vegetables
 2-3 tbsp. low-sodium soy sauce
 2-3 tbsp. teriyaki sauce/marinade
 1 cup of almonds

Recipe courtesy DeCA

Resources (continued)

TODAY'S WORKOUT

Let's get your heart pumping with your mid-week workout from EURAFCENT@Home. Today's 20-minute circuit training workout has hard to easy exercises.

Warmup: Jogging in place
20 Jumping Jacks
5 Squats
5 Pushups
5 Sit-ups
Arms circles

45 seconds on / 15 seconds off
30 seconds hard work / 30 seconds rest
20 second medium work / 40 seconds rest (beginner)

Exercises are listed as most difficult first, then medium/beginner

- Burpees / Half Burpees /Squat Thrusts
- Alternating Lunges / Reverse Lunges in Place
- Pushups / Pushups with knees down / Pushup position plank
- Squats / Wall sit
- Sit-ups / Crunches
- Jump Squats / Mini Squat Jumps / Pulse Squats
- Triceps dips on chair or couch / Close-hand-position Pushup
- High Knees / Run in Place
- Lateral Jumps / Lateral Lunges
- V-ups / Leg Raises / Alternating Leg Raises

Resources (continued)

FLEET & FAMILY SUPPORT RECOMMENDED PODCAST

Navy Family Ombudsman Program

This video podcast is an introduction to the Navy Family Ombudsman Program. The podcast covers the general roles and responsibilities of the Command Ombudsman, the type of support provided and how to locate and contact your command's Ombudsman. The video podcast is available on our website at navylifepnw.com/podcasts.