

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

September, 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.

The children are back in school and Fall is on its way!!!! With Fall comes a bunch of different yummy snacks for the children. Apples are always a great snack for them, here are some great ideas to incorporate apples into the snacks.



Apple Chips

Ingredients: Apples, Cinnamon

Instructions

1. Core apples if desired.
2. Slice apples as thinly as possible (I use a mandolin).
3. Place on a greased baking sheet.
4. Sprinkle with cinnamon.
5. Bake at 225 degrees F for one hour.
6. Flip apple slices over and bake for 1 hour more.
7. Transfer to a cooling rack and let cool completely.
8. Store in an airtight container.

Apple and Peanut Butter Quesadilla

Ingredients: Apples, Peanut butter, Tortilla wrap

Instructions:

1. Lay the tortilla wrap on a plate
2. Spread peanut butter all over the tortilla wrap
3. Slice apples as thin as you can, core out center of apple
4. Take the sliced apples and place them on 1 half of the wrap
5. Fold in half and cut the tortilla wrap in to 3 equal parts.



Healthy eating and activity are two important aspects for a healthy and happy child. Sometimes it can be difficult to get children to stay focused on physical activity. Here is a great website with some different

ways to add in some activity without the kids even realizing it. Visit this web site and check out all the great ideas for movement and nutrition.

www.heatlykidshealtyfuture.org

Ideally, kids should have two to three active play times every day. But you really don't have to carve out tons of consecutive time to incorporate physical activity into your routine.

Instead of thinking of exercise as a separate, added activity, just try to weave spurts of movement into other already-scheduled activities during the school day:

- Have children act out a story as it's being read to them.
- Encourage kids to move like different animals during transitions from one activity or room to another (hop like a bunny, walk on all fours like a bear, walk like a crab, swim like a fish, or come up with others).
- Break the curriculum up a bit by taking breaks during the day and have kids "take 5 or 10" (minutes) to stretch, march around the room, do jumping jacks, or let them choose.

REENROLLMENTS – IMPORTANT!!!!!!

If you have not returned your reenrollments, please do so ASAP. **Late submission jeopardizes payment for September meals.** If you need another copy, please contact the office.

Please remember that checks are not guaranteed by a certain date and that we will post on our website www.ccmaine.org/familychildcare the date (once we are notified by the state) that checks will be issued. We will also send a message through Minute Menu each month.

Office Closing Dates: Monday, October 13th

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New to our monthly newsletter!!!! Chris Wood will be introducing a new book each month along with ideas and activities! Here's her 2nd one.

BOOK TITLE: Amelia Bedelia's First Apple Pie
By Herman Parish

Apple Pie Dough

Materials

3-5 cups of flour

1 cup vegetable oil

1 cup water

Cinnamon

Apples or apple flavoring

Food coloring

Directions:

1. Pour 4 cups of flour in a mixing bowl
2. Combine water, oil, cinnamon, food coloring, and two whole apples in a blender. Blend on high
3. Add wet ingredients to flour and mix well

Set up pretend bake shop by supplying measuring spoons, measuring cups, pie pans, wooden spoons, rolling pins, aprons. Let children have fun pretend baking an apple pie like Amelia Bedelia

Apple Examining

Purchase as many types of apples as Amelia Bedelia explored at the farmers market. Compare the colors, smell, and taste of each apple.

Additional apple books:

1. Apples A-Z Margaret McNamara
2. Apple Farmer Annie Monica Wellington