



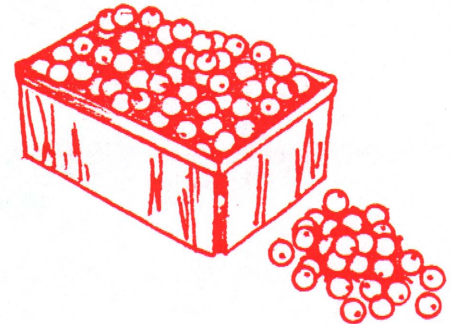
## FOOD TIPS FOR MOMS & TOTS

### COLORFUL CRANBERRIES

#### MOTHER -

Cranberries are an economical food which not only taste good, but also add color.

You can make your own sauce from fresh cranberries or you can buy either whole cranberry sauce or jellied cranberry sauce. Either way, they are delicious as an addition to any meal.



#### YOU AND YOUR CHILD

Using jellied cranberry sauce for dinner? Open a can of jellied cranberry sauce. Cut off a slice for your child to use.

Talk about the 4 senses. (Taste, Smell, Touch, Sight) Talk about the color and what other things are the same color. Let your child cut it with a fork - what does it feel like? Let him or her taste it - what does it taste like? What does it look like? When serving it for dinner let your child tell the rest of your family what he or she learned.

Stringing Cranberries and Popcorn












1. Buy fresh cranberries and/or pop some corn.
2. Use a darning needle with heavy thread.
3. Knot the thread.
4. Also, knot around the first cranberry so it won't fall off.
5. String the cranberries and/or popcorn to the length you want.
6. When you come to the end make sure to tie around the last cranberry like you did for the first one.
7. Many families use strings of cranberry and/or popcorn to decorate their Christmas trees.

Cranberry - Apple Crunch

Another way of serving cranberries is in a dessert. Here is a recipe your child will like and you will too. A nutritious recipe with apples, oatmeal and nuts. Let your child compare the soft tangy cranberry sauce and crispy sweet apples.

STEPS FOR: MOTHER CHILD

1. Measure ingredients:

- 1 cup  whole cranberry sauce
- 1 cup  apples  
pared, 
- cored, 
- chopped 
- 1/2 cup  quick-cooking rolled oats
- 1/3 cup  brown sugar, packed (press down)
- 3 tablespoons  flour
- 1/4 teaspoon  salt
- 3 tablespoons melted butter or margarine  
(melt in small saucepan over low heat; when melted, set aside)
- 1/4 cup  chopped nuts, if desired 


2. Preheat oven at 350° 



3.  Grease 8 inch square baking pan

4.  Combine cranberry sauce and apples in a bowl

5.  Spread in the baking pan

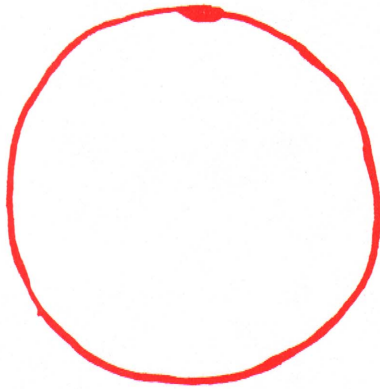
6.  Combine oats, sugar, flour, salt. Add melted fat; mix until crumbly.

7.  Sprinkle over fruit. Top with nuts, if desired.

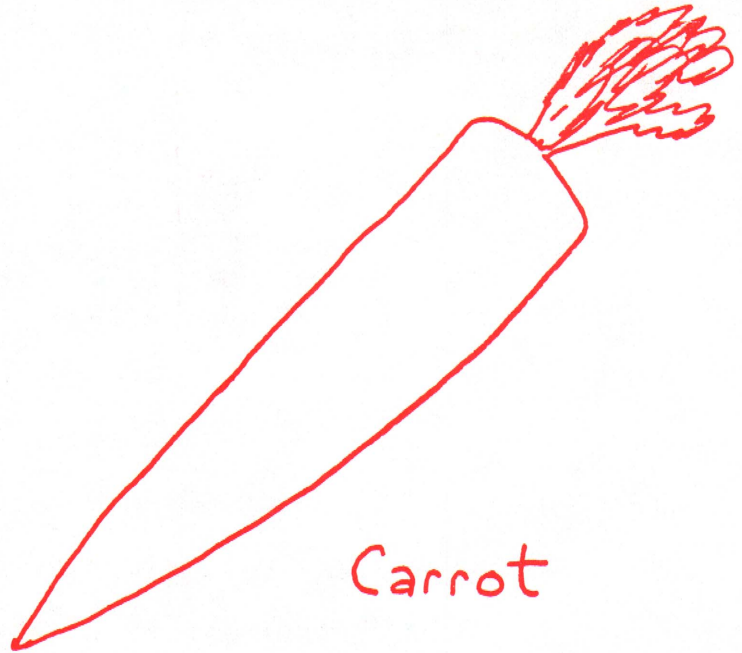
8. Bake 45 minutes  or until apples are tender. Serve warm. 

YOUR CHILD

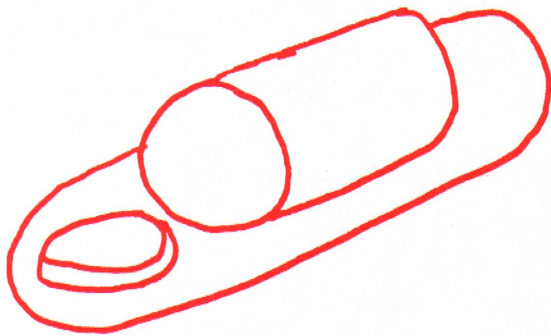
With this game help your child pick and color the food that is red; the one that is orange and the one that is yellow. Ask him to point out the food that is white.



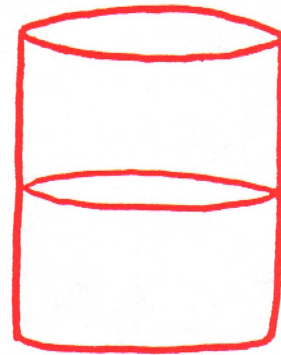
Grapefruit



Carrot



Cranberry  
Sauce



Milk