

Supermarket Detectives



Children are more willing to try new foods when they help choose them. A trip to the supermarket is an excellent way to increase the variety of foods your child is willing to eat. It is also a great opportunity to learn about making food choices for healthy eating, as well as building language and literacy skills. Here are some fun suggestions to make your next trip to the supermarket fun and educational.

Create a shopping list.

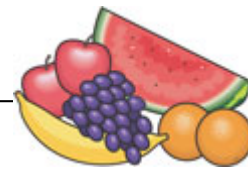
Before you take off on your shopping trip, sit down with your child and create a shopping list together. Ask your child what he or she thinks the family needs. Then work with your child to categorize your list by food groups- group together the dairy products, fruits and vegetables, meats and poultry, etc. This helps your child learn about food groups and categories.

Try a new food.

After you complete the list- pick a food group. Let your child know when you get to the store, you will ask him or her to choose one or two new items from that food group. It could be a new kind of fruit or vegetable your child hasn't tried, or a new flavor of cheese, an interesting shaped pasta or a different kind of bread.

Go shopping!

Before you set out, make sure you've picked a time when both you and your child are well-fed and well-rested. Take a few moments to share your expectations for positive behavior. When you get to the store, encourage your child to be a detective and help find the foods on your list by food groups. Read the items off the list, and check them off as they go in the cart. Next time you go shopping, have your child select a new item from a different food group.



Rhymes around the House



Here are some tips for helping your child build language and rhyming skills.

- Point out everyday objects, such as bed, and discuss words that rhyme with it. Encourage your child to use silly or nonsense words as well. For instance, bed, fed, red, and ged !
- Try to find rhymes when you listen to the radio or watch television together.
- Play with rhyming words and sounds at meal times and other family gatherings. Share songs, nursery rhymes and make-up rhyming stories.
- Take a walk outside and name words that rhyme with objects in your yard: tree, bee, see, me!

November, 2007

Alphabet Soup

Nourishing ways to fill children's days.

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See inside for:

- Fun learning activities to share at home
- Fruitful dessert recipe
- Rhyming
- And much more!



Broadreach

Family & Community Services

new name— same great programs and services

Our Mission

We help children and families to develop the skills they need to lead healthy and productive lives. We share our knowledge and experience with child and family- serving organizations across the state and nation.

Broadreach

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Mid-Coast Children's Services)

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Our Vision

We believe that all children and families have basic rights, including: the right to early intervention and an appropriate education through the least restrictive means; the right to nutritional food, medical care, and safe and warm housing; and the right to love and be loved and receive a fair chance at succeeding in life. We strive to uphold these rights for children and families. They deserve nothing less.

Dear Families,



All of us at **Broadreach Family & Community Services** are here for one purpose: to support children and families to build the knowledge, skills and support they need to lead happy, healthy and successful lives.

As the days grow shorter, and the sky peeks at us through the bare trees - we find ourselves pausing to take stock of the many things there are to be grateful for in our lives. We are grateful for the hot coffee mug between our hands on a cold morning, for the warm hugs we share after bedtime stories with our children safe under their blankets. We are grateful for the smiles of shoppers as we pass in the supermarket aisle, and for the supermarket cart of food we will bring home and unpack into dry cupboards.

We are thankful for the small kindnesses we share each day with our children, our friends, with co-workers, neighbors and strangers. We wish you and your family a warm Thanksgiving holiday.

November Recipe

Apple, Cranberry, and Pear Crisp

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Yields: 8 servings

This delicious and healthy concoction of cubed apples and pears, dried cranberries, a bit of flour, honey, and lemon juice is spooned into a baking pan, and then covered with a crumbly butter and nut mixture. 45 minutes later, the crisp is brown and beautiful.

INGREDIENTS:

2 apples - peeled, cored, and cubed
1/2 cup dried cranberries (or raisins)
purpose flour
2 tablespoons honey

2 pears - peeled, cored, and cubed
1 tablespoon all-

1 1/2 tablespoons lemon juice

Topping:

1/2 cup all-purpose flour
1/2 cup quick cooking oats
1/2 cup butter



1/2 cup packed brown sugar
1/4 cup finely chopped walnuts

DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8 inch baking dish.
2. Mix the apples, pears, cranberries, 1 tablespoon flour, honey, and lemon juice in the prepared dish.
3. In a bowl, mix 1/2 cup flour, brown sugar, oats, walnuts, and butter to the consistency of coarse crumbs. Sprinkle loosely over the fruit mixture.

Leap into Learning!



Supporting Preschoolers in Reading and Language Success (SPIRALS) is a special initiative that is enhancing learning for preschoolers and their teachers in early childhood classrooms across Waldo and Knox County!

Rhyming helps your child start to pay attention to the sounds in words. This is a beginning step in how children learn to read. Here are some rhyming poems to share with your child:

Five Little Blue Birds

Five little blue birds, hopping by my door
One went to build a nest, and then there were four

Four little blue birds singing lustily
One got out of tune, and then there were three

Three little blue birds, and what should one do,
But go in search of dinner, leaving only two.

Two little blue birds singing for fun
One flew away, and then there was one.

One little blue bird sitting in the sun
He took a little nap, and then there was none.



Squirrels

Whisky, frisky, hippity, hop
Up he climbs to the tree top.
Whirly, twirly, round and round
Down he scampers to the ground.
Where's his supper?
In a shell
Snappy, cracky, out it fell.



Turtle

Mr. Turtle round and low
I know why you move so slow
You carry such a heavy load
Moving your house down the road.

