



HCSF Newsletter

September
2010



It's **September** and new schedules are in full swing! Make part of your new fall routine "family dinner" at least a few nights a week. Family dinners have been shown to increase the amount of healthy foods eaten (by everyone, not just the kids!), help kids do well in school and bring families closer together. For more family time, 'Cook With Your Kids' on page two has a great after-school snack recipe. Enjoy the cooler weather with after dinner walks and maybe even an apple picking trip. Check out our listing to find an orchard near you!



Dinner Table Games

We know it can be hard to get the family together for sit-down meals, so we thought you might enjoy some conversation starters and games to make mealtime fun for the whole family.

Highs and Lows

Each family member goes around the table and says the best thing that happened to them today (highs) and the worst (lows).



Things That Go!

Each person takes a turn acting and sounding out something that "goes", such as a race car, an airplane, etc., while the others try to guess what it is.

Unfortunately.....Fortunately

The first person to go starts their sentence with "Unfortunately". For example, you might say, **"Unfortunately, a lion crossed my path today."** The next person to go starts their sentence with "Fortunately" and they have to pick up where you left off. They might say **"Fortunately, the zoo keeper wasn't far behind and got the lion in a cage before it could eat me!"**

Table Topics

Place slips of paper in a basket. On each slip, write a question that the person who selects it has to answer like "What has been the most fun thing you've done this week?", "What is the best thing you've EVER eaten?", "Who is the last person you saw smile?", "If you could be any animal, what would you be?" Get creative with your questions!



"I went to Green Bay and in my bag I packed..."

For this game each person takes turns saying what was packed already and then adds his or her own item. The more outrageous the item, the more fun it is. Mom might start by saying "I went to Green Bay and in my bag I packed an elephant." Next, brother might say, "I went to Green Bay and in my bag I packed an elephant and a snow shovel." Then sister would say, "I went to Green Bay and in my bag I packed an elephant and a snow shovel and a pink purse."

Keep going until someone can't remember the whole list!

Snack Attack!

C'mon. Admit it...we all have that half empty box of ice cream cones lingering on the back shelf...don't let them go to waste - use them for a fun new snack for the kids! Fill them up with bite size pieces of fruit and top them off with a dollop of yogurt. Yum!



C WITH YOUR KIDS



BOOK

Easy Applesauce Muffins

These scrumptious muffins are a great way to start your day or for an after school snack. Use this recipe as an opportunity to teach your kids how to mix wet and dry ingredients, scoop batter into muffin tins, and test for doneness.

Ingredients



- 3 tablespoons butter
- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 2 eggs
- 2/3 cup brown sugar
- 2 cups chunky applesauce
- ½ cup peeled and chopped apples (optional)



Directions

1. Heat the oven to 375 degrees. Line a 12-cup muffin tin with bake cups and set aside. Smaller kiddos are perfect for setting the bake cups in the muffin tin.
2. In a small microwave-safe bowl, melt the butter on high for about 30 to 60 seconds; set aside to cool slightly.
3. Sift together the flour, baking powder, baking soda, cinnamon, and salt into a large mixing bowl.
4. In another large bowl, whisk together the eggs and brown sugar. Stir in the applesauce (and apples, if using) and melted butter until the mixture is smooth.
5. Pour the apple mixture over the flour mixture. Mix with a wooden spoon until combined (it's ready when you can't see any traces of flour).
6. Fill the bake cups about two-thirds full with batter. For mess-free muffins, use an ice-cream scoop to spoon the batter into the bake cups, or use a large spoon.
7. Bake for 20 minutes or until light brown.
8. Have your kids test for doneness by inserting a toothpick in the middle of one muffin. If it comes out clean, the muffins are ready to eat. Makes 12.

Locate an Apple Orchard Near You!



A trip to a local apple orchard can be a fun afternoon for the whole family. Many orchards also have wagon rides and shops with other local products. To see if there is an orchard closer to you, check out <http://www.wisconline.com/attractions/orchards.html#central>

or <http://www.applejournal.com/wi08.htm>

Onieda Apple Orchard

Located at
3976 W Mason St
Oneida, WI 54155

For more information
call 920-869-2468 or
go to

www.oneidanation.org/orchard

Hofacker's Hillside Orchard

Located at
W 3964 Wege Rd
Appleton, WI 54913

For more
information call
920-734-0780 or go
to

www.hhorchard.com

Hauser's Superior View Farm

Located at
86565 Cty Hwy J
Bayfield, WI 54814

For more information
call 715-779-5404
or go to

www.superiorviewfarm.com

Helene's Hill Top Orchard

Located at
N1189 Quarter Road
Merrill, WI 54452

For more
information call 715-
536-1207 or go to

www.heleneshilltoporchard.com