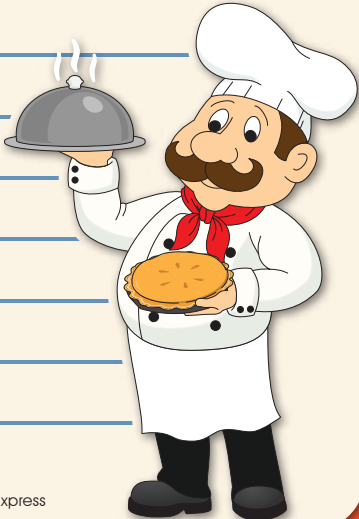


Grocery List

- pie crust
- flour
- cinnamon
- sugar
- eggs
- mustard
- mayonnaise
- vinegar
- paprika or dill
- whole grain quick oats
- raisins or brown sugar
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Cinna-Mittens

Ingredients:
 pie crust
 flour
 cinnamon
 sugar

Invite children to take turns helping you roll out a layer of pie crust (homemade or packaged) on a surface dusted with flour. Invite each child to press his hand into the dough. Use a toothpick to print the children's initials near their handprints. Cut around each handprint with a knife to create a mitten shape.

Place the dough cutouts on a baking tray, and invite children to help you sprinkle the mittens lightly with cinnamon and sugar. Bake according to the package/recipe directions, and enjoy with a glass of milk.

Egg Snacks

Ingredients:
 6 hard-boiled eggs
 1/2 tsp. salt
 1 tsp. mustard
 1/4 cup mayonnaise
 1/8 tsp. pepper
 1 tsp. vinegar
 paprika or dill to taste

Show children how to peel eggshells from the hard-boiled eggs. Slice the eggs in half lengthwise and carefully remove the yolks.

Place the yolks in a bowl and invite children to take turns adding the remaining ingredients. Mix until well blended. Carefully spoon the mixture back into the egg white halves. Sprinkle paprika/dill over the top to garnish. Adjust the size of the recipe for your group.

Tasty Porridge

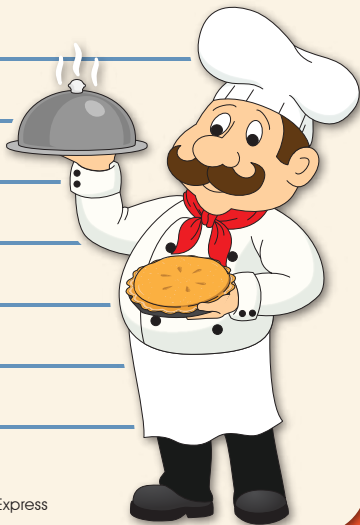
Ingredients:
 whole grain quick oats
 water
 raisins/brown sugar/cinnamon (optional)

Ask children if they know what porridge is. Have they ever had warm oatmeal for breakfast? Oatmeal is a type of porridge. Invite children to observe you cooking the oatmeal. As you perform the steps, use ordinal terms: First, heat 1 cup of water in a pot until boiling. Next, add one cup of whole grain quick oats to the boiling water. Last, stir and cook for about one to two minutes. When the porridge is ready, offer a small amount in a bowl for each child. Provide raisins, brown sugar, and cinnamon for children to add if they'd like.

(This recipe makes about two child-size servings. Follow instructions on the oats container for additional servings. The amount of water and oats does not stay at a 1:1 ratio for additional servings.)

Grocery List

- variety of vegetables _____
- chicken broth _____
- spices _____
- rice OR pasta OR meat _____
- brown bread _____
- cheese _____
- yeast packet _____
- honey _____
- rolled oats _____
- butter _____
- all-purpose flour _____
- whole wheat flour _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Yummy Vegetable Soup

- Ingredients:**
 vegetables
 chicken broth
 spices
 rice OR pasta OR meat (optional)
 brown bread
 cheese

January is National Soup Month! Celebrate by making some vegetable soup for the children to enjoy for a meal.

Gather a variety of vegetables that you think the children might enjoy in their soup. Suggestions include, but aren't limited to, carrots, celery, potatoes, and green beans. Chop the vegetables (adult only). As the children watch, talk about the kinds of vegetables you are using. Offer tiny bites to taste. Do the children have a favorite vegetable?

Sauté the chopped vegetables. Add about four cups of chicken broth, along with some herbs such as thyme and parsley. Season with salt and pepper to taste. Let the soup simmer on the stove for 30 minutes to an hour, or until the vegetables are tender. You may add rice or pasta and even some chopped meat, if you'd like. Serve with a loaf of brown bread and cheese. Do the children like the vegetables now? Are they still crunchy or soft?

Making Bread

- Ingredients:**
 1 packet yeast
 2 T. honey (plus extra for serving)
 1 cup warm water
 1 cup rolled oats
 1 T. melted butter
 1 tsp. salt
 1 cup all-purpose flour
 1 cup whole wheat flour

Caution: do not serve honey to children under age 1. Invite children to help you make bread. Have children take turns measuring the ingredients and kneading the dough.

In a mixing bowl, combine yeast, honey, and warm water. Let sit until bubbly (about five minutes). Stir in oats and butter. Let sit for five minutes. Add salt and both flours, stirring in 1/2 cup at a time. Knead dough into a soft ball, return to the bowl, and cover with a damp cloth. Let rise until double in size (about 30 minutes).

Punch down dough and knead until smooth, adding more flour as needed. Shape into a loaf and place in a buttered bread loaf pan. Cover and let rise until doubled in size once again. Preheat oven to 350°F. Bake in oven until done (about 35 minutes). Cool on rack for 15 minutes before slicing. Enjoy the warm loaf with butter or honey. Talk about how everyone worked together to make the yummy snack.