



A program of SAL Family and Community Services

Home Child Care Network

October 2020

Healthy Recipe

Ingredients

1.5 packs of carrots— grated
1/2 cup of water
1/2 cup grated cheddar cheese
2 eggs
4 tbsp. oat flour



Instructions

1. Preheat oven to 350F
2. Mix the carrots and water in a bowl, cover and microwave on high for 3 minutes
3. Drain the carrots and then place them on a clean towel and squeeze the liquid out until dry.
4. Place the carrots back in the bowl and mix with the remaining ingredients
5. Prepare a baking tray with baking paper
6. Use star shape cookie cutter to form shape
7. Bake for about 13 mins or until crispy.

Sensory Activity

Rain Cloud Experiment

Mason Jar or Clear Cup
Food Coloring
Foam Shaving Cream
Pipettes
Water



1. Mix food coloring with small amount of water
2. Fill Cup with water
3. Add Shaving cream to the top of water— let stand for 2 mins
4. Add food coloring “rain” to the “cloud” and observe how the rain falls.

Sensory Art

Supplies

Leaf Templates
Black Cardstock
Small Ziploc bags
Paint
Sticky Tape



1. Start by selecting a printable leaf and trace onto black cardstock and cut out— leave the frame whole.
2. Squirt fall colored paint into the Ziploc bag and add glitter (optional)— make sure there is no air in the bag and seal the bag
3. Tape the plastic bag to the table and place black leaf cardstock cutout over it.— allow child to finger paint the leaf.
4. When done glue a white piece of paper to the back of the black cardstock for the child to take home.

Contact Us

3425 N. Dries Lane

Peoria, IL 61604

Phone: (309) 685-8064

Fax: (309) 764-3744

Email: mharris@skip-a-long.org

Facebook - [Quad Cities & Peoria](#)