



## Taking a closer look...

As part of World Food Week all of the classes played a part in the preparation process of one of our meals for the week. The Baby & Waddler Rooms mashed bananas! The bananas are used to make Chef Cameo's homemade banana "cookies" - a perfect combination of cookie and biscuit flavors and textures! The teachers talked with their kiddos about how bananas feel different when they are whole versus mashed! Toddlers & Juniors each played different roles in the making of homemade pickles! One class made the brine and the other cut the cucumbers. The teachers discussed smells and tastes with the kiddos as well as safety rules when it comes to using wavy choppers! Pre-K was a big help and absolutely loved preparing the bean quesadillas for our lunch one day! Helping each other for the outcome of the whole is one of the many qualities we hope to instill in our little friends by creating a sense of community in our center!



## Spirit Week



Lots of cozy comfort! Flannel day!

Fawn wants jammies too! Pajama day!



Fern, the baby cow. Costume day!



Dottie day! It's almost like she knew the day was about her!



Peeking through the fence. Pumpkin day!

Hi everyone! The Farm & Garden Program has slowed down some the past month or so with construction in the big garden area. Fear not! We've got blue and pink oyster mushrooms growing in classes right now. If you remember from last year, each of the 3 older classes got 2 types of mushrooms, and we will grow these for quite a ways into winter time. This year we started our blue oysters a week earlier than the pink and will compare growth. These mushrooms will be harvested as they're ready and Chef Cameo will cook them into delicious meals! My favorite is the mushroom pasta. 🍄



Thyme with Kaylee



You might notice that Fawn and Luna are starting to fluff up again! Cold days will be here before we know it, and our Farm Program is appreciating the cool of autumn. 🍂 Our two baby chickens have officially started laying eggs! Our friends have pointed out the size difference and have pondered why. Some toddler friends have some hypothesis of it's too cold outside, it's too warm outside, or maybe the chickens thought they needed small eggs again. Regardless, our friends love getting to spend time and explore in the Farm & Garden Program!

<3Kaylee

## What's the scoop?



Some other activities included the kiddos juicing lemons for their own water bottles, exploring local foods from the farmer's market, and learning about mushrooms that we will soon be growing in our older classrooms!

Our classrooms practice "family style" dining in which teachers sit with students and encourage everyone to serve themselves. During this time we have discussions about the food - what it tastes, smells, looks, sounds and feels like! This is a wonderful time to grow children's vocabularies, build relationships, and develop healthy relationships with food. Studies have found that children who share meals at the table with family and peers have a lower risk of developing depression, eating disorders, substance abuse issues, and other mental health concerns. This is, in part, due to the bonds that can be created over having set time together with our loved ones.

On November 26th at 3pm we are inviting parents, grandparents, guardians, and siblings to join us for our 3rd annual Food with Families! This is a time for families to join our classes for snack time, have discussions with your child and their peers, and bond over a shared meal! I will be serving up delicious cranberry muffins made with whole wheat and warm apple cider! Gluten free cranberry muffins will be made available for our gluten free friends.



Chef Cameo's Kitchen Corner

-Chef Cameo 🍌🍌🍌

