

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

January, 2015



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.

Well it looks like winter is here, and it's COLD outside!!!! It's still fun to play outside and get fresh air! Here are some great ideas on how to keep the children warm while playing some fun games. Making sure the children are bundled up with coats, mittens and hat, try this easily played Summer game which proves to be more difficult with all the extra padding.



Hula Hoops

What you will need:

Hula Hoops

And children all bundled up

How to play:

Give each child a Hula Hoop have them count each time the Hula Hoop goes around. The child that has the most hoops around wins. It's much harder to use the hula hoop with all the winter gear on!!!

Giving the children practice rounds might be helpful!!!!

Snow Sculpting

All you'll need is snow, shovels, pails and whatever you can find around the house to help.

Have each child pick something or someone they want to make. Give each child a set amount of time, when time is up then have the children vote on which sculpture they like the best.



Apple Pop Snacks



What you will need:

Granny Smith apples
Popsicle sticks
Yogurt

Toppings:

Sun flower seeds
Coconuts
Raisins

Start with slicing the apples.
Insert the popsicle sticks in the center of the apple
Dip the apple in the yogurt.
Then pick a topping or toppings and dip the apple

This yummy recipe is from the website :

www.superhealthykids.com.

This is a great recourse for healthy snacks.

MENUS ARE DUE IN OUR OFFICE BY THE 6TH OF EVERY MONTH. IF WE RECEIVE YOUR CLAIM LATER, THERE IS NO GUARANTEE THAT IT WILL BE PAID. PLEASE MARK YOUR CALENDARS FOR THE ENTIRE YEAR, SO YOU DON'T FORGET. IT IS ALSO NOT THE RESPONSIBILITY OF OUR STAFF TO CALL AND REMIND YOU IF WE DON'T RECEIVE IT.

Office Closing Dates:

Monday, January 19th – Martin Luther King Day

Tuesday, January 20th (10:00AM-2:00PM)- Staff Meeting

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January Books

- Love you when - Linda Kranz
- Love Splat - Rob Scotton
- Love You Through and Through - Bernadette Rossetti Shustak
- The Giving Tree - Shel Silverstein

- *Amazon is a great resource for buying books along with lots of other sites. Let us know your favorite and we'll compile a list to share with providers!*
- *Start a book sharing club. Contact providers in your area and rotate the books. This makes it extremely affordable to have new books every month!*

Valentine Graham Crackers

Ingredients:

- 1 cup whole wheat flour
- 1 ½ cups all purpose flour
- ½ teaspoon dark brown sugar
- ½ teaspoon cinnamon
- 1 teaspoon baking soda
- ½ cup chilled butter
- ¼ cup honey
- ¼ cup water
- 1 teaspoon vanilla



Instructions:

1. Preheat oven to 350 degrees
2. Combine first 6 ingredients
3. Add chilled butter to the mix until it resembles coarse meal
4. Add honey, water, and vanilla and continue to mix
5. Roll out dough.
6. Cut out crackers using heart shaped cutters
7. Bake for 15 minutes

