

PRESS RELEASE

Contact: Wendy Berube-Gamache
Androscoggin Head Start & Child Care
269 Bates Street, Lewiston, ME 04240
(207) 795-4040 ext. 348
Fax: (207) 795-4044
E-mail: wberubegamache@androkids.com

FOR IMMEDIATE RELEASE

Androscoggin Early Home Based makes applesauce

Lewiston, ME (October 26, 2009) – Androscoggin Early Head Start Home Based focused on nutrition at the parent group/socialization held on October 5, 2009. The children participated in a nutrition activity by making homemade applesauce. The Early Head Start Kitchen provided an apple peeler and corer to be used for the activity. The children all took turns picking an apple and placing it on the peeler, and with help from staff and parents, the children manipulated the handle and peeled the apple. The apples were placed in a pot and the children watched them change from apples to applesauce! Everyone was rewarded at lunch by getting to eat the applesauce. Parents were provided with a packet of handouts on apples, including nutritional values, advice on storing apples, and plenty of healthy apple recipes.

For more information about Androscoggin Head Start and Child Care, please call 795-4040 or www.AndroKids.com.

Photo Attachment (left to right): Grace Gauthier, Tyler Marando, Destanie Marando, and April Stanley (behind)



peel apples to make applesauce.

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