KCSC Family News

Special Fall Holiday Edition!

Kennedy Child Study Center: Where Every Child Matters | Fall 2016 Newsletter

Celebrate Thanksgiving with these delicious and healthy recipes!

Pumpkin Soup

Ingredients

- 3/4 cup water
- 1 small onion, chopped
- 1 can (8 ounces) pumpkin puree
- 1 cup unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon freshly ground black pepper
- 1 green onion, green top only, chopped

More healthy recipes can be found at: http://allrecipes.com//HowTo/healthy-thanksgiving-recipes/

Directions

- In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out.
- Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.
- Ladle into warmed individual bowls and sprinkle with black pepper and green onion tops. Serve immediately.

Roasted Sweet Potatoes

Ingredients

1/2—1 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon onion powder
2 pounds sweet potatoes, peeled and diced
2 Tablespoons olive oil

Directions

Preheat oven to 450 degrees F (230 degrees C). In a large bowl, toss olive oil and sweet potatoes until well coated. Season with salt, pepper, onion powder. Arrange the mixture on a large baking sheet. Bake in the preheated oven 25—30 minutes, or until the sweet potatoes are tender.

National School Breakfast and Lunch Program at KCSC

Kennedy Child Study Center participates in the National School Lunch and Breakfast Program through the federal government. This means that all students who attend KCSC will receive a healthy, nutritious breakfast and lunch every day, regardless of income eligibility.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

Manhattan	2212 Third Ave, 2nd Floor | NY, NY 10035	212 988 9500	www.kenchild.org
Bronx	1028 East 179th Street | Bronx, NY 10460	718 842 0200	www.facebook.com/kennedychildstudycenter

Mark Your Calendars for these Upcoming Parent Workshops!

Manhattan Site (2212 Third Ave)

Turning 5: The Transition to Kindergarten

English: Tuesday, December 6, 9:30-11:30

Spanish: Thursday, December 8, 9:30 -11:30

Learning Through Play

English: Tuesday, December 13, 10am-11:30am

Spanish: Thursday, December 15, 10am – 11:30am

Bronx Site (1028 E 179th St)

Turning 5: The Transition to Kindergarten

English: Wednesday, December 7, 10-noon

Spanish: Tuesday, December 13, 10am-noon

Thanksgiving Arts & Crafts

Celebrate the season with these fun and creative crafts!

Hand Turkey

There are many different ways to make a hand turkey!

- Place your child's hand firmly on a piece of paper and trace around it.
- Help your child color in the turkey. The more colorful the better!
- Use pom-poms, feathers, glitter or other art supplies to make your turkey truly unique

You can also dip or paint your child's hand with washable, non-toxic paint.

Turkey Feather Name Practice

This fun craft is great for letter recognition, as well as for building fine motor skill and strength. As long as you have clothespins, you can make the turkey however you want; with a paper plate, with construction paper, or any other materials you have at home.

Instructions:

- Decorate a paper plate or piece of paper with two eyes and a beak. This is your turkey face!
- Write your child's name around the top edge of the plate. Put some space between the letters
- Write each of the letters on the end of a clothespin
- Encourage your child to match each clothespin to the corresponding letter on your turkey face

You can do this activity with other Thanksgiving-themed words too.