

# CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

2014



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Fall is a fun time of the year for adults and children alike. There are so many great fall snacks for the children and some great healthy versions for Halloween treats.. Homemade apple sauce is a healthy, easy snack that the children can help make, and who doesn't like to eat the snack they made? Witches broom sticks and clementine pumpkins are also easy, kid friendly snacks that are fun to look at and make.



## Ingredients

6 apples, peeled and chopped (your choice of apple)  
¼ teaspoon cinnamon  
About ½ cup of water to cover the bottom of pot

## Directions

1. Place all ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with lid.
2. Simmer apples for about 20 minutes or until soft (the smaller the pieces of chopped apple the faster cook time).
3. Remove from heat and mash with potato masher for chunkier applesauce, or put in a food processor or blender for smoother texture.



## Ingredients

3 String Cheese Sticks Fresh chives  
9 Pretzel sticks

## Instructions

Cut each cheese stick in thirds (about 1 1/2" each). Lengthwise, make cuts around the stick to about half way up.  
Insert a pretzel stick in the uncut end of the cheese. Wrap and tie with a chive and cut off excess.



## **Clementine Pumpkins**

Peel clementine

Place a 1 inch piece of celery for the stem.

Children need new and different ideas on movement games to keep them engaged. It's always great to get different ideas on new games or different version of old games. Fitness and Nutrition: activities for ages 3 to kindergarten third edition, is a great resource for movement games that also include nutrition.

### **SKIP, HOP, BOOGIE**

Play a variation of musical chairs, asking children to skip, hop on one leg, jump with both feet, or dance (boogie) around a circle of chairs until the music stops.

Have children grab a seat when the music stops. Include enough seating to allow all children to participate. Do not remove seating after each round; continue to allow all children to play. Change the required movements in each round, or keep the same

**MATERIALS:** chairs, music and an audio device for music

### **Making Choices**

Tell the children they are going to choose a vegetable for the “vegetable of the Day” award. Show the children 3-5 different vegetables that are familiar to them (like carrots, broccoli, and potatoes). Then ask the children to volunteer to say which is their favorite and give one reason why. After the children have explained their choices, conduct a vote for the “vegetable of the day” if the winning vegetable can be eaten raw, provide the children with a sample.

**Are you open for business on a federal holiday?** Please keep in mind that Minute Menu defaults all providers to being closed on all federal holidays. If you are open and providing care, online providers must go into Minute Menu and change your schedule. On the menu bar, go to Tools – Manage Calendar – Using the mouse, drag the “Open for Holiday” icon over the calendar and then drop it on the day. If you submit a paper claim, you must document this information at the bottom of your CIF (Claim Information Form). We will not be able to reimburse meals if you forget to do this.

***Office Closing Dates: Monday, October 20<sup>th</sup> (all day staff training)  
Tuesday, November 11<sup>th</sup>***

**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**

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## What is Unique About Halloween in Family Child Care?



It's the one day of the year that potential clients are knocking on your door! Halloween is a wonderful opportunity for you to promote your program. Parents with young children are walking down your street!

Although the child knocking on your door may not need child care, parents of young children know other parents of young children.

Therefore, you want to use Halloween as an opportunity to spread positive word of mouth about your program.

### Here's what to do on Halloween:

- Put a sign outside your home that tells visitors that you are a child care provider and have openings: "Sally's Day Care – Preschool Openings"
- Hold a party that evening for the children in your program
- Invite trick-or-treaters into your home to get their candy
- Have business flyers available for interested parents
- Put your business card in the children's candy bag

Halloween is the perfect time to hold an open house. Invite neighbors to get a peek inside your home where they can see all the fun and educational stuff you have for children. If they talk to parents looking for child care they can tell them that they were inside your home and how great it looked. The costs associated with Halloween are 100% tax deductible as advertising! Such costs include: candy, outdoor sign, pumpkins, your costume, business cards, flyers, party food, party decorations, etc.

If you don't tell parents that you are a child care provider nothing is tax deductible.

If you are using Minute Menu Kids Pro software, enter all of your Halloween expenses under Activities.

### Great ideas

One provider taped crayons to her business card that she dropped in the children's candy bag.

Another provider taped a toothbrush to her business card!

Finally, one provider gave fruit snacks with labels that listed her name and phone number. These last two ideas send a positive message that you care about children's health.

These great ideas came from Tom Copeland's blog. He has been the nation's leading trainer, author, and advocate on the business of family child care since 1981. He is a licensed attorney and has presented hundreds of workshops to family child care providers across the country. He is also a leader in helping providers, tax professionals and trainers understand complex business and tax issues.

<http://www.tomcopelandblog.com/>

### October action books

- The Spooky Wheels on the Bus-J. Elizabeth Mills
- Shake dem Halloween Bones-W. Nikola-Lisa
- We're Going on a Witch Hunt-Susan Pearson



- Alberts Halloween-Leslie Tryon
- Where is Baby's Pumpkin-Karen Katz

Hide a pumpkin and let the children find it.

### Giving Thanks Books

- Thanksgiving Is For Giving Thanks-M. Sutherland
- Thanks for Thanksgiving-Julie Markes
- Thankful Bear-Todd Parr  
Heart Turkey
- Using heart templates, cut out heart shapes using construction paper
- Using construction paper hearts glue together turkey
- Ask each child what they are thankful for and write there answers on each feather.



- Thanksgiving at the Tappletons-Eileen Spinelli

#### Thanksgiving recipe book

Put together a Thanksgiving recipe book by assigning each child a different component of a typical Thanksgiving meal (turkey, potatoes, beans, pie). Begin by asking each child how to make their particular part of the meal. Write out the instructions on a piece of paper and then have each child draw a picture of what you have written down. Put together in a Thanksgiving recipe book and share with parents.

