



Burke Early Head Start November 2015 Newsletter

Early Head Start Program Mission:

- To enhance the growth and development of young children
- To support and strengthen healthy family development and well-being
- To promote healthy prenatal outcomes for women who are pregnant
- To serve children with disabilities and their families

Contact Information:

Burke Early Head Start
501 E. Concord St.
Morganton, NC 28655
Phone: 828-475-0107

www.enolagroup.org

Facebook: Early Head Start of Burke, The Enola Group

Reminder!

Men Zone Meeting

Thursday, Nov. 19th

6:00-7:30 pm

Burke Family Resource
Center

Thankful for Pumpkins!
Pumpkins are full of dietary fiber, anti-oxidants, minerals and vitamins and low on calories!

Don't pass up the pumpkin seeds though-they make a tasty snack!

Roasted Pumpkin Seeds

1 1/2 cups raw whole pumpkin seeds
2 teaspoons butter, melted
1 pinch salt

Preheat oven to 300 degrees F.
Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.



Another great way to enjoy pumpkin is as a fruit dip!



Pumpkin Dip

1 can (15 oz.) pumpkin
1 pkg. (3.4 oz.) JELL-O Vanilla Flavor Instant Pudding
1 tsp. pumpkin pie spice
1 tub (8 oz.) Light Whipped Topping, thawed

Mix pumpkin, dry pudding mix and spice in large bowl with whisk until blended. Blend in whipped topping. Refrigerate for 1 hour.

Dip with fresh apples, pears or graham crackers.
Enjoy!



Welcome Guadalupe!

Guadalupe Pedro joined Burke EHS as an In-Home Educator in October. Guadalupe lives in Morganton with her husband and two children. She recently worked as an interpreter with Big Brothers and Big Sisters, Burke County Schools and various other community agencies. Guadalupe graduated from Appalachian State University with a Bachelor in Science in Psychology.



EHS Family Celebration Meal

Come join other Early Head Start Families in your community to celebrate the season with food and fellowship! Bring a covered dish or dessert. Burke EHS will provide drinks, turkey and a vegetable.

When: Tuesday, November the 17th

Time: 1:00-2:30

Where: Grace Episcopal Church,

303 South King Street

Morganton, NC 28655, near the Burke County Public Library

Contact Burke EHS 828-475-0107 or tell your Home visitor or Classroom



www.shutterstock.com - 214523482

Did you know ? – Burke Early Head Start can complete a car seat safety check for your family. Talk to a home visitor or classroom teacher to schedule a safety check.

