Safe kids Healthy kids Happy kids

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Fall Family Activities Make Long-lasting Memories

Autumn is a great time for family fun.

- Go for walks and collect colored leaves and nuts.
- Play in the park.
- Visit an apple orchard or pumpkin farm. Learn about nature.
- Attend high school football games. Parents meet parents. Kids meet friends. Everyone gets caught up in the excitement.
- Cook together and eat yummy "fall" food.

Banana Pumpkin Milk Shakes

- 1 cup of milk
- 2 cups of ice cream
- 2 tbsp canned pumpkin
- 1 banana
- dash of cinnamon

Put in a blender and blend until smooth. Serve before it melts. Great with graham crackers or Teddy Grahams.

Pumpkin Dip

- 8 ounce package of cream cheese
- ½ cup of brown sugar
- 2-3 tablespoons of canned pumpkin
- ½ cup crushed pecans or walnuts (if your kids like nuts)
- 1 teaspoon vanilla

Mix together until smooth. Dip bananas, apple slices, graham crackers and small bite size cookies for a delicious dessert.

Autumn Punch

- 2 cups of cider or apple juice
- ½ cup of orange juice
- ¼ teaspoon of cinnamon

Cook on low heat on the stove for 10 to 15 minutes. Serve in mugs with popcorn for a "fall" evening snack.

Call the Parent Help Line. We listen. We can find you help.
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.

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