**Kids in the Kitchen:**

**Apple Pie Smoothies**

**Ingredients:** (Makes 2)
- 3/4 cup plain low fat yogurt or whole milk yogurt
- 1/2 cup low-fat or whole milk
- 2 tablespoons raw almonds* (*If you’re allergic to nuts, skip the almonds and substitute 2 tablespoons old-fashioned oats.)
- 1 apple, cored and sliced
- 1 overripe banana, sliced (frozen if possible)
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 2 ice cubes

**To Make:**
PUT ALL THE INGREDIENTS IN THE BLENDER. PUT THE TOP ON TIGHTLY. TURN ON THE BLENDER TO MEDIUM SPEED AND BLEND UNTIL THE ICE IS CHOPPED AND THE MIXTURE IS SMOOTH, 30-60 SECONDS. DIVIDE THE SMOOTHIE EQUALLY BETWEEN 2 GLASSES AND SERVE RIGHT AWAY, OR STORE IN A THERMOS OR COVERED IN THE REFRIGERATOR UP TO 4 HOURS.

**Tips for helping children Cooperate:**
1. **Show Appreciation to your children.** Slow down and observe more closely. You’ll see things you appreciate about your kids—then tell them! Appreciation can be an even more powerful motivator than praise. Sharing appreciation is a strong way to feel connected to one another.
2. **Show appreciation for others.** Never underestimate the power of your words and actions. Your children are paying attention to the way you treat others, whether it’s friends, neighbors, a teacher, or the cashier at the market.
3. **Use the word “grateful.”** Children need to learn what this new word means. Explain that being grateful is noticing something in your life that makes you happy. “I’m grateful that it’s sunny today because it was raining yesterday.”
4. **Make a Thankful Tree** (see Craft Below!).
5. **Share stories of thankfulness, gratitude, and generosity** (see imagination library book!).

**Source:** [https://www.zerotothree.org/resources/2108-nurturing-gratitude](https://www.zerotothree.org/resources/2108-nurturing-gratitude)

---

**United Way of Southeast Alaska**

“United Way collaborates with communities and agencies across Southeast Alaska to strengthen and improve the Health, Education and Financial Stability of all individuals.”

We want to say THANK YOU to all those who have donated to us and our partner organizations through United Way. Want to help out great local organizations!? [DONATE], www.unitedwayseak.org.

**The Art Walk**

Be sure to take a walk down Franklin St. and enjoy all the Northern Lights children around Juneau made for us.

Thank you to the businesses that participated and childcare providers and school teachers who provided the beautiful artwork! $2,500 dollars was raised, that’s 1000 books!

**Kids and unsecured guns are a potentially lethal combination**

Two simple actions will keep children safe:
- STORE guns locked, unloaded and separate from ammunition.
- ASK, when your children are going to other homes, if all guns at that home are stored If they are not, do not send your child there.

For more information and tips on how to ASK other parents about guns at their homes, go to: www.besmartforkids.org.

---

**Thankful Tree:**

You will Need:
- Brown cardstock (medium to heavyweight)
- Paper in fall colors (red, yellow, orange, brown)
- Scissors
- Markers
- Tape

How to Make it:
1. Sketch a rough outline of a tree and cut this out.
2. Tape Tree to a wall or window.
3. Cut out some leaf shapes on the colorful fall papers.
4. Ask your child to think of something they are thankful for and write one on each leaf.
5. Tape each leaf too the tree.
6. Be sure to add what you are thankful for too!

**Source:** [https://www.zerotothree.org/resources/2108-nurturing-gratitude](https://www.zerotothree.org/resources/2108-nurturing-gratitude)