

*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

Winter Edition

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



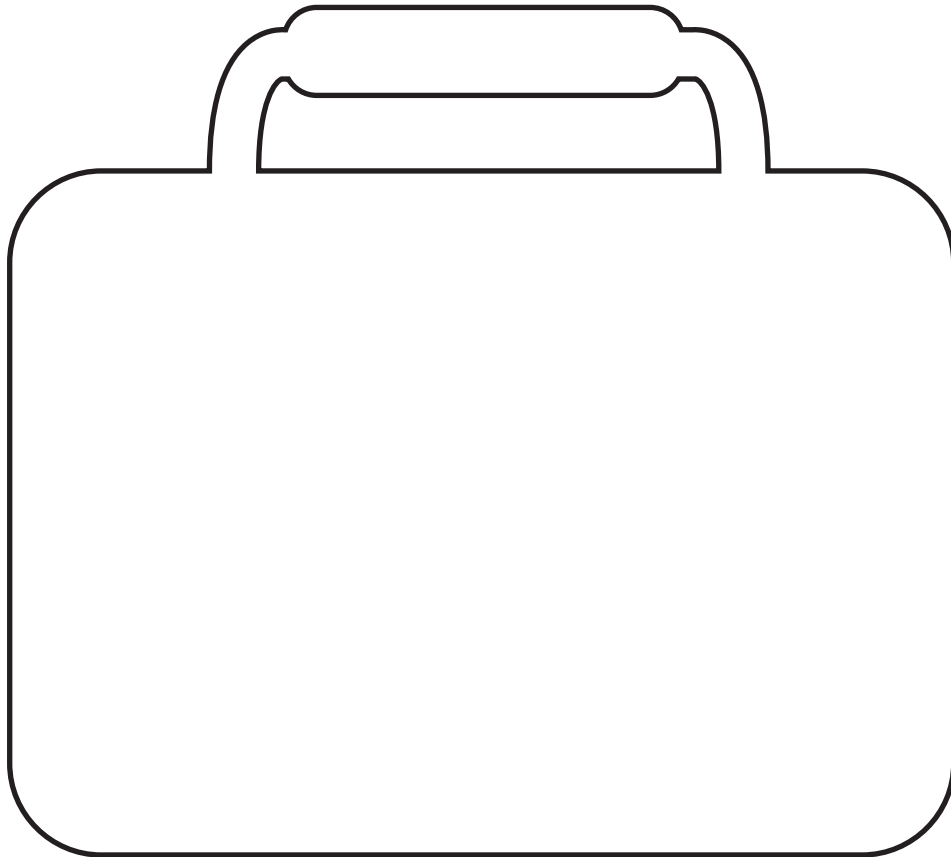
This activity booklet is available for download online at www.tndf.ca

This content is brought to you by The Nourish & Develop Foundation, a charitable non-profit organization located in Cannington ON.

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.*



CRAFT

Frosty Pine Cones

You will need:

- Pine cones
- White acrylic paint
- White glue
- Silver glitter
- Silver or white ribbon



Directions:

1. In a bowl large enough for a pine cone to fit in, mix together white acrylic paint and glue (approx 60/40 ratio).
2. In another bowl that is the same size pour a shallow layer of glitter, enough to cover the bottom of the bowl.
3. Roll pine cones around in the paint and glue mixture. When the pine cone is still wet roll each one lightly into the glitter. Set aside to dry for a few hours.
4. Once dry, glue the ribbon onto the top of the pine cone . You can use hot glue to speed up the process. Optional: display them in a bowl instead of attaching ribbon.

Need a hint?

Fruit

- Apple
- Bannana
- Pear

Vegetable

- Cucumber
- Broccoli
- Peas

Grain

- Bread
- Cereal
- Pasta

Protein

- Egg
- Chickpeas
- Meat

CRAFT

Waterless Snow Globes

You will need:

- Glass jars (varying sizes look best for a collection)
- Artificial Snow
- Hot glue gun and glue
- Assorted mini Christmas Trees and mini snowmen.
- Spray Adhesive (optional)
- glitter (optional)
- White spray paint

*When your done
shake them up and
watch the magic!*

Directions:

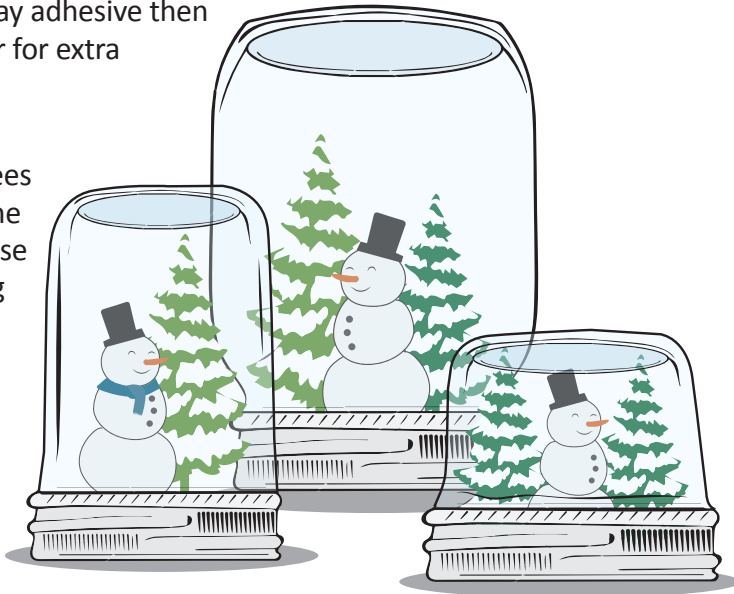
1. Spray the lids and paint them with the white spray paint. Set aside to dry.

2. OPTIONAL - Spray the trees and snowmen with spray adhesive then sprinkle with glitter for extra sparkle, let dry.

3. Hot glue your trees and snowmen to the inside of the lids. Use caution when using hot glue to avoid burns.

4. Add enough snow and glitter to cover the bottom of the jar.

5. Now add the lid your trees and snowmen are glued to and screw them back on to the jar.



EXPERIENTIAL LEARNING

Growing Microgreens

SEED
LIBRARY

You will need:

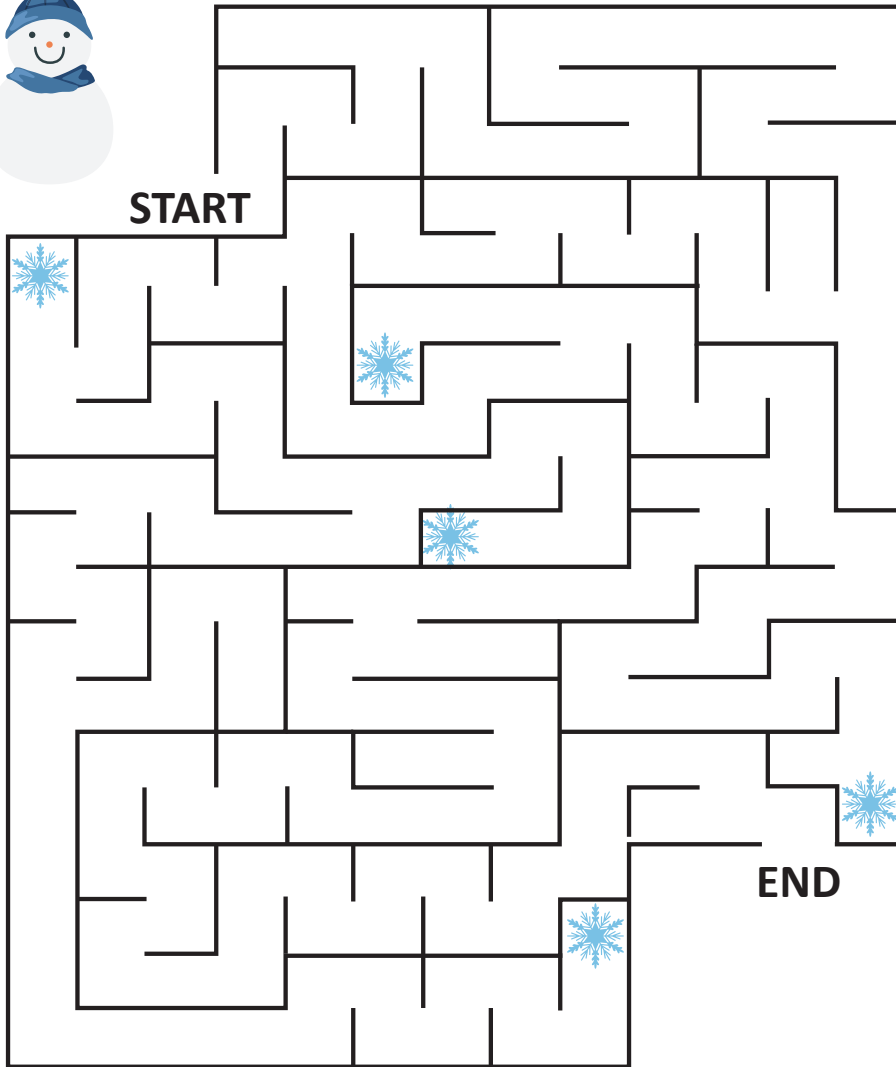
- Micrigrreen Seeds (arugula, basil, beet, broccoli, cabbage, corn, kale, mustard, peas, radish, or sunflower)
- Shallow container (with drainage holes, foil pie plates and take-out containers)
- Watertight tray
- Sterile peat seed-starting mix
- Water
- Spray bottle (optional)

Directions:

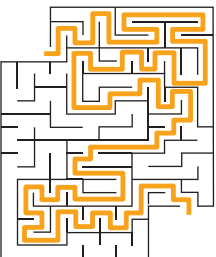
1. Choose your microgreens seeds. Use seeds specifically labeled for growing as microgreens or sprouts.
2. Add soil to your container. Spread a 1" deep layer of planting mix in each container. Using the spray bottle of water pre-moisten the soil.
3. Scatter seeds evenly over the planting mix.
4. Spread a thin layer of planting mix over seeds to cover and press lightly to ensure good contact between the mix and the seeds. Mist with water to settle the planting mix around the seeds.
5. Place containers in a warm, bright spot. A sunny window is ideal.
6. Check soil moisture and water as needed. Most seeds will germinate in a few days to a week. Rotate the containers every day or two so the stems grow straight.
7. Harvest your microgreens when the plants are 2" to 3" tall, or when they've developed one or two sets of true leaves. Use scissors to cut the stems just above the soil. Enjoy!

ACTIVITY

Mobile Food Market Visit



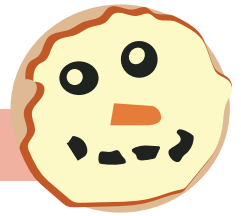
Answer Key:



RECIPE

Time: 28 mins

Servings: 16



Mini Snowman Pizzas

You will need:

- 1 (8 count) container large flaky refrigerated biscuit dough
- 1 cup tomato sauce
- 4 cups shredded
- Mozzarella cheese
- Baby carrots
- Sliced olives

Directions:

1. Preheat oven to 350 degrees F.
2. Separate each biscuit into 2 horizontal halves, to form 16 total biscuit rounds. Place on a large ungreased baking sheet(s). Lightly press to even the dough out.
3. Spoon sauce on top of each biscuit round. Sprinkle cheese on top.
4. Cut carrots into thin strips to resemble snowman noses and place one on each pizza.
5. Place 2 sliced olives on each pizza for eyes. Then cut a sliced olive into 4 pieces for the mouth for each snowman.
6. Bake pizzas for about 10-12 minutes or until golden brown on bottom and around edges.

Tips: For more crispy dough, cook the dough for about 5-10 minutes before adding the sauce, cheese, and toppings. Then add the toppings and continue to bake until cheese is melted.

SUBSTITUTIONS: Instead of olives, you could use mini pepperoni or other vegetables of your choice.

FOOD TALK

Word Search

Can you find the healthy eating words?

X	D	Z	V	I	T	A	M	I	N	S	Z
C	A	R	R	O	T	S	D	C	W	W	A
V	E	G	E	T	A	B	L	E	S	A	P
S	M	O	O	T	H	I	E	S	T	T	P
S	Q	U	A	S	H	F	I	B	R	E	L
M	I	N	E	R	A	L	S	D	R	R	E
U	N	P	O	T	A	T	O	E	S	Y	S
G	W	N	U	T	R	I	T	I	O	N	F

Words:

VEGETABLES

MINERALS

POTATOES

SQUASH

WATER

NUTRITION

FIBRE

CARROTS

SMOOTHIES

VITAMINS

APPLES

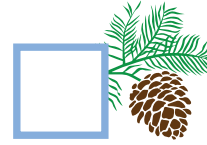
Answer Key:

X	D	Z	V	I	T	A	M	I	N	S	Z
C	A	R	R	O	T	S	D	C	W	W	A
V	E	G	E	T	A	B	L	E	S	A	P
S	M	O	O	T	H	I	E	S	T	T	P
S	Q	U	A	S	H	F	I	B	R	E	L
M	I	N	E	R	A	L	S	D	R	R	E
U	N	P	O	T	A	T	O	E	S	Y	S
G	W	N	U	T	R	I	T	I	O	N	F

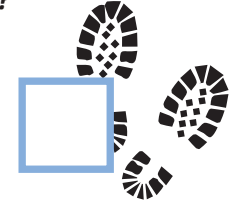
ACTIVITY

Winter Search

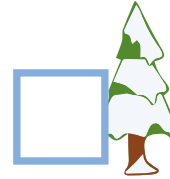
Take a look around what can you find?



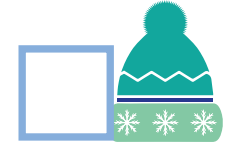
Pine Cone



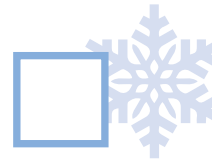
Boot Print



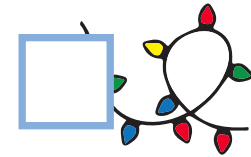
Snow Covered Tree



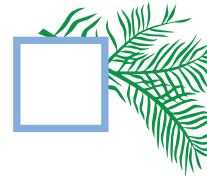
Winter Hat



Snow



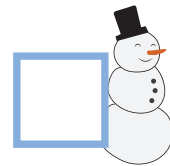
Christmas Lights



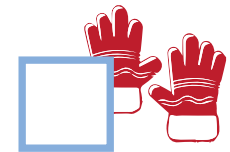
Pine Needles



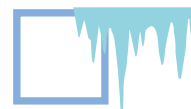
Animal Tracks



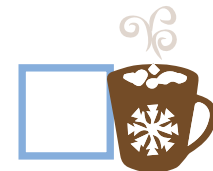
Snowman



Gloves



Icicles



Hot Chocolate

ACTIVITY

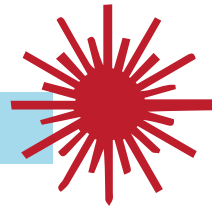
I Spy Winter Squash



	4		6		10
Spaghetti Squash		Carnival Squash		Butternut Squash	
	5		8		12
Pumpkins		Acorn Squash		Delicata Squash	

ACTIVITY

Laser Maze

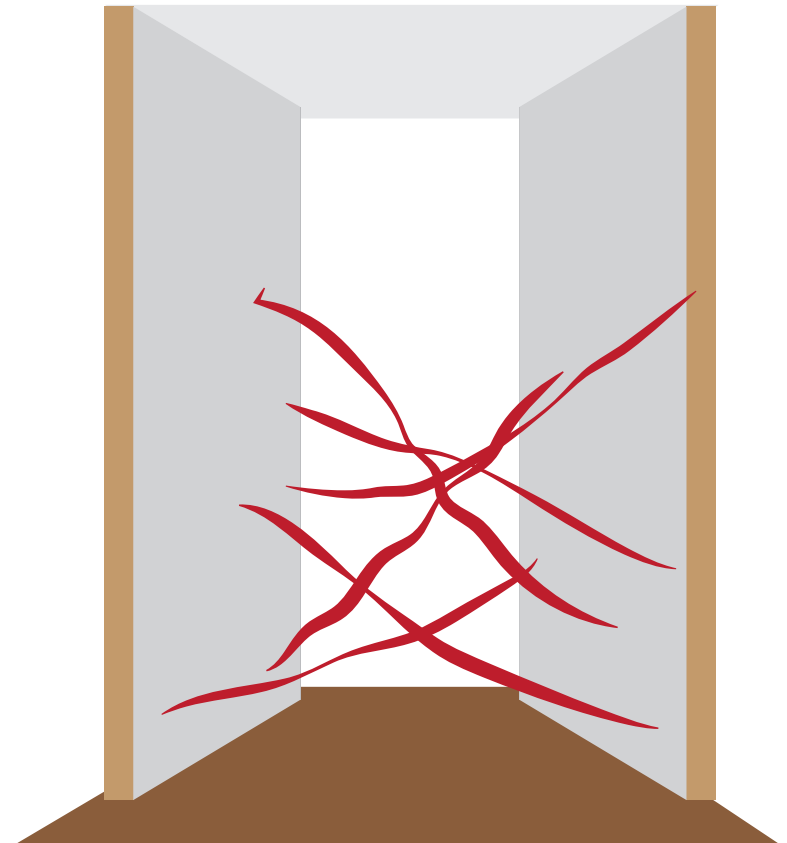


You will need:

- Red crepe paper roll
- Masking tape/Scotch tape

Directions:

1. In a hallway or an area in your home where walls are relatively close. Tape strips of crepe paper across the hallways on each wall.
2. Tape strips high, low, diagonally, and all ways in between.
3. Adjust level of difficulty to suit your children.



RECIPE

Time: 15 mins
Servings: 3

Fruity Snowmen

You will need:

- 2 bananas
- 1 baby carrot
- Handful of raisins
- 3 strawberries
- 3 grapes
- 6 skewers



Directions:

1. Cut the bananas into thick slices (approx. 9 rounds per banana). Thread three slices of banana on to each skewer.
2. Cut carrot into small triangular slivers for a pointy nose.
3. Remove stem from the strawberries. Then cut strawberries and grapes in half. Thread strawberry half onto skewer followed by grape half.
4. Gently press the raisins into the banana slices to create eyes and the buttons on the body then add the carrot nose.
5. Enjoy immediately! Makes a great addition to a breakfast plate.

RECIPE

Time: 25 mins
Servings: 8

Candy Cane Popcorn

You will need:

- 1 bag microwave popcorn
- 8 large candy canes
- 1 ½ cups of white chocolate chips, chopped

Directions:

1. Gather the ingredients. Cover a baking sheet with foil or waxed paper and set aside.
2. Pop the popcorn in the microwave, then pour it into a large bowl, removing any un-popped kernels.
3. Unwrap the candy canes and place them in a food processor. Pulse several times for 5 to 10 seconds each, until the canes are finely crushed. Or place the candy canes in a large plastic bag and seal tightly. Use a rolling pin to smash the candy canes until they are finely crushed.
4. Melt the white chocolate in a small microwave-safe bowl. Set your microwave to 50 percent strength. Heat the white chocolate for 30 seconds, then take it out and give it a stir. Continue microwaving in 30-second bursts, stirring frequently. Once the pieces are mostly melted, remove from the microwave and let the remaining bits melt in the residual heat, stir until smooth.
5. Add about 1/3 cup of the crushed candy canes to the white chocolate and stir them in.
6. Pour the white chocolate mixture over the popcorn in the bowl and stir to coat the popcorn. Scrape the popcorn onto the baking sheet and spread it into an even layer. While the white chocolate is still wet, sprinkle the remaining candy cane pieces over the top of the popcorn.
7. Let the popcorn set at room temperature until the white chocolate is firm. Then break the popcorn up into small pieces and enjoy!

