

COUNTY PLACE

EARLY LEARNING & CARE CENTRE

NOVEMBER 2025 NEWSLETTER

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SPECIAL DAYS

November 10 - Wear Red Day/Library visit Day

November 11 - CLOSED - Remembrance Day

November 14 - Glow Yoga Day

November 21 - Mr. Matt visits

November 28 - CLOSED - Professional Development Day

HAPPY BIRTHDAY

Cavan - November 5 - 4 years old

Stefan - November 11 - 2 years old

Kateryna - November 12 - 3 years old

Evan - November 30 - 4 years old

FROM THE OFFICE

We strive to provide a menu based on the children's likes and Canada's Food Guide. Parents are always welcome to bring in healthy snacks for their children if needed/wanted. Please refrain from bringing in the unhealthy snacks, as other children see them and then want their friends to share. Please, do not bring gummy bears, candy, sugary cookies, and full-size chocolate bars.

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PARENT CORNER

Benefits of involving kids in planning and preparing meals

You can teach your kids important food skills to set them up for a lifetime of healthy eating.

By involving kids in planning and preparing meals, you can:

- nurture healthy eating habits
- increase their self-confidence
- share culture and family traditions
- give them hands-on learning experiences
- stay connected and spend quality time together
- encourage picky eaters to try foods they helped prepare
- set the foundation for children to learn and improve food skills

Kids can learn:

- how to:
 - grocery shop
 - harvest foods
 - build a healthy meal
 - decrease food waste
- healthy food habits and skills
- the importance of healthy food choices
- how food relates to culture and food traditions

Involving kids in planning and preparing meals teaches them other important life skills like:

- budgeting
- organizing
- reading a recipe
- writing a grocery list
- following instructions
- measuring ingredients

These real life examples support other skills they are learning like:

- math
- writing
- reading
- sciences
- social studies

It's never too late to start teaching your kids food skills.

SHOPPING LIST



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How to involve kids in planning and preparing meals
All family members, including kids, can help with age-appropriate food activities.

Planning

Involve the whole family in planning meals and snacks. Family members can help in different ways by:

- choosing meals or recipes
- adding foods to a grocery list
- checking the fridge and cupboards
- checking flyers for healthy foods on sale
- putting together a folder of favourite recipes

Choosing

Turn grocery shopping into a learning event. Here are a few ideas to try:

- let your kids pick out a new vegetable or fruit
- ask your kids to find ingredients and pick out produce
- ask your kids to choose a new whole grain food to make together
- have older children read the food labels and help choose healthier foods
- have young children count the number of vegetables and fruits being added to the shopping cart

Preparing

Everyone can help prepare meals.

Make it easy by:

- posting your meal plan in the kitchen
- giving each person a task such as:
 - setting the table
 - measuring ingredients
 - preparing and making the food

Age-appropriate meal planning and preparing tasks

When you teach your children basic food skills, don't forget to go over kitchen safety rules. Show them how to use kitchen tools such as a grater, peeler or whisk safely. Use these age-specific ideas to help your little chef succeed in the kitchen.

Children aged 2 to 3 years can:

- count ingredients
- add ingredients to a bowl
- wash vegetables and fruit

Children aged 3 to 4 years can:

- help gather ingredients
- mix ingredients in a bowl
- pour from measuring cups
- help make a sandwich or pizza
- mash sweet potatoes or bananas

Children aged 4 to 6 years can:

- set the table
- stir ingredients together
- use a children's knife to slice:
 - tofu
 - soft fruits
 - cooked vegetables

Children aged 6 to 8 years can:

- crack and beat an egg
- toss foods together in a bowl
- make their own easy breakfast

use basic kitchen equipment such as a blender or can opener

Try a family food adventure

Food is a fun way to connect as a family. Find an activity that works for your schedule.

You can take a family field trip to:

- go fishing to catch your own food
- shop at a farmer's market to explore the variety of fresh foods
- visit an apple orchard to see how many different types of apples grow

You don't need to go far to have a family food adventure. Try:

- making a new recipe together
- watching your favourite cooking show
- growing your own herbs and vegetables
- taking a cooking class together in your community

