Thank You Alec Mesdag!

Alec Mesdag of AELP visited the October Preschool Family Night and taught us about safety around electricity. Thanks Alec!

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Family Night for Preschoolers
Get Out the Kids Vote!

Tuesday November 4th, 5:30-7:00pm, Downtown Library

After hitting up the polls head down to the library to let your child cast their own vote as pumpkins and apples duel it out in the race of the century.

Guest speaker Mara Early will be on hand to talk about voting and to help us tally the results on which fall treat will rank as Juneau’s choice.

As always, a light supper is served and all children receive a free book. Questions? Call AEYC at 789-1235

Kids in the Kitchen!
Pumpkin-Pie Smoothie

Pumpkin is packed with vitamin A, which keeps your eyes super-healthy! With its vanilla and spice flavors, this smoothie tastes like pie in a glass.

Kitchen Gear:
- Measuring cup
- Measuring spoons
- Can opener
- Dinner knife
- Cutting board
- Blender (adult needed)

Ingredients:
- 1 1/4 cup orange juice
- 1 1/4 cup low-fat milk
- 1/2 cup plain low-fat yogurt
- 1/4 cup canned pumpkin puree
- 1/2 very ripe banana
- 1 dash cinnamon and/or nutmeg
- 1/2 teaspoon vanilla extract
- 2 ice cubes

Instructions:
Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away, or refrigerate up to 4 hours.

Notes:
Waste Not: You will only use a part of the can, but don’t waste it! Measure out quarter cupsfuls of the rest of it, freeze them solid on a piece of wax paper on a baking sheet, then store them in a labeled plastic bag in the freezer, where they’ll be ready for future smoothies!

- See more at: http://www.chopchopmag.org

“You’re never too old, too wacky, too wild, to pick up a book and read to a child.” - Dr. Seuss
2. Talk about “sunset” and point out the sunset to your child.

1. Looking at the cover of the book, what do you think the story might be about?

DURING READING:

1. Talk about the colors in the sunset.
2. Ask your child if she has ever had a dream. What was it about?

AFTER READING:

1. Paint a picture of a sunset.
2. Watch the sunset.
3. Tell about a dream you have had.

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For more early learning activities visit: www.bestbeginningsalaska.org