

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

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Let's Eat

Banana Oatmeal Cookies

Prep Time: 10 minutes | Cook Time: 15 minutes

Ingredients:

2 very ripe bananas
 1 cup oats (quick-cooking or old fashioned rolled)
 ½ teaspoon cinnamon
 ½ teaspoon vanilla
 ½ cup raisins



Directions:

Preheat oven to 350 degrees F.

In a medium bowl, mash bananas with fork until mostly smooth.
 Add oats, cinnamon, vanilla and raisins. Mix well.

Drop spoonful's of onto lightly sprayed or oiled baking sheet.

Flatten with the back of a spoon or bottom of a drinking glass.

Bake 10 to 15 minutes. Remove from oven and let cool before serving.

Source: <https://foodhero.org/recipes/banana-oatmeal-cookies>

Nutrition Facts: 120 calories, 1 g fat, 0 mg cholesterol, 0 mg sodium, 25 g carbohydrate, 3 g protein

Play Time

Apple Print Coasters!

Yield: 4 coasters

Kids will enjoy seeing the "star" on the inside of the apple, then stamping it onto a cork coaster to use as an ornament, gift, or coaster for home. This craft requires basic supplies and can be done at home, school, or daycare. One of the steps needs to be completed by an adult.

SUPPLIES NEEDED

- Cork coasters -they make these specifically for crafting and are surprisingly inexpensive
- Red acrylic paint
- Paint brush
- 1 small apple
- Knife
- (Optional) String, twine or ribbon
- (Optional) Scissors

DIRECTIONS

STEP 1

After gathering supplies, an adult should use the knife to cut the apple in half. Cutting the apple through the center will reveal the star inside.

STEP 2

Paint 1 half of the apple red.



STEP 3

Invite kids to press the apple onto a cork coaster.

STEP 4

Pull the apple up firmly to reveal the print.

STEP 5

Repeat with the rest of the coasters.

STEP 6

When the coasters are dry, stack them together and tie with a piece of twine or ribbon.

Now kids have a cute gift to share with teachers, neighbors, or friends!



CRAFT VARIATION TO CREATE A HANGING APPLE ORNAMENT

Alternatively, glue a loop of ribbon or twine to the back of the coaster to create an ornament, perfect for your holiday tree.

Source: <https://kidsactivitiesblog.com/96234/apple-print-coasters/>

Celebrate

National Read a Book Day

While we don't need a special day to read our favorite book but on September 6 calls for all book lovers to indulge in their favorite hobby.

Bringing new worlds to life, books enlighten us and transport us on exciting adventures. Books can challenge our perspectives and expands our knowledge. In a world deluged by technology, National Read a Book Day encourages us to silence the noise and turn the pages for a while.

Try these activities!

1.) Read a book: Of course, that's the point of the day but you can put a fun spin on reading by joining a reading challenge. Google "reading challenge" images and you'll see dozens of checklists and ideas on selecting books that will stretch your imagination while finding a book you won't be able to put down.

2.) Volunteer with your local library: Chances are, you have a local public library that can always use volunteers. Libraries do a lot of important work for their communities creating a safe, quiet space for children to learn. Community meetings are held in libraries and many function as polling places during elections. Donating books to your local library is a great way to share knowledge with your community and book donations often help libraries flesh out their shelves.

3.) Share your passion with someone: Share your passion for reading with someone. Read to your children in order and pass along your love of books to them. You could also volunteer to read to an elderly adult unable to read on their own. Reading aloud to them not only improves your brain function and reduces your stress level, but it also creates a connection they will treasure and stimulates their brain activity as well.

Source: <https://nationaltoday.com/national-read-book-day/>

Sincerely,

County Extension Agent for
Agriculture & Natural Resources