

NOVEMBER NEWSLETTER

FOOD PROGRAM



welcome



PATCH would like to welcome new Food Program Manager, Keala Menza to the team.

Here is what our Interim Executive Director, Carol Wear has to say...

"I am thrilled to announce the newest addition to our team, Keala Menza, who just joined us as our new Food Program Manager. Keala brings a wealth of experience and education.

Keala comes to us with an impressive background, boasting over 20 years of experience in education. Her most recent role was as a Preschool Director, where she successfully managed a team of 12 dedicated staff members. Her leadership skills and ability to foster a positive work environment are qualities that will undoubtedly benefit our organization. We are excited to have on her onboard"

FOOD SAFETY FOR THE HOLIDAYS

Poison centers receive thousands of calls about suspected food poisoning each year. Thanksgiving can be especially risky as people prepare special holiday meals. By taking simple food safety precautions, you can help prevent food poisoning and ensure delicious and safe meals.



FRIENDLY REMINDER

How do you
make a
pumpkin spice
milkshake?



Give it a good
scare!



PATCH offices will be closed on:
Veterans Day - Friday, November
10th

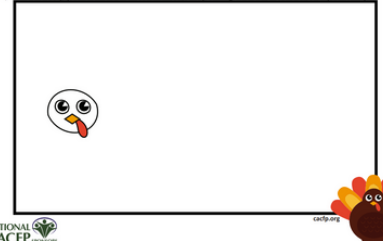
Thanksgiving Day - Thursday,
November 23rd

For more Thanksgiving
activities, scan the
code!



Trace-A-Turkey

CACFP is an indicator of quality care.
Put your right hand on the paper, with your thumb over the face. Trace your hand, and make a turkey out of it.
Your palm is the body, your thumb is the head and neck, and your fingers are the feathers! Color your turkey in.



Ingredients

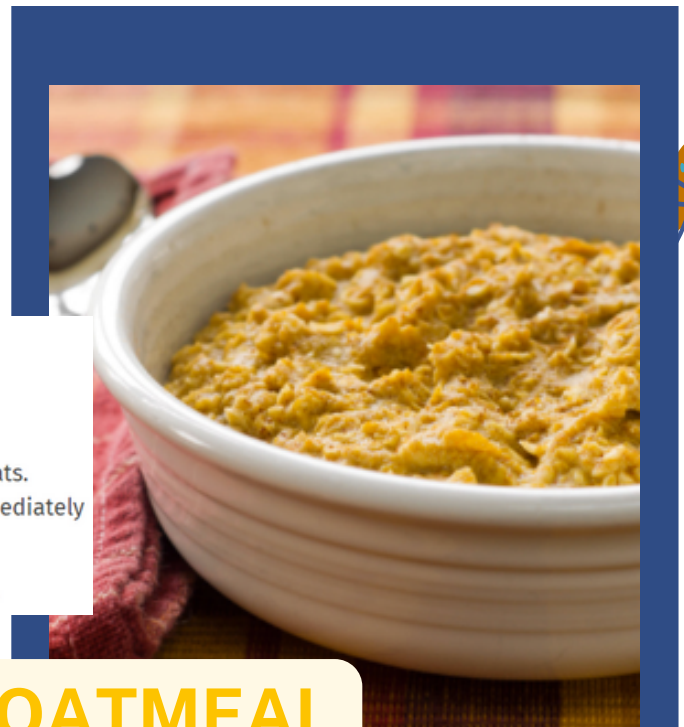
- 1 cup quick cooking oats
- 1 1/2 cup water
- 2 cups applesauce
- 1 cup pumpkin puree
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 4 bananas



Directions

1. Add all ingredients to a medium saucepan.
2. Cook on medium-high heat until liquid is almost nearly absorbed by the oats.
3. Serve 2/3 cup of oatmeal with 1/2 a banana, sliced to each participant immediately while still warm.

One serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.



FALL APPLE PUMPKIN OATMEAL

Breakfast Crediting for Ages 3-5



Total Time
15 minutes



Serving Size
2/3 cup oatmeal
and 1/2 banana



Servings
7



Components
Grains, Vegetable +
Fruit