

THE NOURISH AND DEVELOP FOUNDATION

# ACTIVITY

## BOOKLET 7.2

### October 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

## Roll-A-Monster Drawing Game

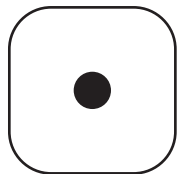
*Using a dice play this Roll-A-Monster drawing game, and see what new monster you will come up with! Stop when you have a monster you are happy with.*

### *You will need:*

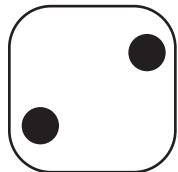
- Dice
- Pencil crayon or markers
- Plain paper



### *Roll for a part*



add one eye



add one mouth



add one spiky hair



add one horn



add one leg



add one arm

### *Birthday Month*

*Choose a colour for your monster based on your birthday month! This is optional.*

January	Red
February	Purple
March	Light Blue
April	Yellow
May	Green
June	Purple & Yellow
July	Red & Orange
August	Green & Orange
September	Dark Blue
October	Pink
November	Yellow & Red
December	Blue & Green

*Remember to have fun and be creative!*

# 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:**

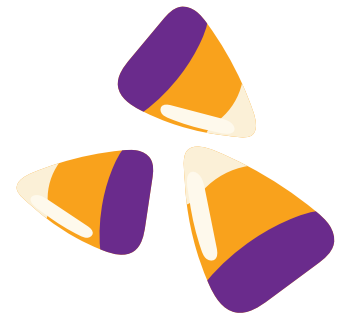
1. Remove the pulp and seeds from inside the pumpkin. Place this in a colander.
2. Place the colander under running water. As the water runs over the pulp, start picking out the seeds from the pulp. Rinse them in the running water as you do. Do not let the pumpkin pulp sit in non-running water.
3. Once 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: 5 mins

Servings: 4



### Candy Corn Fruit Cocktail

#### *Ingredients:*

2 cups pineapple, chopped  
2 cups oranges, chopped  
1 cup whipped cream  
8 pieces of candy corn

#### *Directions:*

1. In 4 clear glasses, evenly divide and layer pineapple, and then oranges.
2. Top with whipped cream and a couple pieces of candy corn.
3. Serve right away or refrigerate until ready to serve.

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

## RECIPE

Time: 5 mins

Servings: 4

### Pumpkin Spice Roasted Chickpeas

#### *Ingredients:*

3 cups Cooked Chickpeas  
¼ cup Pure Pumpkin Puree  
1 tsp Homemade Pumpkin Pie Spice  
1 tbsp Maple Syrup, optional  
Dash of Extra Cinnamon

#### *Directions:*

1. Preheat the oven to 375°F.
2. In a bowl, combine the chickpeas, pumpkin, maple syrup, and spices. Toss to fully coat.
3. Line a baking pan with parchment paper and spread out the chickpeas.
4. Bake for 45-60 minutes, stirring occasionally, until fully roasted and crunchy.
5. Allow to cool completely before storing in an airtight jar. Up to 3 days.

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



# ACTIVITY

## I SPY Spooky Finds



*Find the following items and colour them in!*

6 

10 

3 

2 

3 

2 

5 

7 

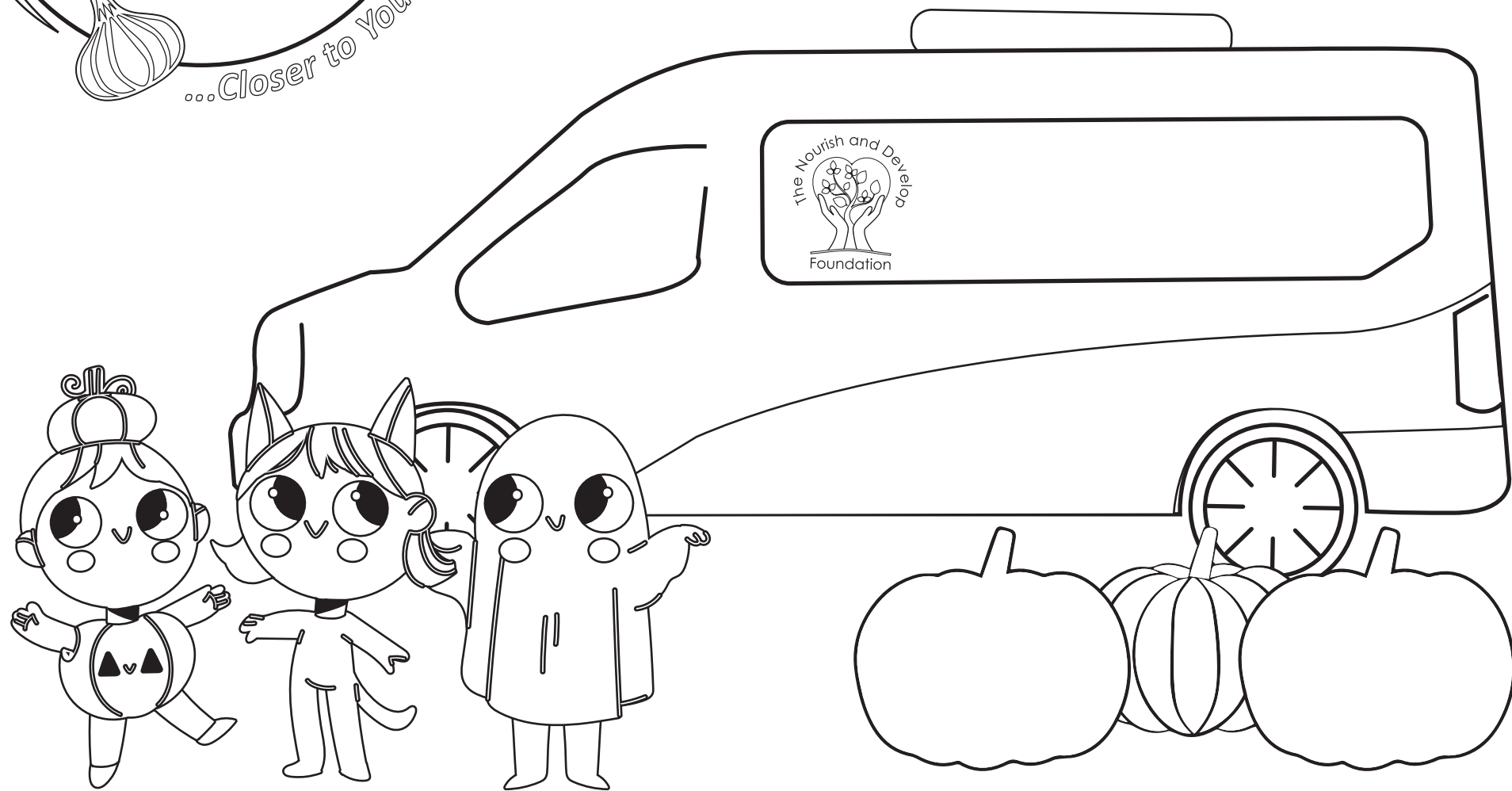
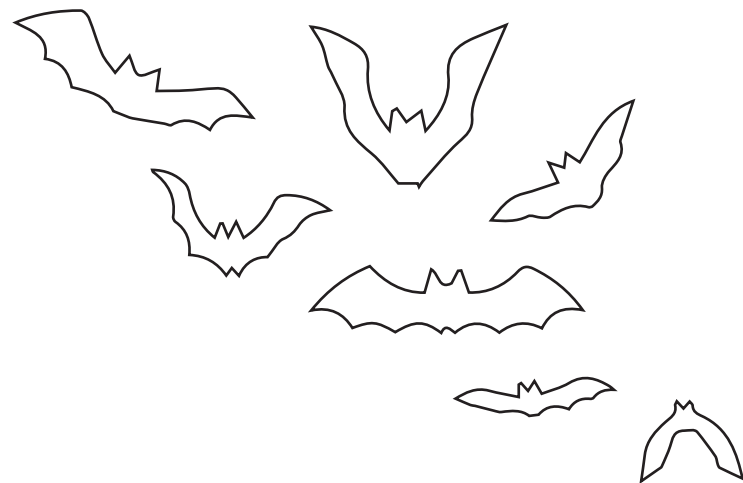
8 

4 

9 

1 







# CRAFT

## Marvelous Mummy

*Help wrap Marve the mummy up before Halloween!*

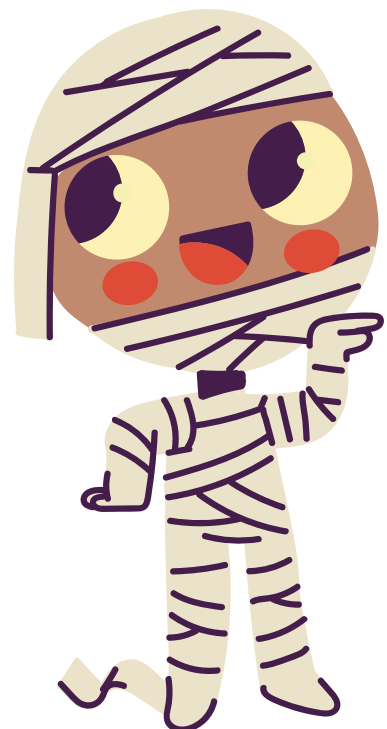
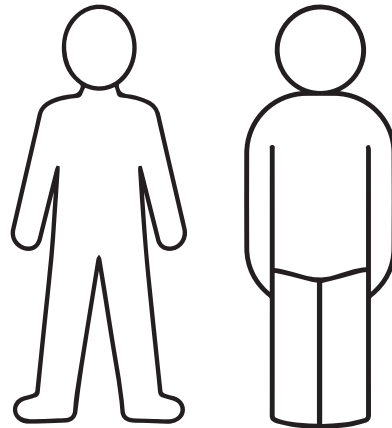
### *You will need:*

- Cardboard
- Pen
- Scissors
- White wool/yarn, or strips of paper

**\*\*adult assistance required\*\***

### *Directions:*

1. Draw the outline of your mummy, and some eyes, onto the cardboard. You can draw the legs apart or together (wrapping the yarn around all four limbs separately is more difficult).
2. With adult assistance cut out the mummy carefully. Using the tip of your scissors. Make a hole in the mummies foot.
3. Cut out a long piece of yarn and thread one end of it through the hole. Tie the end off so that it is secured to the cardboard.
4. Now have fun and wrap the yarn around the mummy



# CRAFT

## Spooky Suncatchers

*Create fun Halloween decor for your windows.*

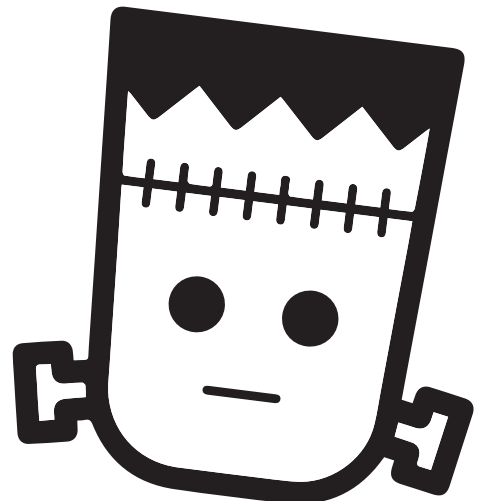
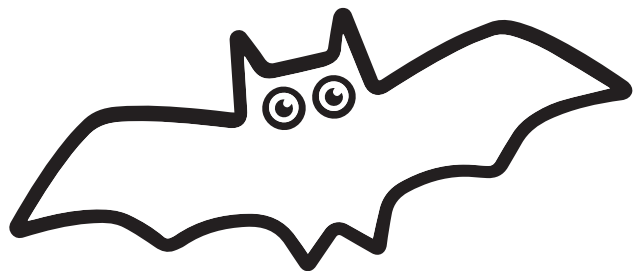
### *You will need:*

- Black paper (scrapbooking paper or construction paper)
- Colored tissue paper
- Scissors and an x-acto knife
- Clear contact paper
- Pencil

**\*\*adult assistance required\*\***

### *Directions:*

1. Draw your design on the black paper.
2. Cut out the design and then use the x-acto knife to cut out the details. **Adults will need to do the cutting with the x-acto knife.**
3. In the meantime, cut or tear the colored tissue paper into small pieces.
4. Cut a piece of your contact paper so that it's big enough to cover your whole design.
5. Press the design onto the contact paper and then fill it in with tissue paper.
6. Cut out another piece of contact paper and press onto the back. Cut any excess contact paper around the edges of your design.
7. Hang in a sunny window



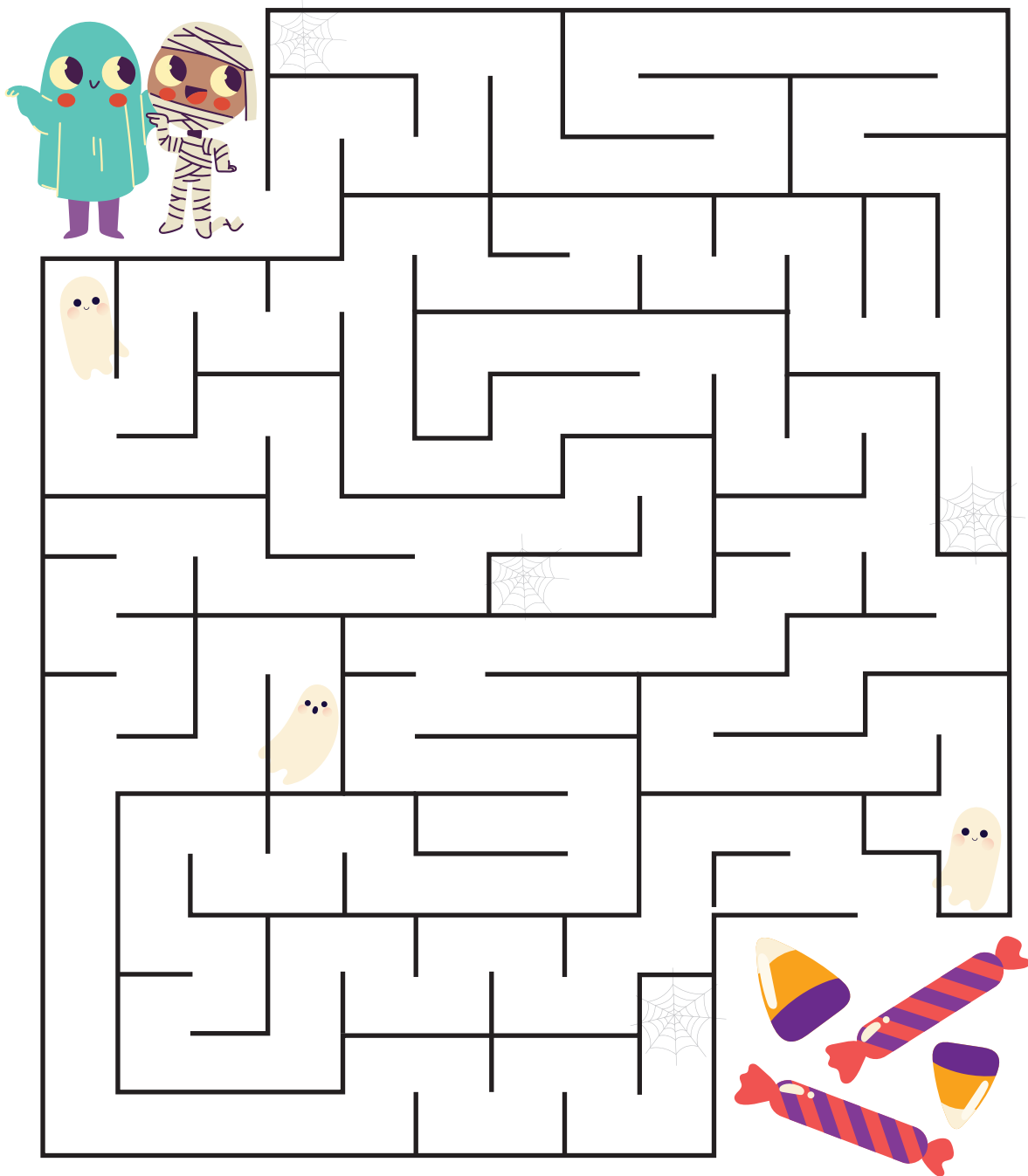


## ACTIVITY

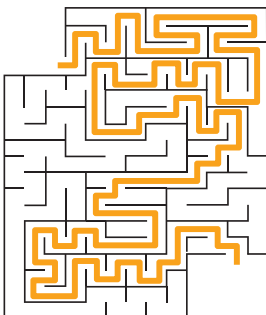
DASH  
& DINE

### Dash & Dine Trek n' Treat

*Can you help the children get through the maze to the treats?  
Avoid the ghost and spider web traps along the way!*



Answer Key:



*Visit our Dash & Dine Market October 26th for some spooky fun! Dress up and stop by the photo booth!*

*For more information visit our website!  
[www.tndf.ca/dash-dine/](http://www.tndf.ca/dash-dine/)*



## RECIPE

Time: 15 mins

Servings: 1 smoothie



### Frankenstein Smoothie

#### *Ingredients:*

2 cups frozen mangoes  
1 cup frozen pineapples  
1 banana  
1-2 cup of spinach  
2 cups of orange juice  
1 tsp honey, optional  
Chocolate sprinkles  
Glass & marker to decorate

#### *Directions:*

1. In a blender, combine mangoes, pineapples, bananas, spinach, honey and orange juice. Pulse until smooth!
2. Using a washable marker, draw a Frankenstein face on the outside of the glass.
3. Roll the rim of the glass in honey then into sprinkles to resemble "hair".
4. Pour smoothie into a glass and serve with a straw. Enjoy!

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

## 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.

A Halloween-themed background illustration featuring a large, stylized white ghost shape on the left. In the top left corner, there is a spider on a web. In the top center, three bat silhouettes are hanging upside down. On the right side, two more bat silhouettes are flying. In the bottom right corner, there is a silhouette of a haunted house with several windows and a chimney. In the bottom center, there are two tombstones on a small hill. The overall color palette is light gray, white, and orange.

# *Nourishing Lives... Developing Change*

*If you have found yourself recently unemployed 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 curbside pickups can be arranged. Call us to speak directly to a staff member who can help.*