

potpourri

DECEMBER 2021



FEATURED RECIPES
Power Up!

HEALTHY HABITS
Choosing Healthy Fats

IN THE NEWS
Preparing for Extreme Weather



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DECEMBER IS
ROOT VEGETABLES & EXOTIC FRUITS MONTH

Does winter weather have you feeling uninspired in the kitchen? Have no fear! This month we celebrate the variety and nutritional richness of two important types of produce.

Although you might not guess, root vegetables and exotic fruits have much in common. Both offer us abundant vitamins, fiber, and carotenoids, antioxidants that protect us from disease and enhance our immune system. This is welcome news in December, when we are often fighting off sniffles and chills.

Root vegetables, the underground part of plants that humans eat, include kitchen staples like carrots, potatoes, turnips, parsnips, and rutabagas. Many of these are great sources of carotenoids and vitamin C, both of which protect healthy cells from mutation and cancer development. Vitamin C is also

believed to reduce blood pressure and prevent iron deficiencies.

Exotic fruits, simply meaning fruits which are not native to a particular area, come to Michiganders and Illinoisans from Asia, Africa, South America, and more. Examples include mango, acai, durian, papaya, prickly pear, and dragon fruit. In addition to antioxidants and vitamins, many exotic fruits offer minimal calories and an exciting opportunity for children to learn about other parts of the world.

National Root Vegetables and Exotic Fruits Month arrives just in time to inspire into your winter menus. Combine root vegetables in stews, roast into chips, or bake into casseroles, and blend exotic fruits into smoothies or serve in colorful grazing platters. This December, explore new flavors and textures with the children you care for.

a little holiday housekeeping

All ACD offices will be closed **Friday, December 24; Monday, December 27; Friday, December 31; and Monday, January 3.** We wish you Happy Holidays and a safe, festive start to the winter season.

Questions about claims? You may see warnings on your office error report regarding serving certain items less often, such as chicken nuggets or peanut butter. Please know that certain "errors," like code no. 61, are just helpful tips to encourage variety and are not cause for disallowance. We appreciate the care you take in submitting accurate claims!

Sources: <https://www.nfcr.org/blog/root-vegetables-and-exotic-fruits-month-superfoods/#:~:text=Whether%20or%20not%20it%20was,have%20very%20similar%20health%20benefits>, <https://www.healthline.com/health/carotenoids#benefits>

ON THE COVER: Della is one year old this month! She loves to laugh and clap while watching her active older brother run around. Her favorite foods are bananas, toast, and steamed apples.

HERBS & SPICES FOR YOU

The Potpourri's Guide to Kitchen Herbs and Spices

CLOVES

Cloves, one of the most intensely flavored spices, are the dried, unopened flower buds of the evergreen tree *Syzygium aromaticum*. This tree is native to Indonesia but is grown commercially in many African and Asian countries and can bear fruit for more than 80 years. The name clove comes from the Latin word for "nail," *clavus*, because of the bud's unique shape. Handpicked before the flower has a chance to open, cloves are 0.5- to 0.75-inch-long stems with four petals that form a small, tight ball in the center. With a flavor that is both fruity and woody, cloves are a beautiful, fragrant spice that has also been used in traditional medicine and may promote oral health.

NUTRITION

Cloves are low in calories and contain fiber, vitamins, and minerals. While a normal serving won't provide you with a significant amount of most of these nutrients, just one teaspoon of ground cloves contains a whopping 55% of one's recommended Daily Value of manganese. Cloves are a potent source of polyphenols, which behave like antioxidants and may decrease risk factors for diabetes.

PREPARATION

Whole cloves may be ground at home using a coffee grinder or spice mill. Grinding this spice will make the flavor particularly pungent.

Whole cloves used in cooking are typically removed before serving, but they are indeed edible if soaked or cooked in water. Try soaking 10-20 whole cloves in a little water and incorporating both the liquid and softened buds into smoothies or chai tea.

SELECTION AND STORAGE

Once cloves are harvested, they are dried in the sun or with artificial heat and may be purchased ground or whole. Store them in a jar of stainless steel or opaque glass with a tight-fitting lid and keep in a cool, dry, dark spot. Stored properly, ground cloves will last 2-3 years, and whole cloves 3-4 years.

CLOVES TIPS

- Cloves have an extremely intense flavor. Use with caution, as a few go a long way!
- Add whole cloves to soups, stews, or beans.
- Use ground cloves in Vietnamese *pho*, curries, cookies, and gingerbread dough.
- Make your own Chinese five spice blend, *garam masala*, or pumpkin pie spice using ground cloves.
- For a festive, fragrant craft, have kids make pomander balls by pushing cloves into the skin of whole oranges.

ORANGE SPICED CARROTS

INGREDIENTS

1 1/2 lbs carrots
1 orange, zest and juice
1 tablespoon whole cloves
1 1/2 teaspoon cinnamon
1 teaspoon cardamom
1/2 teaspoon allspice
1/2 inch piece of ginger, finely chopped
1/2 cup chicken stock or water
1 tablespoon butter
Salt and pepper, to taste
Fresh mint leaves (optional, for garnish)

INSTRUCTIONS

1. Squeeze the juice of the orange into a medium pot and add the ginger and orange zest.
2. Add the peeled carrots, spices, and stock.
3. Bring to a boil, cover, and reduce heat to low. Cook for about 20 minutes, stirring occasionally, until carrots are tender and little liquid remains.
4. Stir in the butter. Mix well and serve, garnished with fresh mint leaves.

Sources: <https://www.mccormickscienceinstitute.com/resources/culinary-spices/herbs-spices/cloves>, <https://www.healthline.com/nutrition/benefits-of-cloves>, https://www.huffingtonpost.co.uk/christopher-james-clark/cloves-and-why-eat-them_b_5602150.html, <https://foodal.com/knowledge/herbs-spices/fragrant-sweet-cloves/>, <https://www.christopherjamesclark.com/blog/orange-spiced-carrots-recipe/>



POWER UP!



This season, fight the flu (and other nastiness!) with foods believed to stimulate and strengthen your immune system.

DOUBLE DEFENSE

Spinach's antioxidants and beta-carotene may bolster our ability to fight infections, while vitamin B6 in poultry aids in the formation of new, healthy red blood cells.



CHICKEN AND EGG NOODLE SOUP

2 Tbsp plus 2 tsp canola oil
1 lb 1 oz onions, 1/4" diced
1 Tbsp plus 1 tsp ginger, grated
4 cloves garlic, minced
1 tsp salt
2 tsp black pepper
2 lb 6.5 oz boneless skinless chicken breast, cooked and 1/2" diced
1 gal, 1 qt, and 1 cup low-sodium chicken broth
1/2 cup soy sauce
12.5 oz Chinese egg noodles, enriched
12.5 oz cabbage, shredded
1 lb 1 oz baby spinach leaves
2 oz green onions, chopped
2 tsp sesame oil

1. Heat canola oil in a large pot over medium-high heat.
2. Add onions and cook for 5 minutes or until soft.
3. Stir in ginger, garlic, salt, and pepper. Cook for 3 minutes or until garlic and ginger are fragrant.
4. Add chicken, broth, and soy sauce. Bring to a boil and cook on medium-high heat for 15-17 minutes. Critical control point: Heat to 165°F or higher for at least 15 seconds.
5. Stir in noodles and cabbage. Cook for 4 minutes or until noodles are soft.
6. Stir in spinach, green onions, and sesame oil. Critical Control Point: Heat to 140°F or higher for at least 15 seconds. Hold at 140°F or higher.

Makes 25 servings.

1 1/4 cups provides 1 1/2 oz equivalent meat, 1/4 cup vegetable, and 1/2 oz equivalent grains.

BREAKFAST MUFFINS

1 1/2 cups sugar
1/4 cup canola oil
10 oz eggs
1 cup plain non-fat Greek yogurt
1 3/4 cup plus 1 3/4 tsp whole wheat flour
1 1/2 cup plus 1 Tbsp enriched all-purpose flour
2 tsp baking soda
1 tsp baking powder
1/2 tsp salt
1 tsp ground ginger
1/2 tsp ground cloves
3/4 cup orange juice, chilled
2 Tbsp lemon zest
7 oz carrots, shredded
1/2 cup unsweetened applesauce
1 Tbsp vanilla extract

1. Pour sugar and oil into a commercial mixer. Mix on medium speed for 2 minutes, until smooth. DO NOT OVERMIX.
2. Slowly add eggs and yogurt. Mix another 3 minutes. Remember, don't overmix!
3. Slowly add flour, baking soda, baking powder, salt, ginger, cloves, and orange juice. Alternate between pouring in the dry ingredients and juice into the mixer.
4. Add lemon zest, carrots, applesauce, and vanilla extract. Mix 1-2 minutes just until smooth.
5. Lightly coat two muffin pans with pan-release spray. Portion 1/4 cup muffin mix into each cup.
6. Bake at 400°F for 25-30 minutes.

Makes 25 servings.

1 muffin provides 1 oz equivalent grain.



NEED A BOOST?

Both ginger and oranges are high in Vitamin C, which is thought to increase the production of white blood cells in the body.

Sources: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-stuffed-peppers>, <https://theicn.org/cnrb/recipes-for-centers-breakfast/breakfast-muffins-usda-recipe-for-cacfp/>, <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#ginger>

A WEEK'S WORTH OF IDEAS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

1. WGR Bagel
2. Banana
3. Milk

1. Cheese Omelet
2. Salsa
3. Milk

1. WGR Toast
2. Roasted Potatoes
3. Milk

1. Banana Bread
2. Fruit Cocktail
3. Milk

1. WGR Pancakes
2. Blueberries
3. Milk

LUNCH/DINNER

VEGGIE MAC N CHEESE

1. Cheddar Cheese
2. WGR Macaroni
3. Broccoli Florets
4. Grapes*
5. Milk

STUFFED PEPPERS

1. Ground Beef
2. WGR Brown Rice
3. Bell Peppers
4. Sliced Carrots
5. Milk

MUJADDARA BOWLS

1. Lentils
2. WGR Brown Rice
3. Roasted Zucchini
4. Mixed Salad
5. Milk

HOMEMADE POTATO SOUP

1. Lima Beans
2. WGR Roll
3. Potato Soup
4. Applesauce
5. Milk

PIZZA NIGHT

1. Mozzarella Cheese
2. WGR Pizza Crust
3. Tomato Sauce
4. Canned Pineapple
5. Milk

SNACK

1. Bell Pepper Strips
2. Hummus

1. Pretzels
2. Dried Apricots

1. WGR Cheerios
2. Raisins

1. Hardboiled Egg
2. WGR Crackers

1. Celery Sticks
2. Peanut Butter*

1. WGR Crackers
2. Colby Jack Cheese

1. Refried Beans
2. WGR Tortilla Chips

1. Peanut Butter*
2. Banana Bread

1. Granola
2. Yogurt

1. Milk
2. Sweet Potato Fries

*This food is a choking hazard for children under 4 years of age.

WGR= Whole Grain-Rich Box= Part of a Combination Dish

KIDS IN THE KITCHEN

SNOWMAN SCENE

A fun way to incorporate all five food groups at once! Serve on solid-colored plates.

INGREDIENTS

Slices of whole grain bread
Peanut butter
Banana, cut into slices
Raisins
Carrot, cut into small pieces
Pretzel sticks
Low-fat white cheese slices
Green bell pepper, cut in strips
Air popped popcorn (or light-colored cereal)
Snowman and snowflake cookie cutters

DIRECTIONS

1. Make a peanut butter and banana sandwich and use the snowman cookie cutter to cut him out. Save the crust as a snack for later!
2. Cut out snowflakes from the cheese. If you don't have a snowflake cookie cutter, cut out stars or circular "snowballs."
3. Plate the snowman and give him a carrot nose, pretzel arms, and buttons and eyes made of raisins.
4. Cover the space beneath him with popcorn or cereal for snow, and create trees made of pretzel and bell pepper.



EARLY PEER PRESSURE

The urge to conform to our peers is a normal stage from age 12 to 21, and often continues to affect us into adulthood, but did you know that peer pressure has even been observed in preschoolers? Researchers in Germany and the Netherlands have found that children as young as four years old conform their judgment to match the majority, even when they know better.

It is important to understand that the desire to be like one's peers is not always a bad thing. Peer pressure provides young people important things like friendship and acceptance, positive examples of healthy behavior, feedback and advice as they explore new ideas, and support in trying new activities. After all, it's human nature to listen to and learn from other people your age. Unfortunately, this can also lead to unsafe behaviors such as abuse of substances, sex, and social media, as well as cheating and shoplifting.

Teens and preteens are especially vulnerable to peer pressure because they are of an age where they're looking beyond their caretakers for role models, they aren't sure of what they really want, and they don't know how to get out of situations in which they feel pressured or uncomfortable.

Fortunately, adults can begin to help children of a young age prepare themselves for this approaching stage of self-discovery.

- **Develop good self-esteem.** Praise your children and celebrate their achievements. Kids who feel good about themselves are more likely to resist negative peer pressure.
- **Help them choose their friends wisely.** Teach kids to recognize good values and self-esteem in other people. Encourage them to invite their friends over so that you can meet them, too.
- **Teach them healthy ways to say "no."** Practice strategies together for respectful but clear communication, like repeating yourself, providing explanations, and using confident body language.
- **Encourage them to think critically** about consequences. Instead of, "I better never catch you doing that," say, "I wonder if your friend knows that stealing can get her in trouble with the law."
- **Stay present in their lives.** Be informed about how the child and their peers use technology, and never stop talking to them about their interests and what bothers them. Show them you care!



Sources: <https://www.uofmhealth.org/health-library/abl0972>, <https://www.sciencedaily.com/releases/2011/10/111025090353.html>, <https://www.raace.org/why-no-may-be-the-most-important-word-in-your-child-s-vocabulary?journal=26>

2021: a year in review

CHILDREN'S FAVORITES: NEW YEAR'S DIPPERS

This recipe is so simple and versatile, it begs to be played with! Spell out the current year or practice writing the upcoming one; sprinkle with herbs, cheese, or sautéed veggies; serve with hummus or an artichoke dip...

INGREDIENTS

1 8-oz can of refrigerated crescent dough sheet
1/2 cup pizza sauce

DIRECTIONS

1. Heat oven to 350°F. Unroll dough onto work surface and press into a 12x8-inch rectangle. Use a pizza cutter to cut into 8 smaller rectangles, 4 rows by 2 rows.
2. Cut each of the 8 rectangles into 4 strips. Shape each strip into a numeral to spell out the year and place on an ungreased cookie sheet so that they touch.
3. Bake 10-12 minutes or until golden brown. Serve with sauce for dipping.



MY YEAR IN REVIEW

year _____ Name _____ Age _____

My Favorite Memory _____

Best Book I Read _____

This Year I Learned _____

My Favorite Song _____

My Funniest Memory _____

My Favorite Movie _____

My Biggest Accomplishment _____

Next Year I Want To _____

My Best Friend _____

Favorite Food _____

teachbesideme.com

WRITING ACTIVITY: MY YEAR IN REVIEW

The end of the year is a great opportunity to appreciate what we have and what we have done. Use a writing and coloring page with children as an opportunity to practice gratitude, engage memory skills, read, and develop fine motor skills.

We love printable online templates like this one from the blog Teach Beside Me, but you can create your own by drawing fun shapes and filling them with short, thoughtful prompts. Large empty shapes are best so they can be colored and drawn in.

Examples of engaging, reflective prompts might include:

- Best Book I Read this Year
- My Biggest Accomplishment
- My Favorite Healthy Food
- My Favorite Subject in School
- My Best Friends
- Activities I Love to Do Outside
- My Favorite Animal
- My Favorite Part about Daycare

Have the children sign their name and write the year and their age. You might choose to have them share a few of their answers out loud in a group. The sheets can be proudly posted around your home or center, or they make great keepsakes for parents.

CHOOSING HEALTHY FATS

THE ROLE OF FATS IN CHILD DEVELOPMENT

Fats are nutrients in food that the body uses as fuel and to build nerve tissue and hormones. Young children in particular need to consume a good deal of fat to help their brain and nervous system develop normally. Vitamins A, D, E, and K are fat-soluble, which means they can only be absorbed if a child also consumes fat.

TYPES OF DIETARY FATS

The three major types of fats are trans, saturated, and unsaturated. Trans fat can be found in certain commercial baked goods and fried foods, while saturated fats are found in animal products like butter and cheese, as well as in coconut oil. In large amounts, these two types of fat can raise cholesterol levels and increase one's risk of heart disease. Unsaturated fats, by contrast, come from plant foods and fish and are generally considered beneficial or at least neutral to heart health. The three types of unsaturated fats are:

1. Monounsaturated, found in avocados and olive, peanut, and canola oil;
2. Polyunsaturated, found in many vegetable oils;
3. Omega-3 fatty acids, found in oily fish like tuna and salmon, as well as eggs.

A HEALTHY RELATIONSHIP WITH FATS

Since healthy fats are a crucial part of a child's diet, they should not be excessively limited. In fact, for children under 2 years old, fat consumption should not be limited at all.

This being said, many kids today eat too much fat. It gives flavor and texture to foods that lots of kids love, like chips, cookies, and buttery sauces. However, too much can lead to unwanted weight gain, and kids who enter adulthood with excess weight have a greater risk of heart disease, high blood pressure, and diabetes.

To help children consume fat from beneficial sources and in appropriate quantities, pack school lunches and meals for outings. Restaurant food is often fattier than home-cooked meals. Grill or roast meat, fish, and poultry so that the fat drips away during cooking, and regularly serve naturally low-fat foods like fruits, vegetables, and whole grains. Fats are critical to child development, but only as part of a well-balanced diet.

UNSATURATED FATS CHEAT SHEET

To be consumed in moderation as part of a balanced diet



AVOCADO



SEEDS



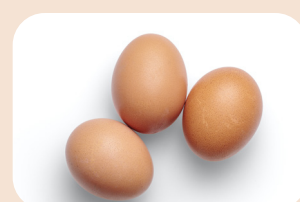
FATTY FISH



NUT BUTTERS



NUTS



EGGS



OLIVES



CERTAIN OILS

SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder, often known by its acronym SAD, is a type of depression that occurs at a specific time of the year, usually when days are shorter in the fall and winter. While the exact cause is unknown, it is believed that the brain produces imbalanced levels of melatonin and serotonin as a response to less daylight. These chemicals help regulate our sleep cycles, energy, and mood, and so seasonal imbalances will present themselves in children in specific, predictable ways.

SIGNS & SYMPTOMS

Like other forms of depression, the symptoms of SAD can range from mild to severe. However, since it is seasonal, people can expect their mood to lift and their usual energy to return once the days get longer again.

- **Changes in mood.** Affected children may often feel irritable or sad for a period of at least two weeks. They may cry more easily.
- **Negative thinking.** This depression may make kids more self-critical and more likely to complain, blame others, find fault, or see things as problems.

- **Lack of enjoyment.** Children with SAD may lose interest in activities they normally like to do, including socializing and engaging in extracurricular activities.
- **Changes in sleep.** Children may sleep much more than usual, finding it especially hard to get up and get ready for school in the morning.
- **Changes in eating.** This depression may trigger cravings for simple carbohydrates and a desire to overeat.
- **Low energy.** Children with SAD may feel tired despite how much they sleep, have little energy, or lack a motivation to do things.
- **Trouble concentrating.** SAD can make it hard to focus and perform well in school.



TREATMENT & PREVENTION

Caregivers who suspect that a child has SAD should consult a doctor. Many of its symptoms can be caused by other conditions, so it is important that a professional ask questions and conduct a health exam to rule out other underlying conditions.

Children and teens diagnosed with SAD may be recommended light therapy, talk therapy, medicine, or simply more exposure to natural light.

Families and childcare providers can do their part by helping the child understand SAD, enforcing a sleep routine, encouraging lots of exercise outdoors, and serving nutritional foods. Sugar cravings and bouts of low energy will come and go, but sticking to healthy foods and exercise will keep them feeling their best in the long run.

Source: <https://kidshealth.org/en/parents/sad.html>, <https://www.childrensmn.org/2020/01/16/seasonal-affective-disorder-what-parents-need-to-know-about-sad/>

Preparing for EXTREME WEATHER



FOR MORE WINTER WEATHER TIPS:

- <http://www.dhses.ny.gov/oem/safety-info/winter/home.cfm>
- <https://www.ready.gov/winter-weather>
- <https://www.cdc.gov/disasters/winter/psa/index.html>
- https://www.cdc.gov/php/docs/hypothermia-frostbite_508.pdf

Source: <https://www.unitedwaymv.org/coldweathertips>, <https://www.cdc.gov/disasters/winter/beforestorm/preparehome.html>, <https://www.vecteezy.com/free-vector/winter-house>

December 2021 Potpourri Quiz





Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office. To print your own quiz answer sheet, visit www.acdkids.org, and click on the Training tab then "Potpourri Newsletter."

1. Root vegetables and exotic fruits offer us lots of:
 - a. Protein and carotenoids
 - b. Antioxidants and fiber
 - c. Vitamin C and D
 - d. None of the above
2. Vitamin C protects healthy cells from mutation and cancer development.
 - a. True
 - b. False
3. One teaspoon of ground cloves contains ____ of one's recommended Daily Value of manganese.
 - a. 5%
 - b. 15%
 - c. 50%
 - d. 55%
4. Which of the following contained in cloves behave like antioxidants and may reduce risk factors for diabetes?
 - a. Polyphenols
 - b. Manganese
 - c. Carotenoids
 - d. All of the above
5. Researchers in Germany and the Netherlands have found that children as young as ____ years old respond to peer pressure.
 - a. Four
 - b. Five
 - c. Six
 - d. Seven
6. The desire to be like one's peers:
 - a. Does not support the healthy development of one's identity
 - b. Is a phase that most children grow out of
 - c. Can lead to friendship, support, and models of healthy behavior
 - d. None of the above
7. The following are communicative strategies that children can use to say "no" to peer pressure:
 - a. Repeating themselves
 - b. Giving explanation for their decisions
 - c. Using confident body language
 - d. All of the above
8. The three major types of dietary fats are saturated, unsaturated, and ____ fats.
 - a. Omega-3
 - b. Semi-saturated
 - c. Trans
 - d. Healthy
9. The consumption of healthy fat should not be ____ in children's diets.
 - a. Incorporated
 - b. Excessively limited
 - c. Monitored
 - d. Given much thought
10. The following are good dietary sources of unsaturated fats:
 - a. Avocados
 - b. Seeds
 - c. Eggs
 - d. All of the above
11. It is not necessary to have children examined by a doctor if you believe they have Seasonal Affective Disorder.
 - a. True
 - b. False
12. The following chemicals in the brain are believed to be responsible for Seasonal Affective Disorder:
 - a. Melanin and serotonin
 - b. Serotonin and melatonin
 - c. Dopamine and serotonin
 - d. All of the above
13. The following symptoms can be caused by multiple health conditions:
 - a. Changes in mood
 - b. Changes in sleep
 - c. Changes in eating
 - d. All of the above
14. How often should furnace and vent systems be professionally inspected?
 - a. Every year
 - b. Every two years
 - c. Every three years
 - d. Every five years
15. The following water lines in your home or business should be insulated for winter, as they are most susceptible to freezing:
 - a. Water lines on inner walls
 - b. Water lines facing west winds
 - c. Water lines on exterior walls
 - d. None of the above

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This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Eat a Red Apple Day Prepare a dish with red apples today. Challenge yourself to try something out of the ordinary. 	2 Cleansweep Do a deep clean of your kitchen cupboards and box up any unexpired food you don't see yourself using. Donate it to a local food bank.	3 Weather Proof Is your home ready for extreme winter weather? Check out our tips on page 10. 
6 Breakfast Muffins Make a batch of breakfast muffins on page 4. Enjoy them any time of day!	7 Cozy Reads Bring out pillows and blankets and dedicate extra time to read today. 	8 World Holidays Learn about different holidays that are celebrated around the world in December.	9 Winter Yoga Lead the children through yoga poses like "polar bear," "penguin," and "tree." If they were to create their own pose, what would it look like?	10 Pomander Balls Use oranges and whole cloves to make pomander balls for the children to take home. 
13 Healthy Fats Every day this week, challenge yourself to serve a different food with unsaturated fat in it.	14 Night Lights Take an evening walk and tour the festive lights on the buildings in your neighborhood.	15 Bookmarks Pull out construction paper, stickers, markers, and ribbon to make homemade bookmarks.	16 Musical Chairs Play musical chairs to the holiday music of your choice. 	17 Ugly Sweater Day Invite everyone to wear a sweater today. Have the children vote on their favorite.
20 Coin Drive Hold a contest to see who can bring in the most spare change. Sort it and count it together, then donate it to a charity. 	21 First Day of Winter In honor of the first day of winter, bundle up and spend time outside.	22 Mugs of Soup Prepare the recipe for chicken and egg noodle soup on page 4 and serve in mix-matched mugs.	23 Vouchers Print off "vouchers" that kids can fill out and gift to family members, good for things like "setting the table every night for one week," or "reading Grandpa a story."	24 Christmas Eve ACD's offices will be closed in observance of the holiday. 
27 Snowflakes Cut out snowflakes from coffee filters and hang them in the window.	28 Cards Play a game of cards with the children. 	29 Cloves Prepare a warm soup, stew, or curry using cloves.	30 Resolutions Set a simple, achievable resolution for yourselves as a group for the upcoming year.	31 New Year's Eve ACD's offices will be closed in observance of the holiday.