

Making Mealtime Memories

Apple Zucchini Muffins

INGREDIENTS:

- * 2 cups all-purpose flour
- * 1 and 1/2 teaspoon baking powder
- * 1/4 teaspoon baking soda
- * 1 cup granulated sugar
- * 1 teaspoon salt
- * 1 cup shredded zucchini
- * 1 cup shredded apple (one medium apple)
- * 1 teaspoon ground cinnamon
- * 1 cup buttermilk
- * 1 teaspoon vanilla extract
- * 1/4 cup vegetable oil
- * 1 large egg



INSTRUCTIONS:

1. Preheat oven to 400 degrees F.
2. Line a muffin pan with paper liners or spray with a non-stick baking spray. Set aside.
3. In a large mixing bowl, whisk together flour, baking powder, soda, sugar and salt.
4. Add shredded zucchini and apple. Stir to coat with the dry ingredients.
5. In a medium mixing bowl, whisk together buttermilk, vanilla, oil and egg.
6. Add to the dry ingredients and stir in with a spatula or a wooden spoon. Do not overmix. Lumpy batter is okay.
7. Scoop the batter into the muffin pan

8. Bake muffins in 400 degrees F for 5 minutes. Without opening the oven door, lower the temperature to 375 degrees F and continue baking for 12 minutes. Check the muffins with a toothpick or fork. If the muffins are too pale on top, add two more minutes of baking. They should have golden brown edges and golden tops.

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Healthy Living With Head Start



Fall into Health



Fall weather is perfect for outdoor activities! It is not too hot, and the leaves are changing, making the scenery beautiful. Plus, there are plenty of activities available locally that are only here for a short time seasonally!

Apple Picking— The Fly Creek Cider Mill offers an abundance of great outdoor activities for kids. Not only does it feature delicious local apples, but it also has a pond where your little ones can feed ducks and geese, a tractor display, and a mill store with lots of tasty goodies. Middlefield Orchard is also open until the end of October for U-Pick apple varieties, and Willies Farm in Schenectady has wagon rides and an assortment of goodies for sale!

Hiking— As the leaves change, consider taking your little ones on an outdoor walk or hike to explore nature and to enjoy the fresh air and exercise. Download the AllTrails app on your mobile phone, or visit alltrails.com to find local hikes!

Corn Mazes— Check out the Fly Creek Corn maze, open on weekends through October!

Hay Rides and Pumpkins— Creekside Farm in Morris also offers a corn maze, along with hay rides and a pumpkin patch! They also have a fire pit and a pumpkin carving station.

Other outdoor fall activities could include things like the **Butterfly Conservatory** located on Route 7, OR, make sure to check out an outside **Farmers Market** before they close for the season!



Mental Health Matters Too!

Mental health affects the way we think, feel and act, and taking care of our mental health is just as important as having a healthy body. As a parent, you play an important role in your child's mental health. For World Mental Health Day on October 10, 2022, consider these ways to support your child socially and emotionally.



- ⇒ *Help children build strong, caring relationships.* Spend time together each night around the dinner table, and demonstrate the importance of strong relationships.
- ⇒ *Know your child's social and emotional needs.* As a parent, you know your child better than anybody else. This gives you unique power to inspire and support them. Try to communicate with them about their wants and needs to the best of your ability.
- ⇒ *Help children develop self-esteem, so that they feel good about themselves* by showing lots of love and acceptance. Make sure to praise them with they do well and recognize their effects. Consider asking questions about their activities and interests.
- ⇒ *Listen, and respect their feelings.* It's okay for children to feel sad and angry. Encourage them to talk about how they feel. Ask them questions and make sure to listen to them. Mealtimes can be a great time for talking!
- ⇒ *Create a safe, positive home environment.* Pay attention to how much media your child is using, and check the content and amount of time spent on screens. Be mindful of discussing serious issues such as finances, marital problems or illness around your children. They hear everything. And finally, be a role model by taking care of your own mental health. Talk about feeling and make time for things you enjoy.
- ⇒ *In difficult situations, help children solve problems.* Help teach your child to relax when they feel upset. You can try deep breathing, doing something calming (a quiet activity), or taking some time alone. Talking about possible solutions or ideas to improve the situations *may also be helpful.*

Pumpkin Volcanoes

While this project may end up being a little messy (make sure to do this outside or place the pumpkins on a baking tray), this seasonal science experiment is relatively low cost and will leave your little ones in awe! Plus, the seeds in the pumpkins make a delicious and healthy snack!

Supplies:

- * Mini pumpkins (check local farmers markets or farms first, however you may be able to find them at a local grocery store!)
- * Vinegar
- * Dish soap
- * Food coloring {optional}
- * Spoon/ baster/ measuring cup
- * Something to catch the mess!



Directions:

STEP 1: To make your mini pumpkin volcanos, start by cutting out the stem area as you would carve a Jack O'Lantern. Remove some of the pulp and seeds, and set those aside to bake and eat for later (see below)!

STEP 2: Place your mini pumpkin volcanos on some sort of tray or lid to a plastic storage container— this will help eliminate some of the mess! Or, take the experiment outside!

STEP 3: Add a few spoonful's of baking soda to each pumpkin. Then add a few drops of dish soap, and lastly add a few drops of food coloring if desired!

STEP 4: Get ready for mini exploding volcanos! Pour vinegar into a bowl and when you're ready, provide your kids with eye droppers, basters, or small measuring cups and add 1/4 cup vinegar.

STEP 5: Enjoy the fun! You can repeat the process over with more vinegar and more baking soda. The dish soap gives the eruption a foamy appearance.



Tip: Pumpkin seeds are healthy and delicious! Simply clean and dry them, add your favorite seasonings with olive oil (you can go basic with salt and pepper; sweet with cinnamon, nutmeg and ginger; or spicy with chili powder and cayenne) and then bake them at 300 degrees for about 45 minutes or until golden brown. Check the seeds and stir them around about every 10 minutes to ensure they don't burn!

