



Cooking with the Kids

With Thanksgiving around the corner, it's a good time to introduce kids to the kitchen.

Here are some tips to follow when kids are in the kitchen:

- ⇒ Hand washing: Make sure that each child washes their hands before and after cooking.
- ⇒ Choose age appropriate activities. An eight year old can help you pick out recipes by themselves and help measure and sort cooking ingredients.
- ⇒ Make sure you have all the products before you start cooking. This will help them stay involved and not get bored.
- ⇒ Show them the proper way to use utensils and knives. If they are old enough to use a knife, teach them to cut AWAY from themselves.
- ⇒ Remember to never let children eat raw or uncooked products. Raw eggs are especially a source of salmonella—that means no homemade cookie dough!



Remember to praise whatever they do.

You are creating a wonderful tradition for kids!

Greet your guests at Thanksgiving this year!

Want to remind everyone to give thanks? Making a Thanksgiving sign with your children is an easy, fun way to not only remind kids to give thanks but everyone around them.

- ⇒ **Objects from nature like leaves, pinecones and twigs.**
- ⇒ **Glue**
- ⇒ **Colored paper**
- ⇒ **Tape**
- ⇒ **Rope or twine**
- ⇒ **Marker or crayon**



Take a marker and write one letter on each piece of paper to spell "Give Thanks" or any phrase that you choose. Take a nature object and glue it on the bottom of each letter. Once the glue dries, punch holes in your paper and weave the rope through, making a sign to hang in a doorway or over the Thanksgiving table.

Marshmallow Sweet Potatoes

Try this recipe from FamilyFun.com!

Warning—kids will try to sneak marshmallows when you're not looking!!!

3 large sweet potatoes (cooked) or 1 can (29 oz.) of sweet potatoes

1 egg

1/3 cup sugar

1/2 tsp. cinnamon

1 tsp. vanilla extract

2 cups mini marshmallows

Heat the oven to 350 degrees. Combine the sweet potatoes, eggs, sugar, cinnamon, and vanilla extract in a bowl and mix with an electric mixer on medium speed for 2 to 3 minutes. Empty the mixture into a 2-quart ungreased baking dish. Bake uncovered for 25 minutes. Top with the marshmallows and bake for an additional 5 minutes. Recipe will serve 4 to 6 people.

Calories	356.0	Sodium	101.1 mg
Cholesterol	206.6 mg	Potassium	389.0 mg
Total Carbohydrate	75.5 g	Protein	7.8 g

Fall is Finally Here!!!

The cooler weather and changing colors of autumn is the perfect time to get outside with the kids for some fun seasonal activities.

Fall activities for the entire family include:

⇒ Apple picking at an apple orchard or cider mill



⇒ Taking a family walk



⇒ Raking fall leaves and creating piles to jump on



⇒ Creating an autumn wreath from leaves, nuts, twigs and pinecones



**Kentucky is a beautiful state.
Get out there and enjoy it!**

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Sources:

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