



## Resources

### FAMILY FUN

#### Celebrate mom on Mother's Day!

Dads, remember Mother's Day is this Sunday, May 10. Have your kids show your mom some love by completing the coloring page from Navy MWR.

Take a picture of your kids giving their mom the coloring page and then post it at #NavyMWRatHome.

The Mother's Day coloring page can be found on the Plan of the Day web page at [navylifepnw.com](http://navylifepnw.com).

P.S. don't forget the card and flowers!

## Resources (continued)

### What's Cooking

Day four of Matt Garvin's Food Sculpture Contest and we're also bringing you a quick and kid-friendly 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](mailto: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

Looking for a kid-friendly meal? Try celebrity Chef Robert Irvine's Baked Ziti.

#### Directions

- Heat canola oil in a sauté pan over medium heat and add onion and garlic. Sauté until the onions become translucent. Add tomatoes, parsley, basil, and Italian seasoning. Cover and let simmer about 25 minutes.
- Preheat oven to 325 F. Bring a pot of water to boiling for the pasta. Add salt and pasta and boil until pasta is al dente – about 10 minutes.
- Drain pasta well stir into pot of sauce. Transfer to a baking dish and top with cheeses. Bake until cheese is melted.

#### Ingredients (Serves 6)

1 tbsp. canola oil  
 1 large white onion, diced  
 2 cloves garlic, minced  
 1 29-32 oz. can crushed red tomatoes in puree  
 2 tbsp. chopped fresh parsley leaves  
 2 tbsp. chopped fresh basil, plus about 6 small sprigs for garnish  
 1 tbsp. dried Italian seasoning  
 Salt  
 1 lb. dried ziti pasta  
 1 cup shredded mozzarella  
 1 cup shredded Parmesan

Recipe courtesy DeCA

## Resources (continued)

### TODAY'S WORKOUT

No gym? No worries.

You can download the *Navy Operational Fitness and Fueling System (NOFFS)* app on your phone. NOFFS is the Navy's world-class performance training resource for Sailors.

Find the app at the Apple Store or on Google Play by searching for NOFFS.

The exercises used in the NOFFS program are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. Developed as a complete fitness package, the fueling strategies allow you to determine your total caloric needs based on your personal goals, whether your desire is to lose, maintain or gain weight.

## Resources (continued)

### FLEET & FAMILY SUPPORT RECOMMENDED PODCAST

#### Children with Learning Disabilities

This audio podcast provides parents or guardians of children with learning disabilities, practical tips on how to help their children at home and school.

The Children with Disabilities podcast is available on our website at [navylifepnw.com/podcasts](http://navylifepnw.com/podcasts).