

THE NOURISH AND DEVELOP FOUNDATION

# ACTIVITY BOOKLET 7.0

*Autumn Edition*



In this book, you will find fun activities, ideas, and inspiration for activities to keep your mind busy as the weather gets cooler.

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

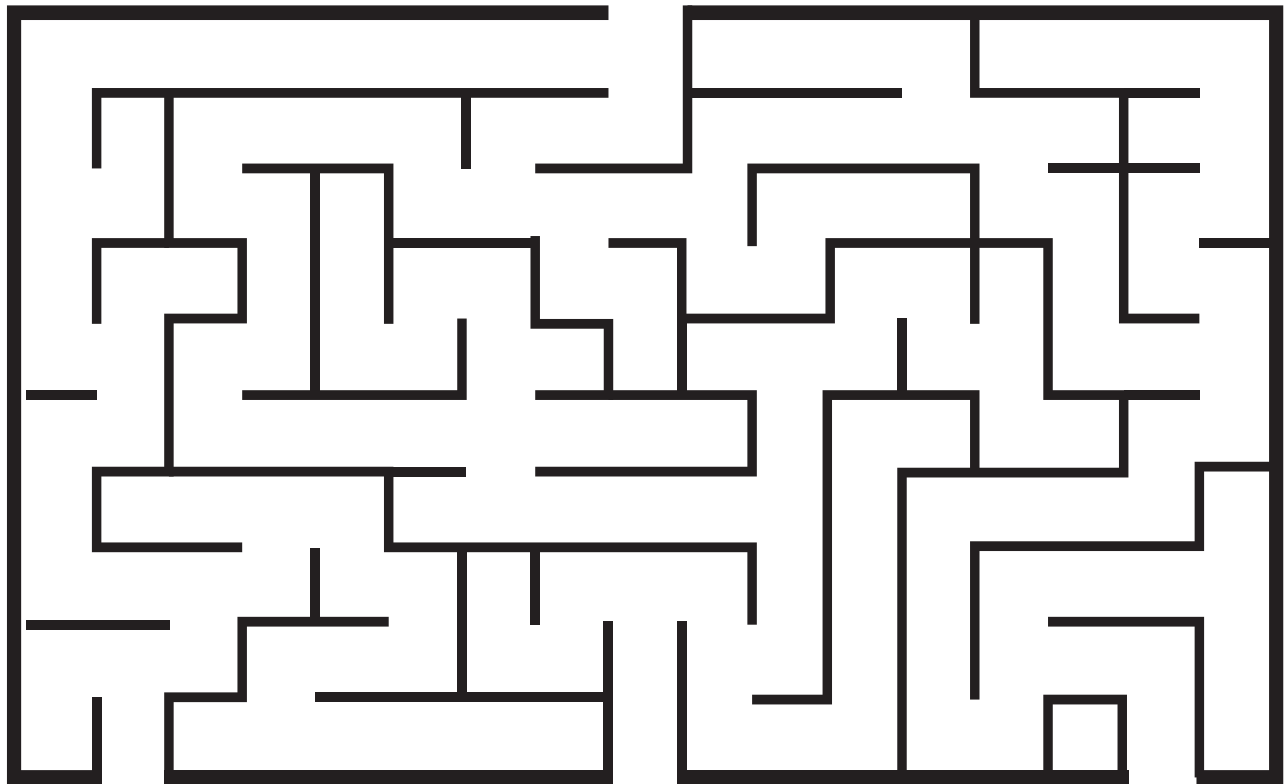
# ACTIVITY

## Mobile Food Market Travels

Can you drive The Nourish and Develop Foundation's Mobile Food Market van to three of our neighbouring towns?



Our Mobile Food Market will travel to various locations around Brock Township to offer fresh local produce, meal kits, and prepared meals at affordable prices.



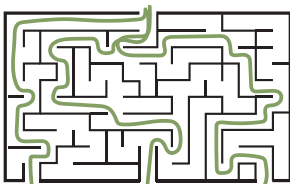
Sunderland

Cannington

Beaverton



Answer Key:



Want to learn more about our Mobile Food Market? Visit our website!  
[www.tndf.ca/mobilefoodmarket/](http://www.tndf.ca/mobilefoodmarket/)

# ACTIVITY

## Dash & Dine Word Search



*Before the season is over visit our Dash & Dine Market to pick up fresh, local produce and chef made meals.*



### Words:

DASH AND DINE

PRODUCE STAND

PREPARED DINNERS

FRESH

SAFELY SOCIALIZE

LOCAL PRODUCE

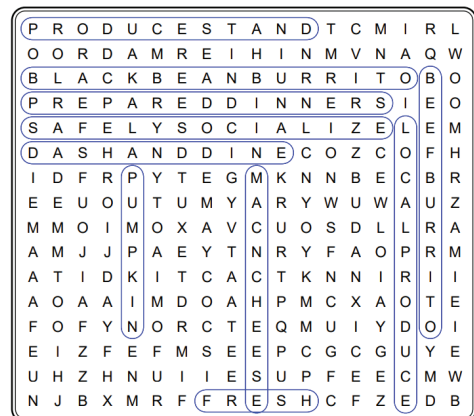
BEEF BURRITO

BLACK BEAN BURRITO

MAC N CHEESE

PUMPKIN

### Answer Key:



*For upcoming Dash & Dine Market dates visit our website! [www.tndf.ca/dash-dine/](http://www.tndf.ca/dash-dine/)*

## RECIPE

Time: 10 mins  
Servings: 12 balls



Calories: 158kcal

# Pumpkin Energy Balls

### *Ingredients:*

1 1/4 cups old-fashioned rolled oats  
1/4 cup ground flaxseed  
1 tablespoon chia seeds  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1/8 teaspoon ground cloves  
A pinch of sea salt  
1/2 cup creamy almond butter  
1/4 cup pumpkin  
1/4 cup honey  
1 teaspoon vanilla extract  
1/4 cup mini chocolate chips



### *Directions:*

1. In the bowl of a stand mixer, add the oats, flaxseed, chia seeds, cinnamon, ginger, nutmeg, cloves, and salt. With the paddle attachment, mix on low until ingredients are combined.
2. Add the almond butter, pumpkin, honey, and vanilla. Mix until the ingredients come together.
3. Stir in the mini chocolate chips.
4. Roll the mixture into balls, about 2 tablespoons per ball. Place the pumpkin energy balls into an airtight container and store in the refrigerator for up to 1 week.

Note: if you don't have a stand mixer, you can mix the energy balls in a bowl with a wooden spoon or spatula.

# 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?*



glue stick

scissors

calendar

crayon

running shoes

lunch box

notebook

water bottle

chairs

book

paper

pencil case

printer

laptop

eraser

paper clip

sharpener

paint brush

backpack

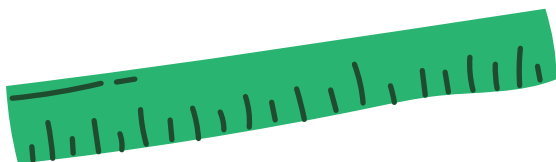
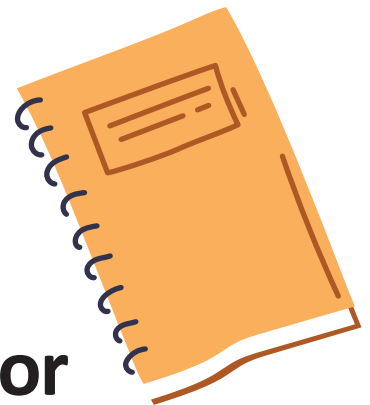
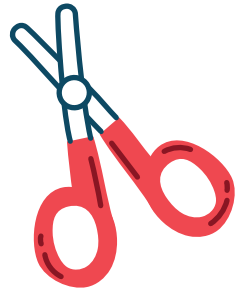
folders

pen

marker

ruler

calculator

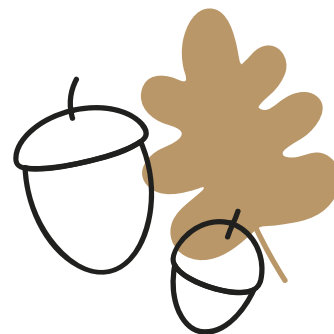




# CRAFT

## 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.



# RECIPE

Time: 15 mins

Servings: 6 donuts

## Apple Donuts with Sprinkles



### *Ingredients:*

Apples

Cream Cheese

Food Coloring (optional)

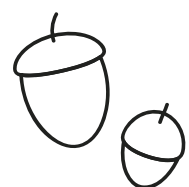
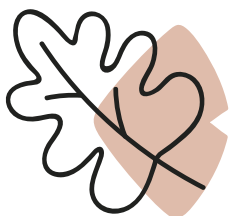
Sprinkles

Honey (optional)

\*\*adult supervision required\*\*

### *Directions:*

1. Slice your apples about 3/4" thick. Use a knife, corer to make a hole in the center.
2. Color you cream cheese if you'd like by adding a drop of neon food coloring.
3. Spread a layer of cream cheese onto apple slices, add sprinkles then drizzle with honey to sweeten.



# EXPERIENTIAL LEARNING

## Seed Saving: Sunflowers

**SEED  
LIBRARY**

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

### **Ingredients:**

- Colander
- Clean newspapers
- Shallow cardboard box
- Paper towels
- Paper envelope
- Airtight plastic container

### **Directions:**

1. Let the flower dry on or off the stem until the back of the head turns brown, the foliage turns yellow, the petals die down, and the seeds look plump and somewhat loose.
2. With sharp scissors, cut the head off the plant (about 6 inches below the flower head). Place in a container to catch loose seeds.
3. To remove the seeds, hold the flower head over a colander. Rub the palm of your hand briskly against the seeds, which will pop right out of the bloom.
4. Layer some clean newspapers in the bottom of a shallow cardboard box and cover the newspapers with paper towels. Spread the sunflower seeds out loosely in a single layer on the paper toweling, leaving plenty of space between them to allow for good air circulation. Allow them to dry at room temperature for a few days.
5. Pick out and discard any plant material or debris. Sort through the sunflower seeds and pick out the plumpest ones, which are the most likely to be viable.
6. Put the sunflower seeds in a paper envelope. Label it clearly with the variety and date. Then seal the envelope in an airtight plastic container and store it in a cool, dry spot until you're ready to plant next year.





# ACTIVITY

## 20 Fun Fall Activities



Looking for fun fall activities you can do with your family, friends, or by yourself? Try one or all of these activities this fall!

go on a  
bike ride

visit an  
apple  
orchard

jump in  
a pile of  
leaves

Save  
some  
seeds

make a  
scarecrow

visit a  
farmers  
market

explore  
a corn  
maze

go on  
a hike

make a  
batch of  
chili

bake  
cookies

read  
outside

visit a  
pumpkin  
patch

bake a  
pie

watch  
a fall  
movie

plant  
bulbs for  
spring  
flowers

collect  
fallen  
leaves

volunteer

have a  
picnic

make  
your  
own fall  
decor

find  
acorns

# CRAFT

## Nature Artwork



### *You will need:*

- White or black Cardstock Paper
- Hot Glue Sticks
- Craft Glue
- Glue Gun & Scissors
- Nature Items: leaves, bark, twigs, pine needles etc.



### *Directions:*

1. Outdoors collect a variety of nature items you'd like to use in your art work. Twigs, bark, pine needles, leaves, etc. Shake off any bugs before returning indoors.
2. Prepare your workspace by spreading out your collection of nature items on a table, place your cardstock paper in front and have your scissors and glue readily available.
3. Arrange your nature items on the paper to create a scene, make changes to your scene and trim the items as need. For example cut a leaf into a circle shape to create a moon.
4. Now that you have your scene, with adult supervision carefully use the hot glue gun to glue down the bigger heavier items and craft glue for smaller items onto your card stock paper.
5. Allow your artwork to dry before displaying.



# RECIPE

Time: 6 mins

Servings: 4 servings

## Easy Chili for Dinner

### *Ingredients:*

- 1 1/2 pounds lean ground beef
- 1 packet chili seasoning
- 2 cans kidney beans (15 ounce ), fully drained and rinsed
- 2 jars chunky salsa (16 ounce)
- 1 1/2 cups low sodium beef broth
- 1/4 cup chopped fresh cilantro

### *Directions:*

1. Cook ground beef in a frying pan over medium high heat, crumbling as it cooks.
2. Once beef is crumbled, stir in the chili seasoning and continue to stir while it cooks.
3. When beef is no longer pink, stir in the beans, salsa, beef broth, and cilantro. Stir to fully combine.
4. Reduce heat to simmer and allow to cook for 15-20 minutes.
5. Remove from heat. Serve in bowls with garnishes of your choice.

### *Garnish Suggestions:*

- Shredded Cheese
- Sour Cream
- Crackers
- Ketchup
- Green Onion
- Jalapeños
- Cilantro
- Anything you enjoy!



## RECIPE

Time: 15 mins

Servings: 1 smoothie



# Pumpkin Pie Smoothie

### *Ingredients:*

½ cup pure pumpkin puree

1 tsp honey

1 large banana

3 Tbsp milk

6-8 ice cubes

pinch nutmeg

6 oz vanilla yogurt

whipped cream, optional

½ tsp pumpkin pie spice

**\*\*adult supervision required\*\***

### *Directions:*

1. In a blender, combine pumpkin, banana, ice, yogurt, spice, honey and milk. Pulse until smooth!
2. Pour into a glass and top with whipped cream and pinch of nutmeg.

## RECIPE

Time: 6 mins

Servings: 2 servings

# Apple Pie Yogurt Dip

### *Ingredients:*

Tub of Vanilla Greek yogurt

3 tbsp almond butter

1 tsp apple pie spice

Apples slices (for dipping)

Graham crackers (for dipping)

### *Directions:*

1. Stir the almond butter and apple pie spice into the yogurt container.
2. Serve with apple slices and graham crackers. Enjoy.



# 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.





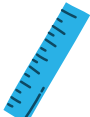















# ACTIVITY

## I SPY Back to School



	6		8		10		8		4		6
	4		5		6		4		7		2
	2		4		3		7		1		5

# 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.

# RECIPE

Time: 2 hours 40 mins

## Cinnamon Apple Chips

### *Ingredients:*

Apples (best results use Honey Crisp)

Ground cinnamon

Granulated sugar (optional)

**\*\*adult supervision required\*\***



### *Directions:*

1. Preheat oven to 200F degrees. Line two large baking sheets with silicone baking mats or spray with non-stick cooking spray. Set aside.
2. Wash apples well and thinly slice them so that they will cook evenly. Spread the apple slices onto the baking pans making 1 single layer and sprinkle lightly with cinnamon and sugar.
3. Bake for 1 hour and flip the apples over, bake for another 1-1.5 hours. Turn the oven off and keep the apples inside as the oven cools down for about another hour. This will help them get crunchy. Some apples may just be chewy and only slightly crunchy after 3 hours in the oven.
4. Store apple chips at room temperature in an airtight container for up to 1 week.

# CRAFT

## Mini Lid Banjos

*Re-purpose old jar lids and loom bands with this fun STEAM craft for kids.*

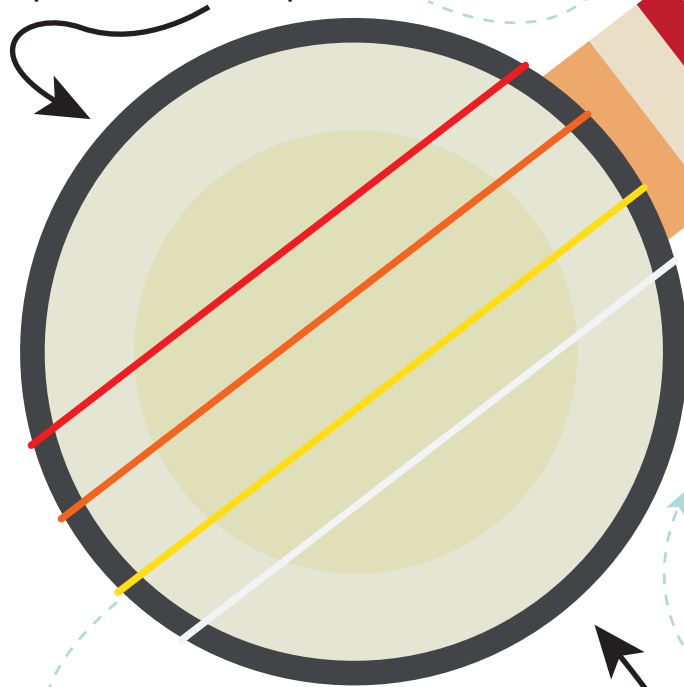


### *You will need:*

- Jar Lids (cleaned & dry)
- Jumbo craft sticks (one per lid)
- Loom Bands (four per banjo)
- Washi tape or craft paint
- Duct tape
- Craft glue
- Sequins (optional)

### *Directions:*

1. Place four loom bands over the lid and secure in place with a piece of duct tape



3. Now attach the lid with loom bands in place to the craft stick with a second piece of duct tape.

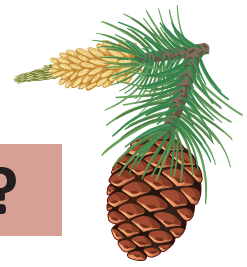
2. Next cut the end from your jumbo craft stick and decorate it with a washi tape pattern or paint it, set aside to dry.



4. Finally use small dabs of craft glue to stick on your sequins, or alternatively use a marker to draw the little tuning knobs on the end of your banjo handle.



# EXPERIENTIAL LEARNING

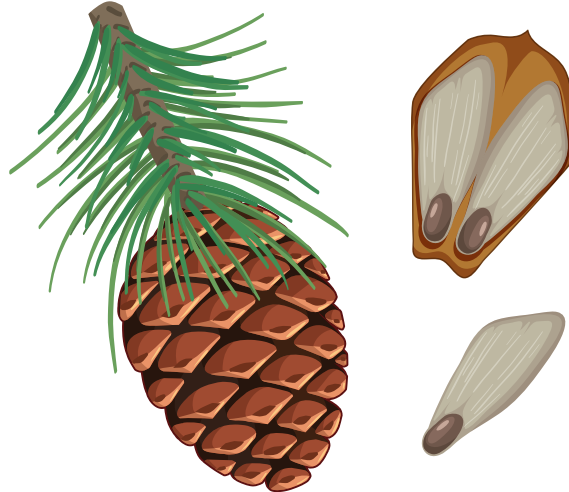


## Why Do Pinecones Open & Close?

*Explore what causes these seed vessels to open and close.  
Why do they do this?*

### **Ingredients:**

- Pinecones
- Glass bowls or jars
- Tongs
- Hot and cold water
- Baking sheet



### **Directions:**

1. Go outside and gather some pinecones Did you know that pinecones come from a variety of trees? Pine trees, spruces and firs, etc.
2. Once you have your cones, head inside to get started. First, make some observations and predictions.
  - What do the cones look like now?
  - Were they open or closed when you collected them?
  - What was the weather like when you collected the pinecones
3. Grab a couple glass bowls or jars. Fill one with hot water and one with cold water.
  - What do you think will happen when you put the pinecones in the hot water?
  - What do you think will happen when you put the pinecones in the cold water?
4. Put the pinecones in the water and observe what happens! Place on the baking sheet to dry and watch what happens next!
  - Why do you think this happens?

### **The science behind it all:**

The scales of seed-bearing pinecones protect the seeds and move in response to changes in humidity. When warm and dry the pinecone opens up to release the cone's seeds. When it is damp or cold, the scales close up.



# RECIPE

Time: 35 mins

Servings: 12 muffins



## Pumpkin Banana Muffins

Calories: 153kcal

### *Ingredients:*

2 bananas very ripe, mashed	1 teaspoon vanilla
¼ cup butter melted	1 and ¾ cups whole wheat flour
½ cup Greek yogurt	1 tsp pumpkin spice
¼ cup maple syrup	1 tsp cinnamon
½ cup milk	1 tsp baking soda
¾ cup canned pumpkin	1 tsp baking powder
1 egg	¼ teaspoon salt

**\*\*adult supervision required\*\***

### *Directions:*

1. Preheat oven to 425. Line a muffin tin with muffin liners or spray with cooking spray. Set aside.
2. In one bowl, mash the bananas. Add the butter, maple syrup, yogurt, milk, egg, pumpkin, and vanilla extract, mix well.
3. In another bowl whisk together the flour, cinnamon, pumpkin spice, salt, baking powder and baking soda.
4. Add the dry ingredients to the wet ingredients. Stir until just mixed. DO NOT over mix or your muffins will be tough. A few lumps is fine.
5. Divide the batter between the 12 prepared muffin cups.
6. Bake muffins at 425 for 5 minutes, then reduce heat to 350 degrees. Bake at 350 for another 20-22 more minutes, or until a toothpick comes out clean. Baking them at the higher temperature at first helps them rise and gives a nice rounded top.
7. Remove from oven and remove from the muffin tin as soon as possible Allow to cool completely. Store in an airtight container for up to 3 days, or individually wrap and freeze for up to one month.

# RECIPE

## 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



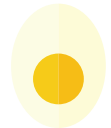
Salmon or Tuna



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



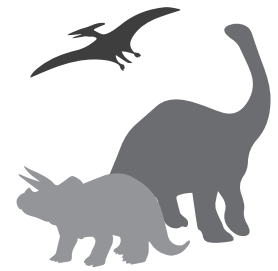
Graham Cracker

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

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

## Shadow Figure Tracing



### You will need:

- Paper or card stock to draw on
- Animals or dinosaurs figurines
- Pencils or markers

### Directions:

1. When the sun is casting a long shadow, arrange your paper on a hard surface to draw on.



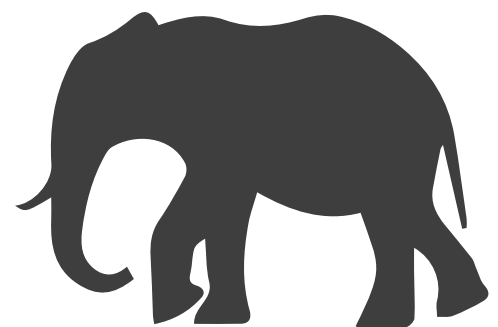
2. Line up the figurines on the edge of the paper closest to the sun. Arrange the scene to your liking.

3. From the opposite side of the animals using your pencil or marker trace the shadow.

4. Once you have finished tracing the animals you can add more or colour your drawing.

### Tips:

- Colour a background onto your paper before tracing the shadows
- For sunset scenes, fill your figure outlines in with a darker solid colour to create a silhouette.
- Use rocks or tape to hold your paper down on windy days.
- Try tracing other figurine toys such as action figures or vehicles.
- Experiment: What other shadows can you trace?



# MOBILE FOOD Market

Hello,  
how can I help?

Bringing Good Food...

# MOBILE FOOD Market

...Closer to You



# *Nourishing Lives... Developing Change*

*If you have found yourself recently unemployed or quarantined and are in need of food that you can no longer afford, we are here to help. Intakes can be done over the phone and pickups can be arranged (deliveries may be possible). Call us to speak directly to a staff member who can help.*

**CONTACT US:**

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

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