



*Nourishing Lives...  
Developing Change*

*If you find yourself in need of food, please reach out to our food bank team for assistance or for more information please call 705 432 2444. Food security remains our first and foremost priority.*

**CONTACT US:**

705-432-2444 | info@tndf.ca | www.tndf.ca

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THE NOURISH AND DEVELOP FOUNDATION

# ACTIVITY BOOKLET - 2022

## Autumn Edition

In this book, you will find fun activities, ideas, and inspiration for activities to keep your mind busy.



# FOOD TALK

## Easy School Lunches



Mix & Match these ingredients to create a well-balanced and yummy lunch!

1

### Choose a VEGGIE



Carrot



Cucumber



Bell Pepper



Celery



Green Beans



Broccoli

Vegetables are packed with vitamins, minerals, and fiber but low in calories, making them a healthy and tasty addition to any meal!

2

### Add some FRUIT



Kiwi



Berries



Strawberries



Pineapple



Watermelon



Tomato

Including all colours of the rainbow in your diet ensures that you are getting a diverse variety of vitamins and minerals!

3

### Add a little CRUNCH



Pumpkin Seed



Cracker



Dry Cereal



Sunflower Seed



Baked Pita



Dried Fruit

Adding seeds boosts your intake of protein, healthy fats, fibres, vitamins and minerals. It also adds texture and flavour!

4

### Pack on the PROTEIN



Tofu



Grilled Chicken



Salmon or Tuna



Chickpeas



Greek Yogurt



Hard Boiled Egg

Protein sources like these make your lunch heartier and help you feel satisfied longer. Protein also helps to repair and rebuild muscle tissue!

5

### A little SNACK



Cheese



Popcorn



Granola Bar



Rice Cakes



Pickles & Olives

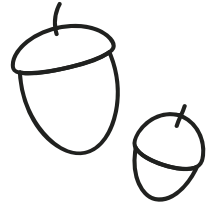


Graham Cracker

Snacks are great when enjoyed in moderation. Easy to customize to your preference and diet.

# CRAFT

## DIY Gem Corn



Known for its multicoloured kernels, definitely a staple in Autumn decor.

### You will need:

- 4 Pipe Cleaners (12 inch length)
- Plastic Craft Beads (approximately 120 beads)

### Directions:

1. Grab four 12 inch tan coloured pipe cleaners and an assortment of beads in the shades you like best.
2. Line up your pipe cleaners so they are even on each end and twist them together in the middle.
3. Next, evenly space each pipe cleaner and spread them into the shape of a star.
4. Start threading the beads onto each pipe cleaner, until all 8 are covered. Be sure to leave an inch of pipe cleaner showing on each end so you have enough to twist your husks later on. About 15 beads per row, random colours, no need for precision or patterns
5. Carefully bend each end upward and gather the points together, shaped like a cob of corn.
6. Next, take the tops of your pipe cleaners and twist them a couple times to secure the beads and form the corn "husks." Fan the ends out after.
7. Repeat as needed to create more for your decor.



Back to school means a return to packing lunches. Allowing kids to pack their own lunch boxes is empowering. They can be in charge of a significant part of their diet, which goes a long way towards a healthy relationship with food and cooking.

## CRAFT

### Broccoli Stamped Fall Tree



#### You will need:

- White Cardstock Paper
- Black or Brown Marker
- Brown, Red, Yellow, and Orange Craft Paint
- Fresh RAW Broccoli (one piece per tree craft)
- Small Paper Plate

#### Directions:

1. Start out by drawing your tree on your cardstock paper, the trunk and branches.
2. On your paper plate add dollops of each colour of your craft paint.
3. Using your piece of broccoli like a sponge, dip it in the paint, then dab it onto your tree.
4. Repeat until the tree starts to look full of leaves.
5. Set it aside to let it dry completely before displaying.



## EXPERIENTIAL LEARNING

### Seed Saving: Pumpkins

SEED  
LIBRARY

*Saving seeds is a great project for gardeners of all ages, it is challenging yet rewarding.*

#### Ingredients:

- Colander
- Clean newspapers
- Paper towels
- Paper envelope
- Plastic container



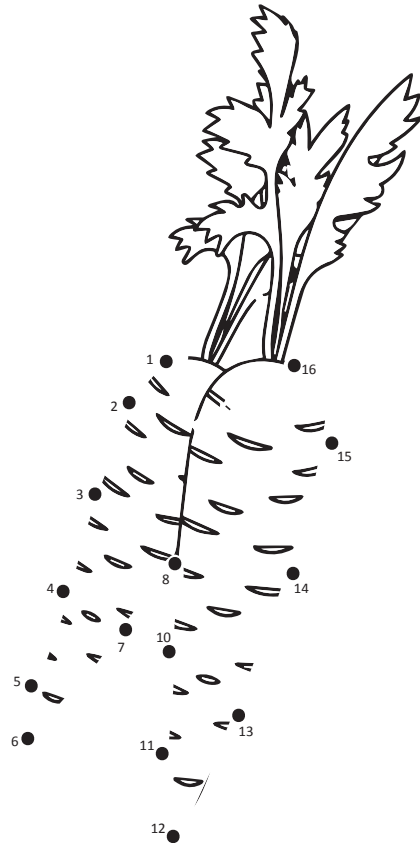
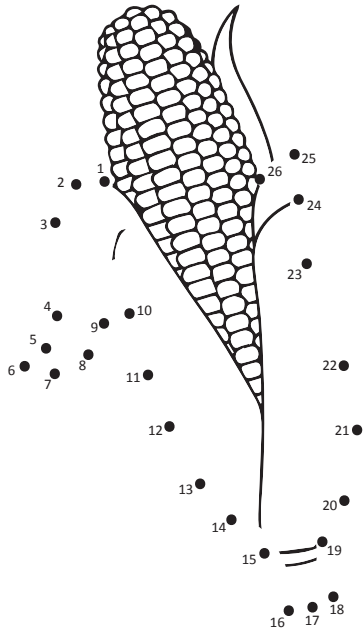
#### Directions:

1. Remove the pulp and seeds from inside the pumpkin. Place this in a colander.
  2. Place the colander under running water. As the water runs over the pulp, start picking out the seeds from the pulp. Rinse them in the running water as you do. Do not let the pumpkin pulp sit in non-running water.
  3. Once you have a good amount of seeds rinsed, look over them and choose the biggest seeds. Plan on saving three times more pumpkin seeds than the number of plants you'll be growing next year. Larger seeds will have a better chance of germinating.
  4. Place the rinsed seeds on a dry paper towel and clean newspaper layers. Make sure they are spaced out; otherwise, the seeds will stick to one another. Place in a cool dry spot for one week. Once the seeds are dry, store pumpkin seed for planting in an envelope. Label it clearly with the variety and date.
- OR put your pumpkin seed envelope in a plastic container. Place several holes in the lid of the container to ensure that condensation doesn't build up on the inside. Place the container with the seeds inside at the very back of the fridge until you're ready to plant next year.

# ACTIVITY

## Mobile Food Market Connect

What food items is the Mobile Food Market team taking with them this week? Connect the dots!



# RECIPE

Time: 20 mins  
Servings: 4

## Apple Pancakes & Vanilla Maple Syrup

### Ingredients:

#### Pancakes

- 1 cup all-purpose flour
- 2 tbsp light brown sugar, packed
- 1 tsp baking powder
- 1½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground clove
- ⅓ tsp salt
- 1 cup whole milk
- 1 large egg

- 1 tbsp unsalted butter, melted and cooled slightly
- 1 tsp vanilla extract
- 1 cup grated apple (about 1 medium apple)
- Butter or vegetable oil for skillet

#### Vanilla Maple Syrup

- ½ cup maple syrup, warmed gently
- 1 teaspoon vanilla extract

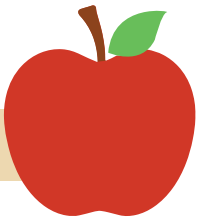
### Directions

- 1 In a medium bowl, whisk together the dry ingredients.
- 2 In a small bowl, add milk, egg, butter, and vanilla extract. Beat until combined.
- 3 Combine the wet ingredients to the dry ingredients, and mix. The batter should have some small to medium lumps.
- 4 Gently fold in the grated apple.
- 5 Preheat your skillet over medium heat and brush with 1 1/2 teaspoons of butter or 1 teaspoon vegetable oil.
- 6 Scoop batter onto warm skillet. Cook for 1 to 2 minutes then flip cook until golden brown.
- 7 Repeat the process with the remaining batter, adding more butter or oil to the skillet when needed. Serve immediately.

### Make the Vanilla Maple Syrup

Stir together the syrup, vanilla, and serve over pancakes.

# FOOD TALK



## Healthy Word Search

Can you find the healthy eating words?

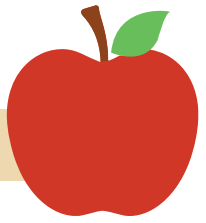
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O	N	W	R	F	R	R	S	L	W	A	R	R	U
R	S	U	M	T	C	A	R	R	O	T	S	E	I
E	S	C	T	I	A	W	M	O	R	E	S	V	T
S	F	M	U	R	I	A	O	A	E	A	R	B	T
L	R	N	O	S	I	E	V	B	T	L	L	I	S
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I	H	E	I	A	S	R	R	E	I	K	O	F	B
M	I	R	O	L	R	A	V	O	S	E	T	S	A
I	S	I	O	E	V	I	T	A	M	I	N	S	R

- Words:**
- VEGETABLES
  - FRUIT
  - FIBRE
  - VITAMINS
  - MINERALS
  - WATER
  - CARROTS
  - KALE
  - FRESH
  - ROASTING
  - NUTRITION
  - SMOOTHIES

**Answer Key:**

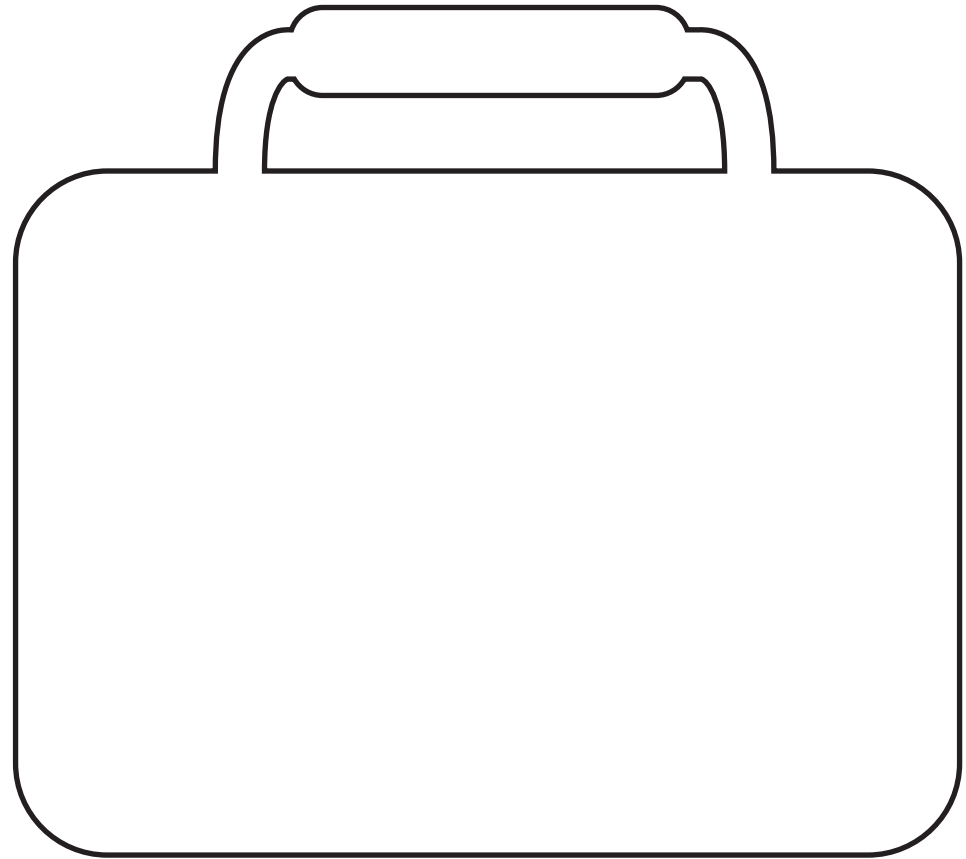
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O	N	W	R	F	R	R	S	L	W	A	R	R	U
R	S	U	M	T	C	A	R	R	O	T	S	E	I
E	S	C	T	I	A	W	M	O	R	E	S	V	T
S	F	M	U	R	I	A	O	A	E	A	R	B	T
L	R	N	O	S	I	E	V	B	T	L	L	I	S
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E	H	T	G	T	E	H	T	O	S	B	T	N	T
N	N	T	R	K	E	S	I	I	N	R	I	R	G
I	H	E	I	A	S	R	R	E	I	K	O	F	B
M	I	R	O	L	R	A	V	O	S	E	T	S	A
I	S	I	O	E	V	I	T	A	M	I	N	S	R

# FOOD TALK



## Pack A Healthy Lunch

Time to pack your lunch before you go to school!  
Draw your favourite healthy foods inside the lunch box.



### Need a hint?

#### Fruit

- Apple
- Bannana
- Pear

#### Vegetable

- Cucumber
- Broccoli
- Peas

#### Grain

- Bread
- Cereal
- Pasta

#### Protein

- Egg
- Chickpeas
- Meat



# ACTIVITY

## I Spy On The Farm



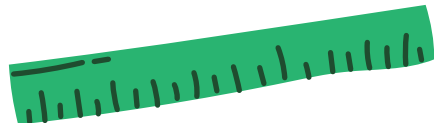
- |               |                 |                  |                 |
|---------------|-----------------|------------------|-----------------|
| 2<br>Barns    | 6<br>Pumpkins   | 2<br>Scare Crows | 7<br>Tomatoes   |
| 11<br>Carrots | 12<br>Corn Cobs | 8<br>Chickens    | 10<br>Cucumbers |
| 3<br>Tractors | 4<br>Pigs       | 1<br>Farmer      | 5<br>Sheep      |

# ACTIVITY

## Back to School Scavenger Hunt

As we return to school in person or virtually you are sure to find some of these objects throughout your day at home or in the classroom. Take a look around what can you find?

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> glue stick    | <input type="checkbox"/> printer     |
| <input type="checkbox"/> scissors      | <input type="checkbox"/> laptop      |
| <input type="checkbox"/> calendar      | <input type="checkbox"/> eraser      |
| <input type="checkbox"/> crayon        | <input type="checkbox"/> paper clip  |
| <input type="checkbox"/> running shoes | <input type="checkbox"/> sharpener   |
| <input type="checkbox"/> lunch box     | <input type="checkbox"/> paint brush |
| <input type="checkbox"/> notebook      | <input type="checkbox"/> backpack    |
| <input type="checkbox"/> water bottle  | <input type="checkbox"/> folders     |
| <input type="checkbox"/> chairs        | <input type="checkbox"/> pen         |
| <input type="checkbox"/> book          | <input type="checkbox"/> marker      |
| <input type="checkbox"/> paper         | <input type="checkbox"/> ruler       |
| <input type="checkbox"/> pencil case   | <input type="checkbox"/> calculator  |



## RECIPE

Time: 2 hour & 5 mins

Servings: 6

### Build Your Own Pita Pizza

#### Ingredients:

Pita bread

Marinara sauce \* if using easy marinara recipe, add tomato paste to thicken

Protein of your choice - \*suggested options- sliced meat, precooked bacon, shredded cooked chicken, tempeh or baked/fried tofu

Veggies of your choice - \*suggested options – green peppers(sliced), sliced mushrooms, spinach, sliced onions

Cheese of your choice- \*suggested options – grated mozzarella mixed with parmesan

#### Directions

- 1 Spread a thin even layer of sauce onto pita
- 2 Add vegetable and protein, making sure to not overload
- 3 Sprinkle cheese evenly on top
- 4 Bake at 350 degrees for 10 mins or until cheese is melted and bubbly
- 5 Allow to cool slightly, cut into 4 pieces and enjoy!



## RECIPE

Time: 2 hour & 5 mins

Servings: 6

### Pumpkin Hummus

#### Ingredients:

2 can drained chickpeas, canned

15 ounce pumpkin, canned

2 tbs Tahini

2 clove garlic

1 tsp salt

1 ½ tbs lemon juice

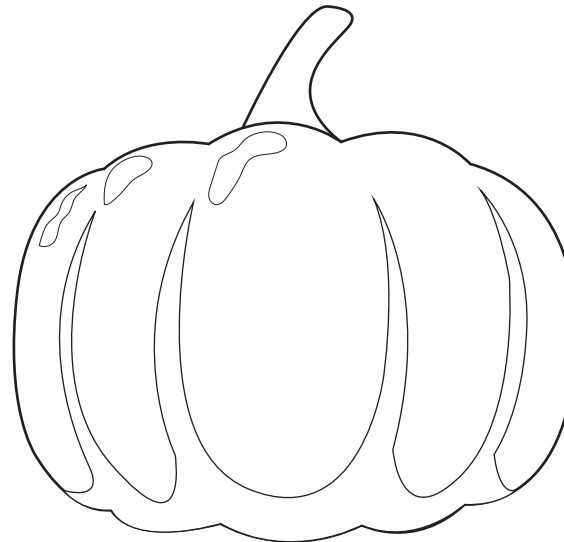
1 tsp cumin, ground

¼ cup olive oil

¼ tsp paprika

#### Directions

- 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.
- 3 Serve with crackers and vegetable!





Nourish & Develop

# Halloween Warm Up Station

**OCTOBER 31<sup>ST</sup> FROM 5:00PM - 8:00PM**

Pop by the Nourish Community Hub (16 York Street) to take a quick break and warm up inside with a movie between your trick or treating. Use the washroom, sort and trade your candy with friends, and grab a coffee or hot chocolate to go. Halloween treats will be available to anyone in costume.

705-432-2444 | [info@tndf.ca](mailto:info@tndf.ca) | [www.tndf.ca](http://www.tndf.ca)