

HARVEST NEW

MEMORIES! NEWSLETTER

FALL
2024

Kid Friendly Activities

I Spy...With My Little Eyes!

Go for a nature walk this fall with your littles and breathe in that cool fall air....and play a little game!

Here is what to do:

- 1) Find a nearby trail or just walk in the neighborhood.
- 2) First start by saying "I spy with my little eye something green and it's on the ground."
- 3) The other person tries to find the object the other one sees. (Optional: If they can't find it, no points are given. If they do 1 point is given!)
- 4) Next, the other player goes. Keep going back and forth until you finish the trail. (Optional: or until one of you reach 5 points, and winner can get a prize!)



iGrowUp Updates!!

- There have been **67 new recruits** for iGrowUp, and a total of **166 participants** for iGrow 2 years old!
- There have been **219 completed visits for 3 year olds!**
- There have been **58 visits completed visits** for 5 year olds!

Exciting Fall Books to Read!

Tis the season to slow down... so, why not read a book!

Here are a few suggestions...

- How to Catch a Turkey By: Adam Wallace
- Mary Engelbreit's Little Book of Thanks
- The Great Pumpkin Contest By: Angela Rozelaar

*All books are available at the Central Library in Greensboro. (Check your local library for even better books!)





Creamy Chicken Soup

- *1 tbsp butter
- *1 cup sliced carrots (2-3 carrots)
- *1 cup sliced celery (3-4 ribs)
- *2 teaspoons mixed garlic
- *3 cups cubed chicken
(Chicken breast about 1-1.25 total weight)
- *8 cups chicken broth
(2 quarts or 4 cans)
- *1 teaspoon poultry seasoning
- *8 oz egg noodles
- *4-8 oz cream cheese soften



Directions

- 1) Chop all the vegetables and cut chicken into bite-sized pieces.
- 2) In large pot, melt butter and add vegetables, garlic, and chicken.
- 3) Cook and stir over high heat 3-5 minutes, until chicken starts to look white.
- 4) Pour in the broth. Stir in poultry seasoning and bring to a gentle boil for 20-25 minutes total.
- 5) Add egg noodles after soup simmers for about 15 minutes. When noodles have softened, reduce heat to medium and stir in cream cheese.
- 6) Cook and stir 2-3 minutes until cream cheese is completely melted and incorporated and serve immediately.

Fall Events

- **Noc 23: Fall Festival and Vendor Fair**
-Starts @9am www.eventbrite.com
- **Nov 23: Raleigh Christmas Parade**
-Starts @ 9:30am www.grma.org
- **Starts Dec 12th: Christmas Festival at Mclaurin Farms**
-www.mclaurinfarms.com



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