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.
MENUS ARE DUE IN OUR OFFICE BY THE 6\textsuperscript{TH} 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:
\textbf{Monday, January 19\textsuperscript{th}} – Martin Luther King Day
\textbf{Tuesday, January 20\textsuperscript{th}} (10:00AM-2:00PM) - Staff Meeting

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 you will need:

- Granny Smith apples
- Popsicle sticks
- Yogurt

Toppings:

- Sunflower seeds
- Coconuts
- Raisins

This yummy recipe is from the website: www.superhealthykids.com.

This is a great recourse for healthy snacks.

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.

\textbf{Apple Pop Snacks}

\begin{itemize}
  \item Toppings:
    \begin{itemize}
      \item Sunflower seeds
      \item Coconuts
      \item Raisins
    \end{itemize}
  \item What you will need:
    \begin{itemize}
      \item Granny Smith apples
      \item Popsicle sticks
      \item Yogurt
    \end{itemize}
\end{itemize}
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

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!

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Nutrition at Heart