



VOLUME 3 • FALL 2020

# FOOD & FUN FOR EVERYONE

Eating healthy and staying active can be difficult when you are stuck at home. Here are some ideas to keep your family healthy while having fun!

## Eat Healthy This Fall

- Try some new recipes with popular fall fruits and vegetables such as:
  - Apples
  - Winter squashes and pumpkin
  - Cabbage
  - Brussels sprouts
- Have your children pick out fruits and vegetables and help prepare them too! Children are more likely to try new foods when they help choose and prepare them.
- Pumpkins are more than just jack-o'-lanterns! Let kids scoop out the seeds and roast them for a delicious and healthy snack.
- After picking apples at the orchard or farmers market, make applesauce or peanut butter apple sandwiches.



Visit your local farmers market and try some new vegetables!

<https://guide.farmfreshri.org>

Interested in FREE food for your children? Some sites are still offering FREE grab & go meals.

Call 2-1-1 or visit

<https://health.ri.gov/diseases/ncov2019/about/foodsites/>

## Healthy and Delicious Kid Friendly Recipes

### Pumpkin Dip

- 1 (8 ounce) package light cream cheese (Neufchâtel)
- 1 cup low-fat plain yogurt
- 1 (15 ounce) can pumpkin, yams, or squash
- 1/2 cup confectioners sugar
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 2 apples, sliced

1. Beat cream cheese, yogurt, and pumpkin in a large bowl until smooth.
2. Add sugar, cinnamon, and ginger. Mix well.
3. Cover and refrigerate for 1 hour.
4. Serve with apple slices.

### Applesauce

- 4 apples, peeled, cored and chopped
- 1 tablespoon lemon juice
- 3/4 cup water
- 1 1/2 teaspoons cinnamon

1. Wash and peel the apples. Cut into large pieces. Mix with lemon juice.
2. Place the apples, water, and cinnamon into a large pot. Bring to a boil. Reduce heat to simmer, cover, and cook for 15 minutes. Remove the cover and cook 5 minutes more.
3. Remove pot from heat. Mash the apples with a fork or potato masher.
4. Serve hot, refrigerate and serve cold, or freeze. Keep in refrigerator for up to 5 days.



More kid-friendly recipes at <https://uri.edu/SnapEd>





## Ideas to Keep Kids Active

- Fall Scavenger Hunts are a great way to get kids moving outside. Think of all the "treasures" you can find and make projects with later.
  - Leaves come in all sorts of shapes and colors. The more colors you find, the better!
  - Grab some acorns before the squirrels collect them all!
  - Pine cones are great for many creative art projects.
  - Sticks: How many different sizes, shapes and colors can your child find?
- Raking can be rewarding. Rake those leaves into a large pile and get ready for jumping. Pile them up over and over again for non-stop fun.
- Don't let the rain stop you! Put on some sneakers or rainboots and go puddle jumping. How high can you jump?



## Some More Fun Ideas To Keep Your Kids Active

### Outdoor Fall Crafts

- Stuff a paper lunch bag with leaves and draw pumpkin faces.
- Make a game of collecting small rocks, then use them to make shapes or spell out names.
- Collect small sticks and twigs. Combine the sticks to make a tic-tac-toe board. Find rocks to be your pieces!
- Use your leaf treasures to make leaf rubbings or to create people with acorn heads.

### Explore Rhode Island

- Explore some different parts of Rhode Island with a nature hike <https://exploreri.org/gtraillist.php>
- Beaches are great in the fall for walking or flying a kite. Your child can practice writing their name in the sand.
- Visit Rhode Island orchards, pumpkin patches, and corn mazes <https://guide.farmfreshri.org>