

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM



December, 2014



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

This is a very exciting time of the year for the children and providers alike. With all the excitement as we get closer to the holidays, it's important to provide healthy snacks and to include physical activities in your daily routine. Here are some great healthy ideas for snacks and great way to change old games to incorporate the holidays.



Santa Hat

What you'll need: Strawberries, grapes, banana, mini marshmallow, tooth pick.

Instructions:

Rinse the grapes and strawberries

Slice the bananas

With the toothpick place the grape on the bottom; then place the banana on top of the grape. Next, place the strawberries on top of the banana, and finally put a mini marshmallow on top to complete the Santa Hat.

Reindeer Crackers

What you'll need: Graham crackers, pretzels, raisins, peanut butter.

Instructions:

Spread peanut butter on a graham cracker square.

Use the pretzels for ears.

Place the raisins on peanut butter for the eyes and a cranberry or M&M for the nose.



Snowey Pokey

You put your right mitten in
You put your right mitten out
You put your right mitten in
And you shake it all about

You do the snowey pokey (shiver)
And you turn yourself around
And that's what it's all about.

Add these phrases for the next lines:

You put your left mitten in
You put your right boot in
You put your left boot in
You put your scarf in
You put your hat in
You put your whole snowself in

Elf Says

Instead of Simon's says change this up a little to Elf Says

Have one child be the Elf, they can wear a Santa hat for Elf ears.

Then play the game just as you would Simon Says.



Holiday Office Schedule: Our office will observe the following holiday schedule to allow our staff to enjoy the holidays with their families. If you find the need to call during this time, please feel free to leave a message and we'll return your call on the following work day.

- Tuesday, December 23rd at Noon – Friday, December 26th
- Wednesday, December 31st at Noon - Thursday, January 1st

May you and yours have a blessed and safe holiday season!!!

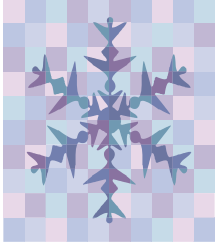
Physical Address - 270 Minot Avenue, Suite B, Auburn, ME 04210

Mailing Address – PO Box 1660, Auburn, ME 04211-1660

Office Hours – 8:30 AM – 12:00 Noon & 1:00 PM – 4:30 PM

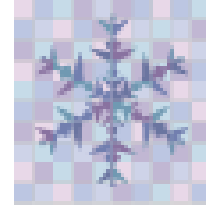
Phone Numbers – 1-800-784-0157, 786-0925, fax – 784-2453

Member	Email	Office Extension or Blackberry
Chris Bagley	cbagley@ccmaine.org	712-4384
Sue Blais	sblais@ccmaine.org	2759
Sonja Carvalho	scarvalho@ccmaine.org	3964
Melissa Gagne	mgagne@ccmaine.org	712-4366
Jennifer Leach	jleach@ccmaine.org	232-7547
Rachel Lessard	rlessard@ccmaine.org	3967
Chris Wood	cwood@ccmaine.org	712-4377
Nimo Yonis	nyonis@ccmaine.org	522-2105



Snow Books

- If It's Snowy and You Know It, Clap Your Paws – Kim Norman
- Stella, Queen of the Snow – Marie-Louise Gay
- That's not my Snowman – Fiona Watt



Snowflake Slime

1. Mix together $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup clear glue and lots of glitter.
2. In another bowl measure out $\frac{1}{2}$ cup liquid starch.
3. Slowly mix the glue into the starch with spoon.
4. Drain excess liquid.
5. You can use it right away but may need time to settle. You can use this on trays for each child or put in sandwich bags for mess free play.

Littlebinsforlittlehands.com

Frosty Yogurt

Materials needed

Vanilla Yogurt
Wax paper
Toppings
Sandwich bags

1. Place wax paper on a baking sheet
2. Place baggie over mug and have child scoop yogurt into baggie then seal. Snip off a corner to make a frosting baggie.
3. Using the yogurt baggie have child draw a snowman onto wax paper then add toppings to decorate.
4. Put baking sheet into freezer until yogurt snowmen are frozen.
5. Peel off wax paper and enjoy.

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