9-9:30 a.m.  #Caringforeachother | Cristen  
https://udel.zoom.us/j/98458658262  
Elmo's Playdate Special: #caringforeachother

10:30-10:45 a.m.  Born to Move (I Call My Friend) | Kristin G.  
https://udel.zoom.us/j/97467895809

11-11:15 a.m.  Read-Out-Loud with Luna  
https://udel.zoom.us/j/98892248820

11-11:45 a.m.  BODYCOMBAT | Amy  
http://www.udel.edu/007349

11:15- 11:30 a.m.  Dance Party | Krissy H.  
https://udel.zoom.us/j/95839214941

11:30 a.m.-Noon  Cooking with Kids | Jenn  
Sandwich Logs (Recipe on page 2 of this document)  
Register: https://udel.zoom.us/j/94768383235

Noon-1 p.m.  Boundaries at Home | Employee Health & Wellbeing  
https://zoom.us/webinar/register/WN_T9jD1_n_QWa2RMm-iuQqUw

Noon-12:30 p.m.  Pilates | Jenn  
http://www.udel.edu/007350

1:30-2 p.m.  Book Reading | Jared Aupperle  
https://udel.zoom.us/j/97537207291

1:45-2 p.m.  Dance Party | Abby Pyle  
Playlist https://udel.zoom.us/j/99421459908

2-3 p.m.  Brain Break - Coloring | Laura Gimbuta  
https://udel.zoom.us/j/2773549509

4:30-5:30 p.m.  Vinyasa Flow | Jen  
http://www.udel.edu/007351

5:30-6:30 p.m.  Zumba | Isabella  
http://www.udel.edu/007352

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WORK LIFE FLUIDITY

SANDWICH LOGS BY CHEF JEN

For each of these logs, you will need 1 slice of bread, 2 pieces of wax or parchment paper, a basting brush (preferred, but not essential), toothpicks and a rolling pin.

Ingredients needed:
1 loaf of white, whole grain, whole wheat, oatmeal or potato bread.
Dessert recipe is recommended for any NON-whole wheat bread (tastes better)
Nut butter of choice
Jelly of choice
Butter
Cheese (cheddar or American AND mozzarella, pizza or Italian blend)
Ketchup or Ranch
Tomato or pizza sauce
Dried oregano and basil (optional)
Cream cheese
Cinnamon
Optional Mix-in's (see recipes)

RECIPES:

Nut Butter Log with Jelly
1 Slice of bread (white or whole grain)
1 Tbsp nut butter of choice (or sunflower seed butter for nut allergies)
2 Tbsp jelly of choice
1 tsp water or apple juice
Preparation:
1. Between 2 pieces of wax paper, place 1 slice of bread of your choosing, vertically. Roll over the bread with the pin until ¼ inch thickness.
2. Spread nut (or seed) butter of your choosing on the entire slice. Roll bread up from the bottom (closest to you)
3. In a small bowl, mix jelly and water or juice. Serve along side the nut butter log to dip and enjoy!
Optional mix-in: Add 4-6 slices of banana
Optional dipper: Fluff

Grilled Cheese Log
1 slice of bread (white or whole grain)
1 slice cheddar cheese
1 Tbsp butter, melted
Pan or Air fryer
Ketchup or Ranch
Preparation:
1. Between 2 pieces of wax paper, place 1 slice of bread of your choosing, vertically. Roll over the bread with the pin until ¼ inch thickness.
2. Break the slice of cheese in half, place ½ at the bottom and ½ at the top. Roll up from the bottom and pin log shut with a toothpick. (this is especially helpful if making more than 1 log at a time).
3. Brush or roll bread in/with melted butter until coated.

Pizza Log
1 Slice bread (white or whole grain)
2 tbsp shredded mozzarella cheese
1/8 tsp each, oregano and basil (optional)
2 Tbsp pizza or tomato sauce
1 Tbsp butter, melted or olive oil
Pan or Air fryer
Preparation:
1. Between 2 pieces of wax paper, place 1 slice of bread of your choosing, vertically. Roll over the bread with the pin until ¼ inch thickness.
2. Sprinkle cheese and herbs (if desired) on bread. Roll from the bottom up, then brush or roll bread in/with melted butter or oil, until coated. Pin log shut with a toothpick. (this is especially helpful if making more than 1 log at a time).
3. In a small skillet, over medium heat add log and cook until browned all around. ~3-6 minutes. Serve alongside, a small bowl with 2 Tbsp ketchup or 2 Tbsp Ranch dressing.
4. Air Fryer option: 360⁰F for ~5-10 minutes, until crispy.

Cheesecake Log
1 slice white, oatmeal or potato bread
½ oz cream cheese (~1 Tbsp)
1 tbsp butter melted
¼ tsp cinnamon
¼ tsp sugar
Preparation:
1. Between 2 pieces of wax paper, place 1 slice of bread of your choosing, vertically. Roll over the bread with the pin until ¼ inch thickness.
2. Spread cream cheese on bread with knife. (add mix-ins if desired). Roll from the bottom up. Pin log shut with toothpick. (this is especially helpful if making more than 1 log at a time).
3. Brush or roll bread in/with melted butter until coated; roll in cinnamon sugar mixture.
4. In a small skillet, over medium heat add log and cook until browned all around. ~3-6 minutes. Serve alongside, a small bowl of whipped cream or chocolate syrup.
5. Air Fryer option: 360⁰F for ~5-10 minutes, until crispy.

Optional mix-ins:
Sweet:
- 1 Tbsp raisins
- Diced apples
- 1/8 tsp garlic powder + thinly sliced cucumber, carrot and bell pepper strips (using a peeler with the veggies is recommended if you prefer very thin slices.)
- ¼ Tbsp Everything But The Bagel (EBTB) seasoning

Savory:
- Omit cinnamon sugar coating and whipped cream
- 1/8 tsp garlic powder + thinly sliced cucumber, carrot and bell pepper strips (using a peeler with the veggies is recommended if you prefer very thin slices.)
- ¼ Tbsp Everything But The Bagel (EBTB) seasoning