



Crisis Control Ministry

Wee Care! Cereal Drive

March 1-31, 2024



Resource Booklet

Wee

Wee

Neighbors Helping Neighbors



Welcome to Wee Care!, the children's cereal drive that benefits Crisis Control Ministry's client-choice food pantries.

The Wee Care! program began in 2001 as a way to teach children about sharing and helping out those who are less fortunate, using a donation they could easily relate to - cereal. Since then, more than 100,000 boxes of cereal have been donated by our littlest ('wee') neighbors to help feed hungry children in our community. We believe that encouraging youngsters to share and to volunteer gives them, as well as other children in our community, a solid foundation for a better future.

Wee Care! occurs during March, which is also National Nutrition Month. This resource booklet is designed to help provide you with materials that you can use to encourage sharing and working together and includes resources for healthy eating choices. Included are activities, recipes, handouts, and a list of age-appropriate books that illustrate the importance of community service, helping others, and choosing nutritious foods.

Thank you for being a Wee Care! partner and for supporting Crisis Control Ministry. We hope you and your children enjoy these activities and have a fun, successful Wee Care! Cereal Drive.

Sincerely,

A handwritten signature in black ink that reads "Margaret P. Elliott".

Margaret Elliott
Executive Director

Winston-Salem Office
200 East Tenth Street
Winston-Salem, NC 27101
p 336.724.7875

Kernersville Office
431 W Bodenhamer Street
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Wee Neighbors Helping Wee Neighbors

Wee Care! is a program of Crisis Control Ministry. For more information visit www.crisiscontrol.org.



TEACHER'S OVERVIEW OF THE RESOURCE PACKET

Within this packet, you will find a variety of activities, online resources, masters for handouts, and a reading list to help you and your students explore sharing, giving, and nutrition.

Classroom activities:

In an effort to present activities that are developmentally appropriate for each age group, you will find that the packet is organized around age groupings. These age groupings, Pre-K—K/1, 1st-3rd grades, and 4th-5th grades are generalized. Children develop at different paces, so if some activities seem advanced or not advanced enough for your class, please examine activities in the level that appears appropriate for your students.

Websites:

The "Online Resources" page offers a list of sources for teachers to find lesson plans, activities, videos and information. Many of these sites also provide resources for children, including activity sheets, hands-on-activities, videos and more.

Handouts Master Copies:

Toward the back of the packet you will find a set of masters to photocopy for classroom use. These handouts are also available for download on our website; visit crisiscontrol.org/weecare.

Materials for Parents:

In the "Handouts Master Copies" section are also resources that can be sent home to parents. These materials are also available on our website; visit crisiscontrol.org/weecare.

Reading List:

On the last page of the packet is a reading list that can be used in class and photocopied to be sent home with students as a suggested library reading list. These books are generally listed for ages 4-9. Many of these books are classics, while others are newly published.

Good Neighbor Participation Certificate:

On the last page of this packet you will find a "Participation Certificate." These are for all your students, whether they donate cereal or not. You may copy the certificate found in this packet, download a printable version, or request that we print and send you copies for each child. If you would like to request blank printed certificates, email Tammy Caudill at tcaudill@crisiscontrol.org or request copies online at crisiscontrol.org/weecare.



ONLINE RESOURCES

www.crisiscontrol.org/weecare

You will find more resources on our website, including downloadable versions of the handouts in this packet.

EATING WELL RESOURCES

www.sesameworkshop.org/topics/eating-well/

Sesame Street videos, downloadable handouts and information. In English & Spanish. Children can be empowered to make healthy choices. This website has materials to support you in helping children develop healthy relationships with food and strategies for making easy, healthy, **budget-friendly** snacks and meals!

<http://www.myplate.gov>

provides information, free posters and other resources, as well as interactive games for kids.

<http://teamnutrition.usda.gov/educators.html>

for educators; resources, information, resource library.

SHARING, CARING & BEING A GOOD NEIGHBOR

www.sesameworkshop.org/social-emotional-skills/community-service

Sesame Street videos, downloadable handouts and information. In English and Spanish. We all want children to think and act with respect and kindness and begin to understand ideas of fairness, equality, and justice. That's the foundation for a happy, safe future for all our neighborhoods and communities... and, later, for the country and planet!

www.sesameworkshop.org/social-emotional-skills/

Sesame Street videos, downloadable handouts and information. In English & Spanish. Resources to help kids build skills to develop healthy relationships, respect differences, and build the social behaviors and confidence they need.

Wee Neighbors Helping Wee Neighbors

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PRE-K THROUGH K/1 IDEAS AND ACTIVITIES

Grocery Store:

- Set up a grocery store in the dramatic play/ home living area.
- Add empty food boxes, cans, etc. (ask parents to bring some in).
- Pull out all the plastic food and have the children sort them into “aisles” for the store.
- Create a cash register out of a cardboard box and have play money available.
- Bring in brown paper grocery bags, and have grocery baskets available (these can be made out of any type of basket).
- Think up a name for your store.
- When you “shop” in the store with the children, ask them questions such as, “How much does this cost? Which one is healthier? When I get home, where do I put this? What do I eat with this? How does this taste?” etc.

I Am A Good Neighbor, Helping Hand Activity:

- Using the activity page from the Handouts section (pages 11 and 12), trace the child’s hand.
- Ask the child to think of ways to be a good neighbor.
- Write those ideas on each finger.
- The child can color the hand and draw pictures of helping in the space.

I Am A Good Neighbor, Helping Hand Activity:

- Use the activity page from the Handouts section (pages 13 and 14).
- Ask the child to think about someone who helps them.
- Let the child write a few words or draw a picture to thank that person.
- The child can give this picture to that person as a thank you.

Helpful Good Neighbor Bulletin Board:

- Using the hand pattern or the good neighbor pattern that are found in the Handouts section (pages 15 and 16), copy the pattern.
- As a child donates cereal boxes or supports the food drive in another way, write the child’s name on it and place it on the board.
- Or, as a child does helpful things at home or at school, they are invited to write their name on it and place it on the board.





PRE-K THROUGH K/1 IDEAS AND ACTIVITIES

Why Do We Share?

- During group time, talk with the children about different ways to share; for example, taking turns or using a toy or resource cooperatively.
- Ask for volunteers to role play different sharing opportunities.
- Building blocks: Give one child a big pile and the other child a small pile. Guide the role play to help children understand about the benefit of sharing opportunities.
- Doll: Encourage the children to think of roles they can both take to use the doll cooperatively—one be the mother, the other the baby-sitter, etc.
- Use different resources available in your classroom to come up with other role-playing ideas.

Cereal Box Puzzles:

- Cut out the fronts of empty cereal boxes.
- Cut them into 3-6 pieces to create puzzles.
- Remember the more pieces, the more difficult the puzzle will be.

Share A Smile:

- Have the children sit in a circle, making sure they can see everyone else.
- Begin by explaining how starting the day with a healthy breakfast will put a smile on your face.
- Choose a child to start the game by smiling widely, while all the others are somber. He or she then uses his hand to wipe the smile off his face and throw it to another player, who has to catch it with his hand and put it on his face.
- The new player can then wipe the smile off and throw it to someone else. Meanwhile, other players must sit stone-faced. One smirk and they're out.
- See how long it takes before everyone is laughing!



1ST THROUGH 3RD GRADE IDEAS AND ACTIVITIES

Writing Prompts:

- Design your own cereal. What is the name of your cereal? Are there any special ingredients in your cereal? What is special about your cereal that would make people want to buy and eat it? Draw a picture of the design of your cereal box.
- If you could choose one thing in the world to give to someone or a group of people, what would that one thing be? Who would you give it to? Why?
- You have just won one million dollars. You want to use half of this money to help other people. How will you use the money?
- Remember a time that someone showed you kindness. What did they do for you and how did it make you feel?

Cereal Box Book Report:

- Have each child read a book of their own choice (or read a book with a parent's help).
- Have each child then cover an empty cereal box with paper.
- Label the front of the cereal box with the title of the book they read.
- Depending upon the reading and writing ability of the class, either write a summary of the book on the back of their cereal box, or draw a picture of the main idea of the story. List the main characters on the side of the box as if they were ingredients.

Choosing Healthy Cereals:

- Get several brands of cereals, and have students guess which one is healthier, based on the front cover of the box and what they know of the cereal. Then make copies of the food labels and have them compare labels to determine which cereals are actually the healthiest. As a class, determine what makes a healthy cereal.
- The Comparing Food Worksheet provided in the Handout Section (page 17) can be used for this project, or for comparisons of other foods. This handout is also available to download at crisiscontrol.org/weecare.

4TH AND 5TH GRADE IDEAS AND ACTIVITIES

Make A Cookbook:

- Ask the students to brainstorm the recipes for a few of their favorite meals. The students could ask their parents at home for the recipes, find them in simple cookbooks, or look them up on the internet.
- As a class, make a list of recipes to add to their own cookbooks.
- Taking turns, have students work together to write the recipes somewhere at the front of the class where everyone can see.
- Hand out construction paper and writing utensils, and any other supplies necessary.
- Have each student create a cover for his/her cookbook.
- Given a few more sheets of paper, have each student write down the recipes, embellishing the book as they like.
- After all the recipes are written, the students can either use the top left corner, the top of the book, or the entire left end of book to create a binding.
- Using a hole punch, make holes and weave pipe cleaners, yarn, or string as needed.
- To make the project a little more complicated, make the books into the shape of a vegetable, fruit, or a food that's a personal favorite.

Host Your Own Cooking Show:

- As a class, or with their family at home, create a video demonstrating how to cook one healthy food.
- Share your video with Crisis Control Ministry. If your video is selected, it will be a part of the Crisis Control Ministry, Cooking with Neighbors online video series at:
crisiscontrolministry.org/cookingwithneighbors.
- For more information about submitting a video and production tips, visit
crisiscontrol.org/weecare.





Crisis Control Ministry

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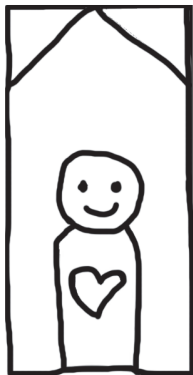
HANDOUTS MASTER COPIES



Wee

Neighbors Helping Neighbors

Wee



I am a Good Neighbor Helping Hand Activity

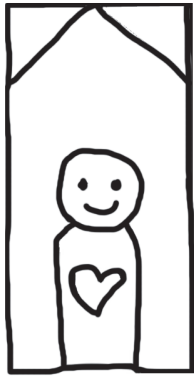
Can you think of ways that you might help someone?

There are many ways that you can be a good neighbor. Trace your hand here. A grownup can write your ideas on each finger. Then you can color it.

A large, empty rectangular box with a black border, intended for tracing a hand and writing ideas.

NAME

Wee Care! is a program of Crisis Control Ministry. For more resources or information, visit crisiscontrol.org/weecare. Crisis Control Ministry is and always has been a place where neighbors help neighbors. The ministry operates with the belief that food, shelter, and medicine are basic human needs. Through its offices in Winston-Salem and Kernersville, Crisis Control Ministry provides short-term emergency services, including assistance with mortgage and rent payments, utility bills, food, and prescription medication to Forsyth and Stokes County residents.



Soy un buen vecino. Actividad de las manos son para ayudar.

¿Puedes pensar en formas en las que puedes ayudar a alguien?

Dibuja aquí el contorno de tu mano. Un adulto puede escribir en cada dedo cómo puedes ayudar. Luego puedes colorearlo.

A large, empty rectangular box with a thin black border, intended for drawing a hand outline and writing instructions for each finger.

NAME

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I am Thankful for a Good Neighbor.

Think about someone who helps you.
In the space below, make a drawing or write a few
words to thank them for the ways they help you.
Then give this to them to let them know how much
their kindness means to you.



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Estoy agradecido por mi buen vecino.

Piensa en alguien que te ayude.

En el espacio a continuación, haz un dibujo o escribe algunas palabras para agradecerles por la forma en que te ayudan. Luego, dales esto para que sepan cuánto significa su amabilidad para ti.



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Good Neighbors Donation Board

Copy this sheet and cut out each of the houses.

As children donate cereal, write their name on it in the space above, "is a good neighbor."

Let the child color it.

These can be taken home or share on a donation board in your classroom.



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Helping Hands Donation Board

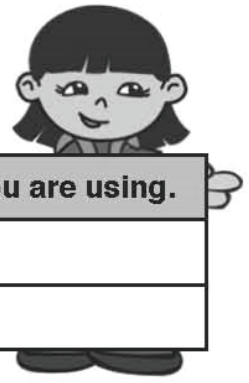
Copy this sheet onto colorful paper and cut out each of the hands.

As children donate cereal, write their name on it.

These can be taken home or share on a donation board in your classroom.



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| Write in the name of the Food Labels you are using. | |
|---|--|
| Name of Food Label A | |
| Name of Food Label B | |

Circle your Food label that is best described:

1. most sodium per serving: Label A Label B
2. most carbohydrates per serving? Label A Label B
3. most saturated fat per serving? Label A Label B
4. least sugar per serving? Label A Label B
5. more calories from fat? Label A Label B
6. more fat per serving? Label A Label B
7. has less sodium? Label A Label B
8. least amount of calories per serving? Label A Label B
9. most protein per serving? Label A Label B
10. most total fat per serving? Label A Label B
11. most Vitamin A? Label A Label B
12. most Calcium? Label A Label B



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In 2023, Crisis Control Ministry provided services to more than **29,000** individuals, valued at nearly **\$3,850,000**.

Crisis Control Ministry provides help with basic life needs to those facing a crisis in Forsyth and Stokes Counties. Crisis Control Ministry offers the following services:

Client-Choice Food Pantries

Financial Assistance for Housing & Utilities

State Licensed Free Pharmacy

GIVE FOOD

There are many ways you can help us fill the shelves.

Hosting a food drive can be a fun way to connect with friends, family or coworkers. We can help you with collection bins and food pick up. Register a food drive at crisiscontrol.org/hostafooddrive.

Become a BOGO (Buy one, GIVE one) shopper or a Gift of the Month Supporter. Learn more at: crisiscontrol.org/giftofthemonth.

DONATE

There are many ways you can help support us financially.

Donate funds
To make a one time or recurring donation, visit: crisiscontrol.org/donate or contact: **Angie Wilson, (336) 727.9976**

Other items you can donate:

- Vehicles
- Stocks
- Unused Gift Cards
- Medications

VOLUNTEER

Neighbors helping neighbors is not just a tag line at Crisis Control Ministry; it's at the core of our mission. Volunteering is a great way to meet new people or bond with those you know. There are a variety of volunteer opportunities to fit your skills and interest.

To learn more about volunteering, contact: **Abbey McCall, (336) 724-7875 ext. 1043** volunteer@crisiscontrol.org.

"All things become possible in a loving community."

-Reverend Ron Rice, Founder of Crisis Control Ministry

If you or someone you know needs assistance, contact us.

Winston-Salem Office
200 East Tenth Street
Winston-Salem, NC 27101
(336) 724-7453

Kernersville Office
431 W. Bodenhamer Street
Kernersville, NC 27284
(336) 996-5401



En 2023, Crisis Control Ministry
proporcionó servicios a
más de 29,000 personas,
valorado en casi 3,850,000 dólares.

Crisis Control Ministry brinda ayuda con las necesidades básicas de la vida a quienes enfrentan una crisis en Condados de Forsyth y Stokes. Crisis Control Ministry ofrece los siguientes servicios:

Despensas de alimentos a elección del cliente

Asistencia financiera para vivienda y servicios públicos

Farmacia estatal con licencia de Carolina del Norte

DAR COMIDA

Hay muchas maneras en que puedes ayudarnos a llenar los estantes.

Organizar una colecta de alimentos puede ser una forma divertida de conectarse con amigos, familiares o compañeros de trabajo. Podemos ayudarte con los contenedores de recogida y la recogida de alimentos. Registre una colecta de alimentos en crisiscontrol.org/hostafooddrive

DAR DINERO

Hay muchas maneras en que puede ayudarnos a apoyarnos financieramente.

Donar fondos

Para hacer una donación única o recurrente, visite: crisiscontrol.org/donate o contactar:

Angie Wilson,
(336) 727.9976

Otros artículos que puedes donar:

- Vehículos
- Cepo

VOLUNTARIO

El voluntariado es una excelente manera de conocer gente nueva o establecer vínculos con aquellos que conoces. Hay una variedad de oportunidades de voluntariado que se adaptan a sus habilidades e intereses.

Para obtener más información sobre el voluntariado, comuníquese con:

Abbey McCall,
(336) 724-7875 ext. 1043
volunteer@crisiscontrol.org

"Todo se vuelve posible en una comunidad amorosa."

-Reverend Ron Rice, Fundador de Crisis Control Ministry

**Si usted o alguien que
conoce necesita ayuda,
contáctenos.**

Oficina de Winston-Salem
200 East Tenth Street
Winston-Salem, NC 27101
(336) 724-7453

Oficina de Kernersville
431 W. Bodenhamer Street
Kernersville, NC 27284
(336) 996-5401



SAFE COOKING WITH CHILDREN

Cooking is a wonderful way to share time with children while educating them about different foods and nutritional choices. Children learn valuable lessons from sharing time in the kitchen with parents, such as:

- Learning new words like whisk, knead, spatula and grater.
- Learning social skills as they plan, prepare and eat a meal with family or friends.
- Learning math concepts, like half, tablespoon, full, three minutes.
- Learning about different cultures while trying foods from other countries.
- Learning about nutrition and safety.

Here are ways to share the cooking experience with children at various ages:

Two-year-olds can:

- Scrub vegetables and fruits
- Wipe tables
- Dip vegetables and fruits
- Tear lettuce and salad greens
- Break bread for stuffing
- Snap fresh beans

Three-year-olds can:

- Pour liquids into a batter
- Mix muffin batter
- Shake a milk drink
- Spread peanut butter on firm bread
- Knead bread dough

Four– and five-year olds can:

- Roll bananas in cereal for a snack
- Juice oranges, lemons and limes
- Mash soft fruits and vegetables
- Measure dry and liquid ingredients
- Beat eggs with an egg beater

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COCINANDO SEGURAMENTE CON NIÑOS

Cocinar es una manera maravillosa de compartir tiempo con los niños mientras los educan sobre diferentes alimentos y opciones nutricionales. Los niños aprenden valiosas lecciones al compartir tiempo en la cocina con los padres, tales como:

- Aprender nuevas palabras como batir, amasar, espátula y rallador.
- Aprender habilidades sociales mientras planifican, preparan y comen una comida con familiares o amigos.
- Aprender conceptos matemáticos, como la mitad, cucharada, llena, tres minutos.
- Aprendiendo sobre diferentes culturas mientras prueba alimentos de otros países.
- Aprendiendo sobre nutrición y seguridad.

Aquí hay maneras de compartir la experiencia culinaria con niños de diferentes edades:

Los niños de dos años pueden:

- Frote verduras y frutas
- Limpie las mesas
- Sumerja verduras y frutas
- Arrancar la lechuga y las verduras de ensalada
- Partir el pan para el relleno
- Rompa frijoles frescos

Los niños de tres años pueden:

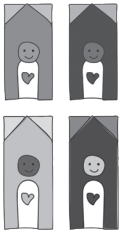
- Vierta líquidos en una masa
- Mezcle la masa de muffins
- Agite una bebida láctea
- Extienda mantequilla de maní sobre pan firme
- Amasar masa de pan

Los niños de cuatro y cinco años pueden:

- Enrollar plátanos en cereales para un bocadillo
- Hacer Jugo de naranjas, limones y limas
- Triturar frutas y verduras blandas
- Mide los ingredientes secos y líquidos
- Batir los huevos con una batidora de huevos

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Crisis Control Ministry **Wee Care!** **Cereal Drive**

COOKING WITH KIDS EASY AND FUN RECIPES

Snacks:

Jello with Swimming Fish

- 1 4-serving size package blue Jello
- 1/2 cup cold water
- Gummy fish
- 3/4 cup boiling water
- Ice cubes

Dissolve Jello in boiling water. Combine cold water and ice cubes to make 1-1/4 cups ice and water. Add to Jello, stir until slightly thick. Remove any unmelted ice. If it is still too thin, refrigerate for a few minutes. Pour Jello into clear glasses. Drop in gummy fish. Refrigerate until set, about an hour.

Gummy Fruit Snacks

- 1 cup mixed berries
- 1/2 cup applesauce
- 2 envelopes gelatin (1 envelope = 2 1/2 tsp)
- 1/4 cup water
- 1/2 cup fruit juice (apple, cranberry, etc.)

In a small saucepan over medium heat combine the berries and water. Bring to a boil and cook until berries are soft, about 5 minutes. Transfer to a blender or use an immersion blender to puree berries until smooth. Return to pot. Add applesauce and return to a boil, then remove from heat, cover and set aside. In a large bowl, sprinkle gelatin over fruit juice and let stand one minute. Add hot fruit mixture and stir until gelatin completely dissolves, 3 to 5 minutes. Pour into 8 x 8 inch glass or ceramic baking dish (or into molds, if you want to go that route). Refrigerate until firm, about 3 hours. Cut into blocks or shapes.

Fruit Dip

If the kids don't like plain fruit, try adding a dip!

- 1 (3 ounce) package instant vanilla pudding mix
- 8 ounces container sour cream
- 1/2 cup low-fat yogurt

Mix the vanilla pudding mix, sour cream and yogurt in a medium bowl. Chill in the refrigerator for 2 hours before serving. Serve with apples, strawberries, or pretty much any fruit you desire!

Fruit and Cheese Kabobs

Stick melon balls, berries, pineapple chunks, and cubed peaches, pears or apples along with a favorite low-fat cheese onto pretzel sticks. You can even make the cheese more interesting by letting the kids use cookie cutters to make fun shapes!



COOKING WITH KIDS EASY AND FUN RECIPES

Meals:

Mini Sandwiches

Use crackers or cut-up bread--or give the kids a few slices of bread, lunch meat, and cheese, and a couple of miniature cookie cutters to make tiny, fun-shaped sandwiches, or top a slice of bread with peanut butter and use an apple slice for a smile and raisins for eyes.

Pizza

Who can resist pizza? Pizza can be a perfectly healthy snack. Use half an English muffin, a whole pita, or a tortilla as a pizza crust. Let them smear on a bit of tomato sauce, add a light sprinkle of low-fat mozzarella cheese, and then top with chopped vegetables and maybe a bit of lean meat. Heat for a few minutes in the toaster oven or microwave, then cut into triangles for extra kid-appeal.

Bagel Snake

Split mini bagels in half. Cut each half into half circles. Spread the halves with toppings like tuna salad, egg salad, or peanut butter. Decorate with sliced cherry tomatoes or banana slices. Arrange half circles to form the body of a snake. Use olives or raisins for the eyes.

Desserts:

Smoothies!

You can't go wrong with a smoothie. There are endless possibilities, and they are as simple as adding yogurt or milk to fruit, or if lactose intolerant, just add one of your favorite juices. For more specific recipes, try going to this website: <http://allrecipes.com/howto/healthy-snacks-for-kids-smoothies/>.

Frozen Banana Pop

-Bananas, Plain Yogurt, Popsicle sticks or lollipop sticks
-Dry Cereal (any kind you like) suggestions: Special K with strawberries, granola, Fruity Pebbles, Cocoa Pebbles.
Cut banana in half horizontally, dip in yogurt, and roll in dry cereal. Place in freezer for 30 min. (just to set up).

Frozen juice cups

Pour 100% fruit juice into small paper cups. Freeze. To serve, peel off the paper and eat.

"Dreamsicle" Yogurt Pie

- 1 9" graham cracker crust shell
- 1 cup Cool Whip
- 1 8-oz. container orange yogurt
- 1/2 cup mandarin oranges

Combine yogurt and whipped topping together in a bowl and stir. Add mandarin oranges and stir. Spoon into pie shell, cover with plastic and chill.

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COCINANDO CON NIÑOS RECETAS FÁCILES Y DIVERTIDAS

Meriendas:

Gelatina con peces de goma

- 1 paquete de gelatin azul para 4 porciones
- 1/2 taza de agua fría
- Peces de goma
- 3/4 taza de agua hirviendo
- hielo

Disuelva Jello en agua hirviendo. Combine agua fría y cubitos de hielo para hacer 1-1/4 tazas de hielo y agua. Añadir al gelatina, revolver hasta que esté ligeramente espeso. Retire el hielo sin derretir. Si todavía está demasiado delgado, refrigere durante unos minutos. Vierta Jello en vasos transparentes. Déjate caer en el pez gomoso. Refrigere hasta que esté ajustado, aproximadamente una hora.

Bocadillos de fruta gomosa

- 1 taza de bayas mixtas
- 1/4 taza de agua
- 1/2 taza de puré de manzana
- 1/2 taza de jugo de fruta (manzana, arándano, etc.)
- 2 sobres de gelatina (1 sobre = 2 1/2 cucharaditas)

En una cacerola pequeña a fuego medio combine las bayas y el agua. Llevar a ebullición y cocinar hasta que las bayas estén suaves, unos 5 minutos. Transfiera a una licuadora o use una licuadora de inmersión para hacer puré de bayas hasta que esté suave. Volver al recipiente. Agregue puré de manzana y vuelva a hervir, luego retírelo del calor, cúbralo y déjelo a un lado. En un tazón grande, espolvoree la gelatina sobre el jugo de fruta y deje reposar un minuto. Agregue la mezcla de frutas calientes y revuelva hasta que la gelatina se disuelva por completo, de 3 a 5 minutos. Cortar en bloques o formas.

Dip de Fruta

Si a los niños no les gusta la fruta, ¡intente agregar un dip!

- 1 paquete (3 onzas) de pudin instantáneo de vainilla
- 8 onzas de crema agria
- 1/2 taza de yogur desnatado

Mezcle la mezcla de pudín de vainilla, la crema agria y el yogur en un tazón mediano. Enfríe en el refrigerador durante 2 horas antes de servir. ¡Sirva con manzanas, fresas o casi cualquier fruta que desee!

Brochetas de frutas y queso

Pega bolas de melón, bayas, trozos de piña y melocotones en cubos, peras o manzanas junto con un queso bajo en grasa favorito en los palitos de pretzel. ¡Incluso puedes hacer que el queso sea más interesante dejando que los niños usen cortadores de galletas para hacer formas divertidas!

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Crisis Control Ministry es y siempre ha sido un lugar donde los vecinos ayudan a los vecinos. El ministerio opera con la creencia de que la comida, la vivienda y las medicinas son necesidades humanas básicas. A través de sus oficinas en Winston-Salem y Kernersville, el Crisis Control Ministry brinda servicios de emergencia a corto plazo, incluida asistencia con pagos de hipoteca y alquiler, facturas de servicios públicos, alimentos y medicamentos recetados a los residentes de los condados de Forsyth y Stokes.



COCINANDO CON NIÑOS RECETAS FÁCILES Y DIVERTIDAS

Meals:

Mini Sándwiches

Use galletas saladas o pan cortado, o dele a los niños algunas rebanadas de pan, carne de almuerzo y queso, y un par de cortadores de galletas en miniatura para hacer sándwiches diminutos Y divertidos O cubra una rebanada de pan con mantequilla de maní y use una rebanada de manzana para sonreír y pasas para los ojos.

Pizza

¿Quién puede resistirse a la pizza? La pizza puede ser un bocadillo perfectamente saludable. Usa la mitad de un muffin inglés, una pita entera o una tortilla como masa de pizza. Deja que se unten un poco de salsa de tomate, agrega una ligera pizca de queso mozzarella bajo en grasa y luego cubre con verduras picadas y tal vez un poco de carne magra. Calentar durante unos minutos en el horno tostador o microondas, luego cortar en triángulos para un atractivo adicional para los niños.

Serpiente Bagel

Partir los mini bagels por la mitad. Corta cada mitad en semicírculos. Unta las mitades con ingredientes como ensalada de atún, ensalada de huevo o mantequilla de cacahuete. Decóralos con rodajas de tomate cherry o de plátano. Coloca los medios círculos para formar el cuerpo de una serpiente. Utiliza aceitunas o pasas para los ojos.

Postres:

¡Batidos!

No puedes equivocarte con un batido. Hay infinitas posibilidades, y son tan sencillas como añadir yogur o leche a la fruta, o si eres intolerante a la lactosa, basta con que añadas uno de tus jugos favoritos. Para recetas más específicas, visita este sitio web: <http://allrecipes.com/howto/healthy-snacks-for-kids-smoothies/>

Frozen Banana Pop

-Plátanos, yogur natural, palitos de paleta o palitos de piruleta

-Cereales secos (cualquier tipo que te guste) sugerencias: Special K con fresas, granola, Fruity Pebbles.

Corta el plátano por la mitad horizontalmente, sumérgelo en yogur y pásalo por cereales secos. Métele en el congelador durante 30 minutos (sólo para que se endurezca).

Vasos de jugo congelados

Vierta jugo de fruta 100% en vasos de papel pequeños. Helar. Para servir, despegue el papel y coma.

"Dreamsicle" Yogurt Pie

- 1 9" graham cracker crust shell

- 1 cup Cool Whip

- 1 corteza de galleta graham de 9"

- 1 taza de Cool Whip

- 1 8-oz. container orange yogurt

- 1/2 cup mandarin oranges

- 1 envase de 8 onzas de yogur de naranja

- 1/2 taza de mandarinas

Combine el yogur y la cobertura batida en un tazón y revuelva. Agregue las mandarinas y revuelva. Vierta en la cáscara del pastel, cubra con plástico y enfríe.

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RECOMMENDED READING LIST

GIVING & HELPING

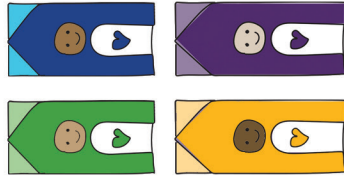
Last Stop on Market Street by Matt de la Pena
Ordinary Mary's Extraordinary Deed by Emily Pearson
Peter's Chair by Ezra Jack Keats
The Rainbow Fish by Marcus Pfister
Love You Forever by Robert Munsch
The Giving Tree by Shel Silverstein
Stone Soup by Marcia Brown
Because Amelia Smiled by David Ezra Stein
Have Your Filled a Bucket Today? by Carol McCloud
Old Bear by Jane Hissey
Rise and Shine by Tim Warnes
Beatrice's Goat by Page McBrier and Lori Lohstoeter (the Heifer Project)
The Little Red Hen

FOOD AND NUTRITION

Winston the Book Wolf by Marni McGee and Ian Beck
Giving Box by Fred Rogers
Growing Vegetable Soup by Lois Ehlert
Carrot Seed by Ruth Krauss
Blueberries for Sal by Robert McCloskey
Cloudy with a Chance of Meatballs by Judith Barrett
Bread and Jam for Frances by Russell Hoban
Green Eggs and Ham by Dr. Seuss
The Adventures of the Dish and the Spoon by Mini Grey
Pancakes for Supper by Anne Issacs
Watermelon Wishes by Lisa Moser
On Top of Spaghetti by Paul Brett Johnson
Mabel O'Leary Put Peas in her Ear-y by Mary Delaney
There was a Coyote who Swallowed a Flea by Jennifer Ward

Wee Neighbors Helping Wee Neighbors

Wee Care! is a program of Crisis Control Ministry. For more information visit www.crisiscontrol.org.



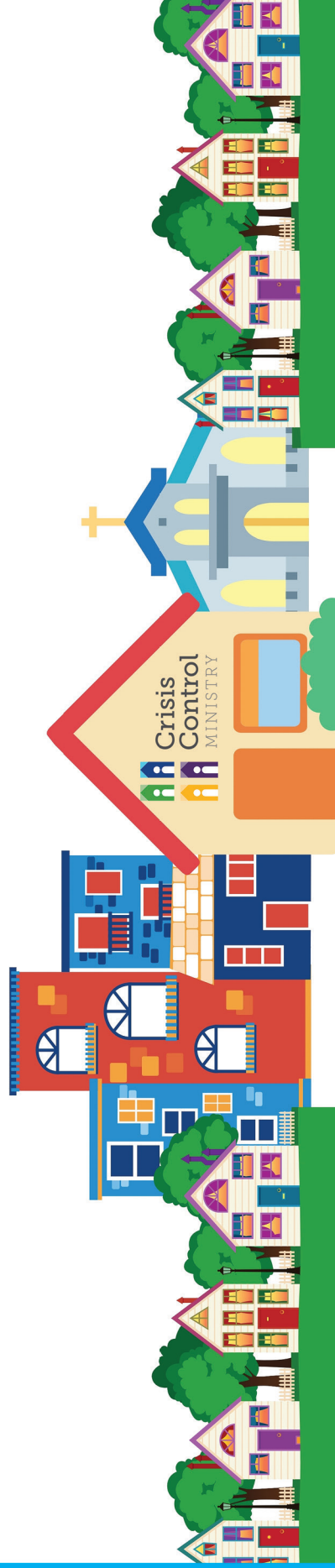
Crisis Control Ministry

Wee Care! Cereal Drive

March 1-31, 2024

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