

PLAN of the DAY



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

MONDAY, APRIL 13

Today, we continue our month-long celebration of National Grilled Cheese Sandwich Month by offering a unique grilled cheese sandwich experience. For today's workout never underestimate an At Home Workout! We're also bringing you an exciting opportunity to win a gift card by participating in the Spring into Reading Challenge!

WHAT'S COOKING?

Have you ever tried a Belgian Taco Grilled Cheese? Break out the waffle iron for an exciting new recipe!

Directions:

Belgian Taco Grilled Cheese Sandwich

Spread 1/3 of the cheese onto a waffle iron. Next, place half slice of bread on top of the cheese. Layer another 1/3 of the cheese on top of the slice, then place the other half of the sliced bread on top. Cover with remaining cheese. Press down firmly on waffle iron and cook for 2 minutes or until golden brown. Recipe can be doubled if desired.

Source: Katrina Kane, FFR Marketing

Ingredients:

1 Cup of Cheese
(Shredded Taco Seasoning Blend or Whole Milk Mozzarella)
1 slice of Sandwich Bread
(Your Choice)

TODAY'S WORKOUT

Gym equipment is not required for a great workout. You can use items you already have at home. Be creative with adding resistance to these movements. Fill a backpack with some canned goods for squats and farmers carry, use the laundry hamper with clothes for deadlifts, back squat the dog, chest fly those pasta jars. The possibilities are endless!

3 sets of 12 repetitions, each w/ laundry detergent, water jug, bag of flour, resistance bands, kettlebells or dumbbells

Split squats each side (bodyweight), Deadlift, Biceps Curls Front Raises, Kneeling Overhead Press (each arm), Donkey kicks each side (bodyweight)

3 sets of 45 seconds. 1-minute rest between sets:

Wall Sit: arms out holding laundry detergent, water jug, flour/sugar or dumbbells/kettlebells

©H Source: Jasmine Stover, Bangor Fitness Guru and Momma to Luna the Pup

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ALWAYS LEARNING

SPRING INTO READING CHALLENGE All Air Force, Army, Navy, Marine Corps, and DoD Morale, Welfare and Recreation (MWR) customers of any age are encouraged to join the “Spring into Reading Challenge,” April 12–May 16. Customers who read at least one hour per week will be entered into weekly gift card drawings. Readers who complete the challenge also will be entered into a final gift card drawing. Customers can sign up and log their reading time at <https://dodvirtualsrp.beanstack.org> or on the Beanstack app.

Source: U.S. Navy General Library Program

FAMILY FUN

PBS KIDS new weekday newsletter offers activities and tips you can use to help kids play and learn at home. Simply sign up and receive your newsletter directly. You’ll also find crafts and activities, games, apps, recipes, coloring pages and more on the site.

<https://www.pbs.org/parents/pbskidsdaily?source=pbskids.org>

Source: Navy CYP

WE’RE STILL HIRING!

Fleet & Family Readiness Programs has job openings in the following areas:

- Non-Appropriated Fund (NAF) Openings & Internships
- Projected NAF Vacancies
- Federal Civilian Service (GS/WG) Openings Check out our current job openings and apply today at www.navylifepnw.com/jobs.

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