

## Small Hands Crafting

Make a pumpkin mosaic! Cut out orange pieces of construction or tissue paper. Have the children glue the pieces of paper all over a paper plate. When they are ready, they can glue on a brown rectangle for the stem and green leaf.

Add black shapes to make a jack-o-lantern too.

This is a great way to practice fine motor skills and talk about all the different shapes.

Use triangles, circles, ovals, rectangles, or diamonds.

There are no rules for noses!



# Happy Halloween

## Did you know that eating mindfully at meal time is a part of proper nutrition?

Eating slowly and mindfully can be a challenge these days as our schedules are busy and our lifestyles have us on the go. Eating slowly gives us ample time for our brain to tell our belly it's full, which prevents overeating. And just the act of chewing longer increases the absorption of important nutrients and allows our body to create more of the enzymes required for properly digesting food. Focus on eating and avoid distractions such as television and phone calls. By savoring every bite, you're more likely to feel satisfied sooner. Serve appropriate portions and take smaller bites - and don't inhale! The more times you chew, the more you'll taste each bite and the less likely you'll feel the need to reach for more. Families are encouraged to use mealtime as an opportunity to connect, and the sheer act of stopping in between bites to respond or ask questions helps in eating at a slower pace.

Because your childcare participates with CACFP, they are learning all about proper nutrition.



## Pumpkin Games Movement on Halloween

Try these pumpkin games to get little bodies moving!

### Pumpkin Scavenger Hunt

Create your own pumpkin patch with numbered paper pumpkins around the room or playground. Have your children work together to find all of the pumpkins.

**Pumpkin Bowling** Using small pie pumpkins, have your children gently roll the pumpkin to knock down pins made of toilet paper rolls or water bottles.

**Pumpkin Ring Toss** Place a few pumpkins across a room or play yard at varying distances. Have your kids try to throw a ring around the pumpkin.

**Pumpkin Relay** Can the team get all of the pumpkins over to the other side first? Divide your group into two teams and individually they will take turns running their pumpkin across to the other side.

## Pumpkin Bread

- 1 can pumpkin (15 ounce)
- 1 cup sugar
- 1/4 cup vegetable oil
- 1 cup yogurt, low-fat plain
- 1 1/2 cups flour (all purpose)
- 1 1/2 cups whole wheat flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 cup raisins

In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened. Stir in raisins. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour at 350 degrees. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

*Recipe from  
USDA Mixing  
Bowl*

