



Delaware Opportunities Inc.  
Child Care Resource & Referral  
35430 State Highway 10, Hamden, NY 13782  
"Building Excellence in Child Care"

607-746-1620 Fax: 607-746-1648  
Toll Free: 1-877-746-2279  
[daycare@delop.org](mailto:daycare@delop.org)  
[www.delawareopportunities.org](http://www.delawareopportunities.org)

## Fall Newsletter

October 2020

### • Fall and Winter Health and Safety

**Day light saving time ends soon!  
Remember to turn your clocks back before  
you go to bed on 10/31/20 and get that extra  
hour sleep. Also, don't forget to replace  
batteries in both your smoke detectors  
and carbon monoxide detectors.**



### • Cooking with Children

#### Pumpkin Hummus for Kids

*The perfect fall themed healthy snack!*

#### Ingredients:

- 2 cans of drained chickpeas (garbanzo beans), canned
- 15 ounce pumpkin, canned
- 2 tablespoon Tahini
- 2 clove garlic
- 1 teaspoon salt
- 1 ½ tablespoon lemon juice
- 1 teaspoon ground cumin
- ¼ cup olive oil
- ¼ teaspoon paprika



#### Instructions:

1. Combine all ingredients in a blender or food processor and blend until smooth. Add more olive oil if it's too thick.
2. To make it look like a pumpkin, make a green stem using snap peas, cucumbers, lettuce or any other green veggie. Serve with crackers and vegetable!

Nutrition Calories: 200kcal | Carbohydrates: 21g | Protein: 7g | Fat: 11g | Saturated Fat: 2g | Sodium: 613mg | Fiber: 7g | Sugar: 2g

Recipe from <https://www.superhealthykids.com/recipes/pumpkin-hummus-kids/>

## • Fun Time Craft

### Toilet Paper Roll Turkey Craft

This toilet paper roll turkey is a simple, but cute fall craft. Kids will enjoy cutting out the different color feathers of construction paper and putting the turkey together.

#### What you'll need:

- Toilet paper roll
- Red, Yellow, and Orange Construction Paper
- 2 Googly Eyes
- Glue
- Scissors

#### How to make your Toilet Paper Roll Turkey:

- Cut feather shapes out of the construction paper. You'll need 2-3 feathers of each color.
- Cut a small triangle out of orange construction paper for a beak.
- Cut a small peanut shape out of red construction paper for a waddle.
- Cut two feet out of orange construction paper.
- Tape the feathers onto the back of the toilet paper roll.
- Glue the eyes, beak, waddle, and feet to the front of the toilet paper roll.



<https://www.allkidsnetwork.com/crafts/thanksgiving/toilet-paper-roll-turkey.asp>

## • Legally Exempt Child Care News Update:

Just a reminder to all exempt informal child care providers to remember to fill out the emergency plan that was mailed to you in August, Form OCFS-6011, Emergency Plan G/FDC and Legally Exempt Informal Child Care. The form needs to be filled out and kept on site for your annual inspection. If you don't have the emergency plan, please contact Judy or Lisa at 607-746-1620 with any questions and we will send you the packet.

## **Do You Need Child Care? Do you Need Help with the Cost of Child Care?**

**Delaware Opportunities Inc.  
Child Care Resource & Referral can help  
you find quality child care!**

**Contact the Day Care Subsidy program  
at 607-746-1620 for help with the cost of care**