

Hay There!

Orange
you glad it's
Fall?

Fall 2023 Newsletter



SENSORY BOTTLE ACTIVITY

Supplies Needed:

- Transparent water bottle
- Water
- Natural items (leaves, pinecones, acorns, etc.)
- Funnel (optional)
- Glitter (optional)



Instructions

- Go outside & explore the different items you can find that relate to the fall category (acorns, colorful leaves, pinecones, etc.)
- After collecting your items, grab a water bottle and place items inside the bottle.
- Grab the funnel and start pouring water into bottle with filled items. For extra fun, sprinkle some glitter and close the cap. You're all done!



Project Updates/ Recruitment:



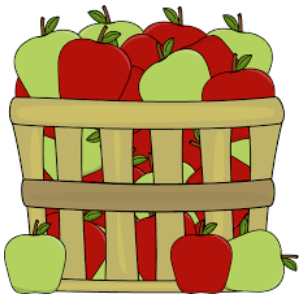
We are now recruiting
2 year old's!!!

- Do you know other parents of 2 year old's who might like to participate in iGrow Up?
- We are currently trying to enroll additional children and mothers in the study. Specifically, we are looking for children who are or will turn 2 year old's between 9/1/23 and 2/1/24 to participate between age 2 and age 5.

*** If you know people who may be interested, please pass along our contact information. ***



A KID FRIENDLY RECIPE



Ingredients:

- Large apples
- Caramel (Base)
- Chocolate (Base)
- Crushed peanuts (Optional)
- Shredded coconut flakes (Optional)
- Crushed graham crackers (Optional)
- Mini marshmallows (Optional)
- Lollipop sticks
- Toothpicks



Instructions:

1. Wash and cut apples into round slices (1/2 inch)
2. Poke a hole on one end of apple round with a toothpick. Then, insert a lollipop stick (repeat process until all apples are done).
3. Drip or drizzle half of the apple round with caramel or melted chocolate (allow time to cool in order to prevent toppings from running off).
4. Sprinkle on desired toppings (crushed peanuts, coconut flakes, graham crackers, marshmallows, etc.)
5. Once toppings are cooled off, they are ready to eat. Enjoy!

Events:

- September 23rd–November 4th (Saturdays and Sundays): Fall on the Farm - (Admission: \$15, Free: 2 years and under)
 - 5920 Smith Hollow Rd., Kernersville, NC (11am–6pm)
- October 14th: Bur-Mil Park Fall Festival - (Free Admission)
 - 5834 Bur-Mil Club Rd., Greensboro, NC (10am–3pm)
- October 17th: Trunk or Treat at McLaurin Farms - (Admission: \$12.00)
 - 5601 N Church St., Greensboro, NC (6pm–8pm)
- October 29th: Drive-Thru Trunk or Treat - (Free Event)
 - Community Baptist Church, Greensboro, NC (4pm–7pm)

iGrow Study
UNCG, PO Box 26170
HDFS Department
Greensboro, NC 27402-6170

Contact us:

Phone Number: (336)-334-5328
Email: igrow@uncg.edu
Website: <https://igrow.uncg.edu/>

