



KID'S HAVEN

CHILD CARE & PRESCHOOL

Parent News

NEWSLETTER | SEP 2022

-NEWS AT THE HAVEN-

You're the Apple of My Eye

"You can bake it, boil it, broil it, candy it, saute it. Dey's uh, apple pie, apple strudel, apple cake, apple fritters. Pan fried, deep fried, baked. There's Granny Smith, Honeycrisp, Pink Lady, Fuji, Gala, Red Delicious, Ambrosia, Empire, McIntosh, Opal, Liberty. That- that's about it.

Maybe you were scratching your head reading my artfully crafted Bubba Gump impersonation. As you hopefully recognized in the opening paragraph, there are countless ways to cook apples and ample varieties to select from. Since Apple Picking season is one of my favorite parts of fall, I wanted to shine a spotlight on this healthy staple. Studies show apples lower cholesterol, reduce the risk of heart disease have anti-inflammatory properties.....and, perhaps more importantly, kids absolutely love them! So, strap up your boots and put on your cozy flannel shirt—it's Fall Y'all!

Fun family activities: Go apple picking at a local orchard, bake apple pies with the kids, or simply conduct a mystery taste test to find your child's favorite variety. Just remember this September that an apple a day, keeps the doctor away.



-REMINDERS-

Local Apple Farms/Orchards

Deer Lake Orchard
1903 10th St SW,

Woods Edge Apples
1901 50th St NE,

Pasture Adickes Farm
4601 County Rd 12 N,

fall festival

Oct 4, 5 PM to 7 PM



-EVENTS-



9/3: Nat'l Food Bank Day

9/5: Closed for Labor Day

9/6: Bring Family Photo (Infants, Toddlers, & Preschool)

9/8: Int'l Literacy Day

9/11: Nat'l Grandparent's Day

9/16: Nat'l Play Dough Day

9/19-9/23: Bring Favorite Book to Read to Our Class (Infants & Toddlers)

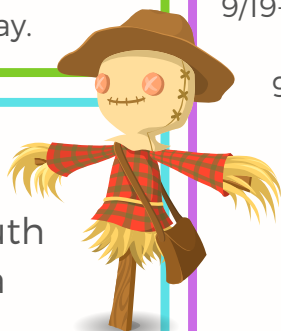
9/21: Deer Lake Orchard Field Trip (Preschool)

9/24: Johnny Appleseed Day

9/27: Nat'l Family Fun Day

9/29: World Heart Day

10/4: Annual Fall Festival



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