

Community Partners and FaDSS

Family Development and Self-Sufficiency Programs

North Iowa Community Action Organization

Volume 108 Fall Edition

Read it Again

Sharing books with your baby builds sweet memories and lifetime skills.



Life's Unanswered

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Dates To Remember	
October 10th	Columbus Day
October 31st	Halloween
November 6th	Daylight Savings Time Ends
November 11th	Veteran's Day
November 24th	Thanksgiving Day
December 21st	Winter Begins

Read Early and Often— Early interaction with books leads to stronger reading skills and more school success down the road. The earlier you start, the more quickly your child's verbal and literacy skills will grow. Start reading before your baby can sit sturdily. By 1 year, he'll already have favorite picture books that he'll crawl to and grab with determination at story time. You may want to try beginning with short books that illustrate simple nursery rhymes. Choose books your baby can interact with physically like board books with thick pages. Try to find stories whose pictures are relevant to your baby's experiences. Babies are easily distracted, so short books with single large and colorful images on each page are best. Older toddlers are often ready for a story line. If the story is a bit bewildering or complex, simplify it by leaving out elements that might make understanding it difficult. Open wide those gates for books, stories, rhymes, poems, and more. When you read with your child, you're spending invaluable quality time together and nurturing a skill that will prove to be a lifelong gift.

Tips

- * For longer picture books, try describing the images with an animated voice rather than reading word for word.
- * Ask your local librarian to recommend age-appropriate favorites like Goodnight Moon or Pat the Bunny.
- * Pick a comfortable spot for story time, such as the couch or a rocking chair. You might even try sharing a waterproof book while your baby takes a bath.

- ◇ Why doesn't glue stick to the inside of the bottle?
- ◇ Why is "abbreviated" such a long word?
- ◇ Why is a boxing ring square?
- ◇ Why is it that doctors call what they do practice?
- ◇ Why is it that rain drops but snow falls?
- ◇ Why is the man that invests all of your money called a broker?
- ◇ Why is the third hand on the watch called the second hand?
- ◇ Why is the time of day with the slowest traffic called rush hour?
- ◇ Why isn't their mouse flavored cat food?
- ◇ Why does the sun lighten our hair but darken our skin?
- ◇ Why can't they make the whole plane out of the same substance that little indestructible black box is?
- ◇ Why is it that no matter what color bubble bath you use, the bubbles are always white?
- ◇ Why is it that people duck in the rain, do they really think the rain won't hit them?
- ◇ Why is it called after dark when it is really after light?
- ◇ Why do round pizzas come in square boxes?
- ◇ What disease did cured ham actually have?

Healthy Lunchbox Tips

Packing your kids' lunches can be a great way to save money and help them to stay healthy. That is, if you pack the right foods. Sadly, many parents fill their kids' lunch boxes with sugary drinks, potato chips, and other empty calorie foods. Here are some ideas for packing a lunch your kids will eat and that's good for them too.



Add Color: Carrots, oranges, apples and other colorful foods will wake up their brains as well as their appetites, so try to vary the "look" of what's inside of their lunchboxes. If everything is beige, they won't be inspired when they open up to see what Mom (or Dad) packed for them. Mix it up!

Be Sweet: Just because you aren't adding candy and other sugary treats to their lunch doesn't mean you can't give them a sweet snack. Make a yummy fruit salad, bake healthy muffins or cookies, or find low sugar snacks instead of fruit roll-ups and other junk that will only spike their sugar levels and leave them low-energy after lunch.

Switch It Up: Try to make something different for your kids every day so they don't get tired of the same thing, day after day. It can be as simple as tuna one day, chicken the next. But the more you vary it, the more excited your kids will be to see what they're having for lunch today.

Surprise Them!: In addition to adding colorful snacks and changing the daily menu, add little notes or maybe a cool pencil or eraser, inside their box to give them an extra boost. They'll feel loved, and their friends will be impressed that they get more than just a sandwich in their lunch box.

Breakfast on the Go: Egg Muffin Sandwich

Easy to prepare and made in under 2 minutes, in the microwave.

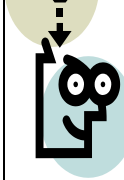
Ingredients: 1 whole wheat muffin, split & toasted, 1 egg, 1 tsp. water, 1-2T shredded cheese, salt & pepper, 1 T mayo, 1/2 tsp mustard.

Crack egg into a microwave safe container which is similar in size to the English muffin—coffee mugs work great. Add water & beat egg until well mixed. Sprinkle shredded cheese on top. Cook in microwave for 35-40 seconds until all the liquid is cooked off.

While egg is cooking, spread mayo on each side of the English muffin as well as mustard on one side. When egg is done, place it on top of bread and top with other half. Other optional ingredients to add: spinach, tomato slices, bacon, ham, sausage, or diced veggies.

Checklist for Helping Your Child With Homework

Show you think education and homework are important.



- * Set a regular time every day for homework
- * Have a quiet place to study with lots of light
- * Monitor assignments to make sure they are done
- * Help your child get organized
- * Encourage your child to develop good study habits
- * Meet your child's teacher and follow up with them
- * Remove distractions—Homework before TV
- * Show an interest in their schoolwork
- * Give Praise

School Bus Safety

1. Leave in plenty of time to get to the bus stop. When you rush, you may not follow traffic safety rules.
2. Walk on sidewalks. If there is no sidewalk, walk on the left facing traffic.
3. Remain alert at all times; don't listen to your MP3 players, text, or talk on your cell phone or play handheld video games.
4. Be careful when wearing your hood up: it makes it difficult for you to see.
5. When waiting for the bus, stay away from the street. Don't play around be aware of traffic around you.
6. Make sure the driver can see you at all times by staying ten giant steps away from the outside of the bus.
7. Wait for the bus to stop completely before you approach it to get on or before you stand up to get off.
8. Wait for the bus to arrive, watch for red flashing lights and the stop sign to be extended, and cross only when all traffic has stopped. Look left, right, and left again before crossing.
9. Clothes or backpacks should not have drawstrings, toggles or key chains. They can get caught on buss handrails and doors.
10. Hold the handrail so you don't trip on the stairs.
11. Find a seat and sit down immediately—if you need to talk to the bus driver wait for the bus to stop, raise your hand, and call the driver's name.
12. Know your driver's name and bus number to be sure you are boarding the right bus.
13. Be courteous and respectful to your driver.
14. Talk and laugh quietly with friends, but do not scream, it distracts the driver.
15. Do not put your head, arms, papers or anything out the window.
16. Keep the aisles clear.
17. Never play with the emergency exits.
18. If you drop something near the bus, don't pick it up. The driver may not see you. Instead, ask the driver for help.
19. If you have to cross the street, wait until the driver lets you know it's ok.
20. Stay away from the bus wheels at all times—especially the back wheels where it's hard for the driver to see you.





Carnival Cruise Warm Chocolate

Melting Cake

Things you will need:

8 oz semisweet chocolate 1 cup butter
 6 tablespoons sugar 7 eggs
 8 baking cups 1/2 cup flour

Directions:

1. Preheat the oven to 375°. Melt the chocolate and butter together. Use a double broiler pan or the microwave.
2. Lightly grease the baking cups. Use the white ones as the cake gets overdone if you use clear cups.
3. In a mixing bowl, mix four of the eggs with the sugar. Whisk well. Add the flour and whisk well again. Add the three remaining eggs. Whisk well.
4. Add the egg mixture to the chocolate mixture and mix well. Pour into the individual baking cups. Bake for 15 to 20 minutes until just done. The interior will be melting!

Any Season Fruit Bowl

Ingredients:

2 cups water
 1 1/2 cups sugar
 1/3 cup lime or lemon juice
 1 teaspoon anise extract
 1/2 teaspoon salt
 3 oranges peeled and sectioned
 3 kiwi peeled and sliced
 2 grapefruit peeled and sectioned
 2 large apples cubed
 1 pint strawberries sliced
 1 pound seedless green grapes
 1 can pineapple chunks drained

Directions:

In a medium saucepan, combine water, sugar, lime juice anise and salt. Bring to a boil over medium heat; cook for 20 min, stirring occasionally. Remove from heat; cover and refrigerate for 6 hours. Combine fruit in a large bowl; add dressing and toss to coat. Cover and chill for one hour.

Popcorn Snacks

Ingredients:

1 package 16-oz. miniature marshmallows
 1/2 cup butter, cubed
 1/2 cup canola oil
 1 tsp vanilla extract
 1/2 tsp salt
 6 quarts popped popcorn
 1 package (16 oz) milk chocolate MGM's
 1 jar (16oz) dry roasted Peanuts.

Directions:

In a large pan over medium heat, cook and stir the marshmallows, butter and oil until the marshmallows are melted. Remove from heat; stir in vanilla and salt.
 In a very large bowl, combine the popcorn, MGM's and peanuts. Pour the marshmallow mixture over popcorn and mix well. Press into two greased 13X9in pans. Let stand for 2 hours. Cut into bars and remove from pans. Store in air tight container.



Caramel Apple Bites

Filling:

1/3 Cup Finely chopped unpeeled apples
 1/3 cup evaporated milk
 1/3 cup sugar
 1/3 cup chopped walnuts

Dough:

1/2 cup butter, softened
 1/4 cup confectioner's sugar
 1/4 cup packed brown sugar
 1 egg
 1 teaspoon vanilla extract
 1/4 teaspoon salt
 2 cups all purpose flour

Directions:

- ⇒ In a small saucepan, combine filling ingredients. Cook and stir over medium heat until thickened; set aside to cool.
- ⇒ In a large bowl, cream together butter and sugars until light and fluffy. Beat in egg. Beat in vanilla. Combine flour and salt. Gradually add to the creamed mixture and mix well.
- ⇒ Shape dough into 1-in. balls. Flatten and place 1/4 teaspoon filling in center of each. Fold dough over filling and reshape into balls. Place 1 in. apart on greased baking sheets.
- ⇒ Bake at 350° for 12-15 minutes or until lightly browned. Remove to wire racks to cool.
- ⇒ In a small saucepan over low heat, cook caramels and evaporated milk until caramels are melted; stir until smooth. Insert a toothpick into each cookie and dip into caramel until completely coated; allow excess to drip off. Dip bottoms into walnuts. Place on wire racks to set. Yield: about 3 dozen.

Topping:

1 pkg. (14 ounces) caramels
 2/3 cup evaporated milk

Toothpicks

1 cup chopped walnuts



Sweet Potato Pie

Ingredients:

1 pound sweet potato
 1/2 cup butter—softened
 1 cup white sugar
 1/2 cup milk
 2 eggs
 1/2 tsp ground nutmeg
 1/2 tsp ground cinnamon
 1 tsp vanilla extract
 1—9 inch unbaked pie crust

Directions:

1. Boil sweet potato whole in skin for 40-50 min, or until done. Run cold water over it and remove skin.
2. Break apart sweet potato in a bowl. Add butter, mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into unbaked pie crust.
3. Bake at 350° for 55-60 minutes or until knife inserted in center comes out clean. Pie will puff up like a soufflé, and will sink down as it cools.



A United Way Member Agency in Partnership with North Iowa Community Action Organization and Mercy Medical Center-North Iowa