

The Provider's Professional Post

Notice of Intended Regulatory Action Standards for Licensed Child Day Centers

A notice of intended regulatory action to establish Standards for Licensed Child Day Centers (22 VAC 15-31) and repeal Standards for Licensed Child Day Centers (22 VAC 15-30) will be published in The Virginia Register (Volume 25, Issue 26) on August 31, 2009, for a 30-day public comment period that continues through September 30, 2009. Please see the notice of intended regulatory action in The Virginia Register at the following website: <http://legis.state.va.us/codecomm/register/issfiles.htm>.

Details on the intended regulatory action are available at the following website: http://townhall.virginia.gov/L/GetFile.cfm?File=E:\townhall\docroot\38\3049\5151\AgencyStatement_DSS_5151_v1.pdf. Comments on the notice of intended regulatory action may be submitted to Debra O'Neill, Children's Program Development Consultant, Department of Social Services, Division of Licensing Programs, 7 North 8th Street, Richmond, VA 23219, telephone (804) 726-7648, FAX (804) 726-7132, TTY (800) 828-1120, or email debra.oneill@dss.virginia.gov.

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Talk Like a Pirate

"Arrr," cried the laddie Tyler,
 "And shiver me timber!"
 "Here it is again, the first of
 September."
 "I am a pirate by rights and a
 swashbuckler's son,
 and my time for adventure has
 only begun."
 "I'll sail the far away despite
 all the danger,
 I will tame the sea beast and
 laugh at their anger."
 "I will battle the storms and sail
 the high seas,
 as soon as I
 learn my A,B,C's."
 By Carol Honeycutt



40 Developmental Assets

34

Cultural Awareness and Sensitivity.

The child begins to learn about his or her own cultural identity and to show acceptance of people who are racially, physically, culturally, or ethnically different from her or him.

Gold Star Mother's Day in United States

Gold Star Mother's Day is observed in the United States on the last Sunday of September each year. It is a day for people to recognize and honor those who have lost a son or daughter while serving the United States. Each year, the president is requested to issue a proclamation to: Call on US government officials to display the nation's flag on all government buildings; and to call on people to display the flag and hold appropriate meetings at homes, churches, or other suitable places on Gold Star Mother's Day to publicly express the love, sorrow, and reverence to those who are Gold Star mothers and their families. This day is a tribute to all parents whose children have died as a result of their service with the Armed Forces. The name the Gold Star Mothers was derived from the custom of military families who put a service flag near their front window. The flag featured a star for each family member serving in their country. Living members were denoted in blue, gold stars honored family members who were killed while in duty. In 1918, President Wilson approved the wearing of black arm bands bearing a gilt star by those who had a family member who died in the military service to the United States. This distinguished them from the blue stars, representing a family member presently serving in the armed forces. American Gold Star Mothers, Inc. was incorporated in 1929, obtaining a federal charter from the US Congress.
 Source: www.timeanddate.com/holidays/us/gold-star-mothers-day

Chicken Cooking and Safety Tips

Before You Cook

Refrigerate raw chicken promptly. Never leave it on counter top at room temperature.

Packaged fresh chicken may be refrigerated in original wrappings in the coldest part of the refrigerator.

Freeze uncooked chicken if it is not to be used within 2 days.

If properly packaged, frozen chicken will maintain top quality in a home freezer for up to 1 year.

Thaw chicken in the refrigerator not on the counter top or in cold water. It takes about 24 hours to thaw a 4-pound chicken in the refrigerator. Cut up parts, 3 to 9 hours.

Chicken may be safely thawed in cold water. Place chicken in its original wrap or water-tight plastic bag in cold water. Change water often. It takes about 2 hours to thaw a whole chicken.

For quick thawing of raw or cooked chicken use the microwave. Thawing time will vary.

Always wash hands, counter tops, cutting boards, knives and other utensils used in preparing raw chicken with soapy water before they come in contact with other raw or cooked foods.

When shopping, buy groceries last. Never leave chicken in a hot car. Refrigerate immediately on reaching home.

While You're Cooking

If chicken is stuffed, remove stuffing to a separate container before refrigerating.

When barbecuing chicken outdoors, keep refrigerated until ready to cook. Do not place cooked chicken on same plate used to transport raw chicken to grill.

Always cook chicken well done, not medium or rare. If using a meat thermometer, the internal temperature should reach 180°F for whole chicken, 170°F for bone-in parts and 160°F for boneless parts.

To check visually for doneness, pierce chicken with fork; juices should run clear not pink when fork is inserted with ease.

Never leave cooked chicken at room temperature for more than 2 hours. If not eaten immediately, cooked chicken should be kept either hot or refrigerated.

Marinade in which raw chicken has been soaking should never be used on cooked chicken.

After You Cook

Cooked, cut-up chicken is at its best refrigerated for no longer than 2 days whole cooked chicken, an additional day. If leftovers are to be reheated, cover to retain moisture and to ensure that chicken is heated all the way through.

Bring gravies to a rolling boil before serving.

If you're transporting cooked chicken, put it in an insulated container or ice chest until ready to eat. Keep below 40°F or above 140°F.

Source: EatChicken.com

Celebrate International Literacy Day!

International Literacy Day is sponsored annually by the International Reading Association and is designed to focus attention on literacy issues. The day is marked by many events throughout the world, including the presentation of a U.S. \$20,000 UNESCO International Reading Association Literacy Prize. The International Reading Association estimates that 780 million adults, nearly two-thirds of whom are women, do not know how to read and write. They also estimate that 94–115 million children worldwide do not have access to education. International Literacy Day is just one way the Association strives to increase literacy around the world. Spend the day participating in a read-a-thon, kicking off a cross-grade reading buddy program, or making original books to share with others in the community. For additional ideas, visit the IRA's collection of ideas: Idea Starters! International Literacy Day Activities and Events. Source: www.readwritethink.org

Mayflower Day

On September 16, 1620, 102 men, women, and children set sail from Plymouth, England. Their destination was the New World, where they could have religious freedom, and continue using their native language, culture, and customs.

Every Mayflower Day, we commemorate these brave, early settlers. They were the very first immigrants, and helped to pave the way for millions more to follow, in search of freedom and the dreams and promises of a New World.

The Pilgrims were headed to the settlement in Virginia. They had an agreement to settle there. The voyage took 66 days. They landed at Plymouth Rock on December 21, 1621. 102 passengers were on board. This included three pregnant women. One of these women gave birth just before landing. On November 21, 1620, the passengers signed the Mayflower Compact, which set forth the rules of governance of the fledgling colony.

Kids and Vitamin D

Two new studies about kids and vitamin D are getting a lot of attention in the news today. The official journal of the American Academy of Pediatrics, basically say that millions of kids in the United States have low vitamin D levels and that having low vitamin D levels is bad for them.

This shouldn't be too much of a surprise to anyone though. Milk is one of the main sources of vitamin D for most kids, and it has been a growing trend for kids to not drink much milk each day. Another risk factor for low vitamin D levels was reported to be at least 3 to 4 hours of television and computer use each day, which many parents know their kids get.

The big surprise to parents from these studies is likely going to be the effects of low vitamin D levels, which can include high blood pressure, diabetes, metabolic syndrome, low calcium levels, low HDL cholesterol (good cholesterol), and rickets.

While studies about vitamin D always seem to generate some controversy because people think it will decrease the use of sunscreen and sunblock, that likely isn't the reason the kids in this study have vitamin D deficiency. It is more likely that they simply don't drink enough milk, don't take a vitamin D supplement, and don't spend any time outside.

Since the risks of low Vitamin D levels are well known, parents should try to reverse these trends by getting their kids to drink more milk or take a vitamin D supplement and decrease the hours of screen time they allow their kids.

Children were once at great risk of rickets. With the introduction of Vitamin D supplementation of infant formula and milk, rickets was soon considered a rare disease. However, cases of rickets continue to be reported in the United States as most children no longer receive vitamins with Vitamin D.

In addition to supplements, children can receive Vitamin D from exposure to sunlight, which stimulates Vitamin D production in the skin. Because dark skinned children and those that aren't exposed to enough sunlight have always been thought to be at risk of rickets, it has always been recommended that they receive Vitamin D supplements if they weren't drinking formula (infants) or Vitamin D fortified milk (older children), but it wasn't thought that most other kids needed extra Vitamin D.

The American Academy of Pediatrics, in its clinical report, Prevention of Rickets and Vitamin D Deficiency in Infants, Children, and Adolescents, now recommends that all children, beginning in the first two months of life, receive at least 400 IU of Vitamin D each day. There are no vitamins with just Vitamin D in them, so you will have to give a multivitamin for now.

Talk to your Pediatrician if you aren't sure if your child needs extra Vitamin D or if you are unsure how to give your child extra vitamins.

Source: About .com

Swine Flu Survival Kit

Consumer Reports Magazine is teaching readers how to create a swine flu emergency kit in case a more severe second wave of swine flu hits this fall or winter. Is this helping to fuel the swine flu hype or simply helping people to get prepared?

As the worldwide case counts increase to 162,380 and the World Health Organization predicts that about 2 billion people will have been infected by the end of the H1N1 pandemic, a little preparation, whether it is for swine flu or some other unexpected emergency, is a great idea.

So what should you have in your swine flu survival kit? A good start would be a 3-day supply of food, prescription medicines, facemasks, alcohol-based hand rubs and other essential supplies. Why do you need so many supplies at home, after all, unlike other events, like a hurricane, you can still leave your house and go to the store if you have swine flu? Mostly it is because you don't want to go out and infect other people, you may not feel up to going to the store or taking a sick child out, and stores may run out of some supplies if a lot of people in your community are sick.

Source:About.com

Music

Simple Shakers

2 clean laundry detergent caps
1/3 cup of rice or un-popped corn
Hot glue
Colorful duct tape

To make one, start with 2 clean, same-size caps, pour 1/3 cup of rice or un-popped corn into one, then seal them together with a line of hot glue. For added safety and decoration, wrap the seam a few times with a length of colorful duct tape.

Rain Stick

16-1/2 inch by 6-inch piece of clear Con-Tact paper Small pieces of colored tissue paper (torn or cut)
15 1 to 1 1/2 inch mailing tube (available for \$1.50 at Staples) 2-1/2-foot length of aluminum foil
Broom
1/3 cup of rice
2 tablespoons of un-popped corn
Hot glue
Peel the backing off the Con-Tact paper. Let your child decorate the sticky side with tissue paper. (Alternatively, have her paint the tube, then cover it with the Con-Tact paper.)
Wrap the paper around the tube and tuck the extra length inside the ends (for ease, cut small slits around the overhang before folding it in).
Crush the foil lengthwise into a long cylinder, then wrap it around the handle of a broom to form a coil. Slide the coil off the handle, stretch it until it's slightly longer than the tube, then push it into the tube. Use hot glue or masking tape to secure the ends of the foil inside the tube, about 1/4 inch from each opening.

Source: FamilyFun.com

Scarecrow Song

It can be sung to the tune of "Did You ever See A Lassie?"
Did you ever see a scarecrow?
A scarecrow, a scarecrow?
Did you ever see a scarecrow,
That's filled with dry hay?
He's dressed all in old clothes;
He scares off the black crows.
Have you ever seen a scarecrow,
That's filled with dry hay?

Gross Motor

Fun with Dance

You already know a toddler's got rhythm, so invite them to a dance party. Pieces of colorful fabric or scarves anything shiny, silky, or draping and let them twirl them around as they move. You can use the fabric for a dancing game of peekaboo, hold some up for a makeshift curtain, or tie it on for a swinging skirt. Try holding two corners each and wave the fabric like a parachute in time to the music.

Musical Chairs

Like a training-wheels version of the traditional game, this adaptation offers all the exhilaration with none of the apprehension because there are actually enough seats for everyone!

Chairs (as many as their are children playing)

Music

To play, simply set out as many chairs as there are children, then put on some boisterous music.

Tell the kids to dance in a big circle around the chairs until they hear the music stop, they must quickly, quickly! find a chair and sit in it until the music resumes.

With all the scrambling and squealing, you'd never guess there are always enough seats to go around.

Advanced Four Square Game (School-Age)

Sidewalk chalk

Good bouncing ball (like a kickball)

Draw a 6 to 10-foot square on a paved surface. Divide the larger square into four smaller squares, number the squares; 1 to 4, and have each child stand in a block. The player in square 4 serves the ball by bouncing it in his square and tapping the ball into another square.

The player in that space must tap the ball (after one bounce) into another kid's area, and so on, until someone misses the ball, lets the ball bounce twice, or sends it out of the grid.

The player who misses the ball steps out and the remaining players rotate up through the numbered squares. If you are playing with more than four players, a new player enters the game at square 1.

The player who is out waits in line to re-enter the game once square 1 is open again. Whoever is now in square 4 serves the ball to resume play. Variation, When players bounce the ball, they must also call out a color, or state, animal, pizza topping, whatever the category may be (no repeating).

Source: FamilyFun.com

Art

Chalk Shadows

Have the child stand so that their shadow is on the sidewalk and then trace around it with a piece of chalk. When tracing is done, you can draw in clothes, hair, face, etc. with different colored chalk.

Bubble Pictures

Tack up some pieces of construction paper on a fence at the children's face height. Mix a little bit of food coloring in some bubble solution in different colors. Then have the kids blow bubbles onto the paper. They have a ball doing this, but make sure they are wearing old clothes or swimsuits so they won't get food coloring on good clothes it could stain.

Contact Paper Sun Catchers

Peel back the protective covering halfway down a piece of contact paper, exposing the sticky side (The contact paper can be any shape or size) Tear small pieces of various colors of tissue paper and stick to the contact paper. Peel off the rest of the protective cover and fold it over the tissue paper side. Trim the sun catcher to any shape or size desired. Punch a hole in it and string a piece of fishing line through it to hang.

Peanut Buzzy Bees

Turn packing peanuts into "buzzy bees." Add a little tissue paper to make the "wings" and color the peanut "body" with black and yellow felt tip pen. Source: KidCraftsMagazine.com

One Great Whole With Many Different Parts

On poster board, draw any large figure or shape. Cut up the shape into pieces like a puzzle. Give each child a piece of the puzzle asking them to decorate the puzzle piece anyway they want on the first day of school. When all the puzzle pieces are complete reassemble the shape on your bulletin board.

Separation Caterpillar



Create a caterpillar made of many circles, one of which is a smiling face. On the "body" circles write each separate part of your classroom schedule, ex. group time, free play, cleanup. As you complete each part of your day, cover the corresponding circle. Children who are worried that mom isn't coming back will know visually how many circles are left until mom will be here. Use this for the first month until the children are used to class routine and separation is no longer an issue.

Rebus and Fingerplay

Back To School Finger Play

Two little houses all closed up tight (make fists)
Open up the window and let in the light (open fist)
Ten little finger people tall and straight (ten fingers)
Ready for school at half past eight (walk with fingers)



Funny Clowns



Funny  clowns, funny  clowns,

Jump around, jump around.


Sometimes making  faces,


Sometimes running races.



Funny  clowns, funny  clowns.

Funny  clowns, funny  clowns,

Spin around, spin around.

Sometimes with a big  nose,




Sometimes with two big  toes.

Funny  clowns, funny  clowns

A Little Green Frog

There once was a little green  frog,  frog,  frog,

Who sat in the woods on a  log,  log,  log.

A screech  owl sitting in a  tree,  tree,

Came after the  frog with a scree, scree, scree

When the frog heard the  owl in a flash, flash, flash,

He jumped in the  pond with a splash, splash, splash!

Grandparents' Day

A new survey of 10,000 people conducted by Grandparents.com helps redefine today's image of the American Grandparent just in time for Grandparent's Day on September 13th. The survey reveals several hidden trends and facts that are sure to surprise you.

48 years is the average age of the grandparent

43% exercise or play sports

10% have a tattoo

75% of the wealth in this country is controlled by grandparents

60% have a full or part time job

\$100 billion is spent by grandparents each year on entertainment

72% take care of their grandchildren on a regular basis

3% have run a marathon

"We have done a tremendous amount of research on grandparents over the past year," said David Brinker, President and COO of Grandparents.com. "and we are happy to be able to share our findings on this very influential, yet highly unrecognized demographic. The modern day grandparent sheds the common stereotypes.

Grandparents are the fastest growing segment of the population. By 2010, more than 50% of the grandparent population will be babyboomers. In an effort to learn more about this new wave of grandparents, Grandparents.com has created a comprehensive grandparent fact sheet.

With Grandparent's Day just around the corner, everyone should keep in mind who they are really honoring that day!

Source: grandparents .com

Back to School Routines

Although most kids are still in summer mode, staying up late, sleeping in, and maybe recovering from a family summer vacation, now can be a good time to get back into a back to school routine.

It is best to get your child used to going to bed at a reasonable time and getting up early a few weeks before school starts, instead of waiting until the night before the first day of school.

This is especially important for kids going to kindergarten for the first time, who may still be used to taking a daytime nap.

Before summer is over, you might also visit your pediatrician if your child has any chronic medical conditions, like allergies, asthma, or food allergies, to make sure your child's symptoms are well controlled before school starts.

Source: About.com

Celebrate Wonderful Weirdos Day

September is a strange month for celebrations. Apparently it's National Chicken Month. Do we really need a whole month just for chickens? Sept. 13 is the birthday of Roald Dahl, author of such delightfully strange children's stories as "James and the Giant Peach" and "Charlie and the Chocolate Factory." To top it all off with the ultimate Geek-Fest. Sept. 22 is National Hobbit Day, a day when every Baggins, Took and Brandybuck can revel in their (admittedly awesome) weirdness. The only way to top off all of this strangeness would be to focus on weirdness itself. To set aside a single day and celebrate the weird ones in your life. This is exactly what the city of Austin, Texas, has done for the past few years, celebrating Wonderful Weirdos Day on Sept. 9, a day created by holiday aficionado, Tom Roy. Citizens of Austin have always found pride in their eclectic and progressive culture, the hippie scene was big during the 1960's and 70's, and the city continues to harbor an independent spirit. Austin is the host of the massive South by Southwest music festival, a Haven for more than 1,400 independent rock acts that takes place every spring. The city officially recognized its weirdness in 2000 when "Keep Austin Weird" caught on as the official slogan and graced bumper stickers and T-shirts.

Austin isn't the only city with weirdos. Wonderful Weirdos Day is catching on in other parts of the country. If you wish to partake, HowStuffWorks.com offers a few ways to highlight your inner quirks.

Become a member of the Ministry of Silly Walks for the day. With each step, swing your legs forward as high as possible.

Improvise with random jigs and stutters. Create a fake language between friends, something like Pig Latin or Klingon. Ride around public transportation and speak your new language audibly. Wearing a silly costume is a reliable way to celebrate weirdness. Go all out with your favorite pirate or superhero costume. If you prefer weirdo minimalism, wearing slinky eyeball spectacles or beagle puss eyeglasses are great ways to highlight any subtle eccentricities. Knee socks of alternate colors and loud, obnoxious patterns are also a plus. These are merely suggestions. The best way to celebrate Wonderful Weirdos Day is to be your typically weird self, muttering on elevators and dancing through crosswalks.

Source: HowStuffWorks.com

September 2009 Training Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 PCAN 2B Brain Development Camp Bethel 6:30 PM - 9:00 PM		2 PCAN 2C Brain Development Child Care Network 6:30 PM - 9:00 PM	3	4	5
6	7	8	9	10 PCAN 5A The Influence of Culture Child Care Network 6:30 PM - 9:00 PM	11 CPR and First Aid Pitter Patter Pathways 6:00PM - 9:30PM	12 PCAN Brain Development Pitter Patter Pathways 8:30 AM - 2:30 PM	
13	14	15 Professionalism First Christian Church 6:00 PM - 8:30PM	16	17 CPR and First Aid St. John's Preschool 6:30PM - 9:45PM	18	19 Make n' Take Gate City Training Facility 9:00 AM - 11:30 AM	
20	21	22	23	24	25	26	
27	28	29 PCAN 2B Brain Development Lee County Child Care 6:00 PM - 8:30 PM	30	Gate City Training Facility 276-366-9881 Child Care Network, Bristol, 276-669-3223 Pitter Patter Pathways, Marion, 276-783-8427 Lee County Child Care, 276-546-5600 First Christian Church, Abingdon, 276-698-3474 St. John's Preschool, Abingdon, 276-608-8914			

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Tracey Kendall, Regional Director, Alzheimer's Association

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Johnson City, Tennessee 37604

tracey.kendall@alz.org

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We would like to thank Mr. Manis of Punkin Patch Farm for his collaborative support with Child Care Connect as we promote healthy nutrition for our children in Southwest Virginia.

Thank you Mr. Manis!



Child Care Connect

Monthly Observances....










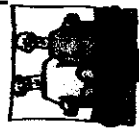









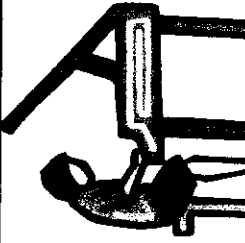
- Baby Safety Month
- Back Pack Safety America Month
- Children's Good Manners Month
- College Savings Month
- Library Card Sign Up Month
- Mold Awareness Month
- National Chicken Month
- National Mushrooms Month
- National Wild Rice Month
- National Piano Month
- Self Improvement Month
- Sea Cadet Month

Weekly Observances

- Play Days 8-12
- Constitution Week 13-19
- Balance Awareness Week 13-19
- Child Passenger Safety Awareness Week 20-26
- National Clean Hands Week 20-26
- National Keep Kids Creative Week 20-26
- Pollution Prevention Week 21-27
- National Chimney Safety Week 27-10/3
- Remember to Register to Vote Week 27-10/3



September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2  V-J Day	3	4  Newspaper Carrier Day	5	6  Salem Day	7  Labor Day
8  International Literacy Day	9  Wonderful Weirdos Day	10	11  Remembrance Day	12  Mushroom Days	13  National Grandparents Day	14
15	16  Trail of Tears Commemoration Day	17  Citizenship day Constitution Day Citizenship Day	18  Airforce Birthday	19  Talk Like a Pirate Day	20  Sea Cadet Month	21  International Day of Peace
22  Equinox Elephant Appreciation Day	23	24	25	26  Shamu the Whale Day	27	28  Family Day - A Day to Eat Dinner With Your Kids
29	30  National Piano Month					

Apple-Glazed Chicken Drumsticks

4 chicken drumsticks, skin-on or skinless

Marinade:

1/4 cup apple butter

1/4 cup molasses

1/2 teaspoon ground ginger

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 apples, cored and sliced into eighths

In medium bowl, stir together all ingredients for the marinade.

Add the drumsticks and toss to coat. Cover and refrigerate for 15 minutes. Preheat the broiler. Line a broiler pan with aluminum foil and then set the drumsticks in it. Broil for 20-30 minutes, turning the drumsticks occasionally and brushing them with marinade. Can also be cooked on the grill. Serve with apple slices.

Makes 4 servings.

Source: Eatchicken.com

Tex-Mex Tuna Salad

2 (6 ounce) cans tuna drained and flaked

1/2 cup sliced black olives

1/2 cup sliced green onion

1/2 cup sliced celery

2/3 cup salsa

1/2 cup sour cream

1 teaspoon ground cumin

1/2 head iceberg lettuce, shredded

12 medium taco shells

In a large bowl, combine the tuna, olives, green onions and celery; toss together.

In a medium bowl, whisk together the salsa, sour cream and cumin. Pour over tuna mixture; lightly toss to mix.

Line taco shells with shredded lettuce and spoon tuna mixture into shells. Drizzle with additional salsa or top with additional sour cream if desired.

Source: Allrecipes.com

Vitamin D Intake - Foods That Contain Vitamin D

Only very few foods are naturally rich in vitamin D. Most vitamin D intake is in the form of vitamin D fortified products like milk, soy milk and cereal grain.

We should be able to produce vitamin D through our skin, but seasons, geographic location, time of day, cloud cover, smog, and sunscreen affect UVB ray exposure and vitamin D synthesis in the skin.

Our modern life style prevents many people from producing enough vitamin D themselves. It is important for people with limited sun exposure to include good sources of vitamin D in their diet.

In some countries some foods are fortified with vitamin D2 and/or vitamin D3. In the United States and Canada, fortified milk typically provides 100 IU of vitamin D per glass, or about 25% of the estimated adequate intake for adults over the age of 50.

Natural sources of vitamin D include: fish liver oils (cod liver oil), fatty fish (catfish, salmon, mackerel, sardines, tuna, eel), eggs, and Shiitake mushrooms, which are one of a few natural sources of vegan vitamin D.

Source: www.squidoo.com



Apple Chicken Delight

4 boneless, skinless chicken breast halves

1/4 cup flour

1/2 teaspoon cinnamon

1/2 teaspoon salt

3 tablespoons canola oil

1/2 cup apple cider

1 tablespoon cornstarch

1/2 cup pineapple preserves

1/4 cup toasted pecans, coarsely chopped

Spiced apple rings

Pecan halves

In shallow dish, place flour. Sprinkle chicken with cinnamon and salt. Dredge chicken in flour, one piece at a time. In large fry pan, place canola oil over medium heat. Add chicken and cook, turning frequently, about 20 minutes or until light brown and fork can be inserted with ease. Remove chicken to serving platter and keep warm. Pour off liquid from fry pan and add apple cider. Slowly whisk in cornstarch, mixing well. Stir pineapple preserves. Add pecans and simmer until thickened, about 3 minutes. Pour sauce over chicken and garnish with apple rings and pecan halves.

Source: Eatchicken.com

Waldorf Tuna Salad

2 (6 ounce) cans light water-packed albacore tuna, drained and flaked

1 large red apple, chopped

1/3 cup chopped celery

1/3 cup raisins

1/3 cup chopped dates

1/4 cup chopped walnuts

1/2 cup fat-free plain yogurt

1/4 cup reduced-fat mayonnaise

4 lettuce leaves

1/4 cup shredded reduced-fat Monterey Jack Cheese

In a large bowl, combine the tuna, apple, celery, raisins, dates and walnuts. Combine yogurt and mayonnaise; add to tuna mixture and toss to coat. Serve on lettuce-lined plates; sprinkle with the cheese.

Source: Allrecipes.com

I'm a Little Scarecrow

I'm a little scarecrow,

Raggedy and worn.

I wear a hat,

And a shirt that's torn.

When the crows come,

I wave and shout,

"Away from my garden ----

Hey! Get on out!"



Extension Activities for children age 3 and above

Read over the rhyme several times, pointing at each word as you read it.

When they feel ready, let the children say the rhyme with you as you read it.

Make up your own hand motions and act out the rhyme as you say it.

Say the rhyme, leaving off the last word for the children to fill in.

Discuss the rhyming words.

Say the rhyme and let the children clap with each rhyming word.

Ask the children, ? "What is a scarecrow?"

Ask them, "What is a scarecrows job?"

Ask them, "Why does the scarecrow want to frighten away the crows?"

Ask them, "What is your favorite vegetable?"

Ask them, "Do like you corn?"

Ask them, "What animals eat corn?"