

Monthly Newsletter

DECEMBER 2008





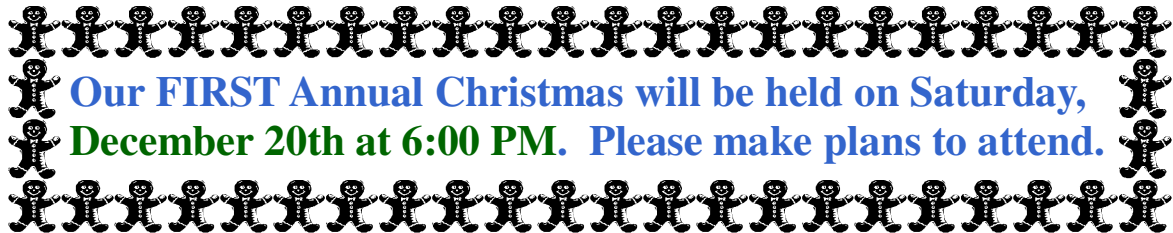
December

IN THE NEWS...

Welcome to **Desmond** (7 months). He has joined us last month on a part-time basis. He came as a referral from Anthony's mom.

A heartfelt thanks to all of the parents and outside helpers who participated in our annual fund-raising. We sold 100 units and made over \$500! Thanks to you the children will be getting an indoor climber, new cots and books for the new year.

If you are participating in the daycare Pollyanna, please make sure all presents are here by **Saturday, December 20th.**



DAYCARE CLOSING

12/25/08—1/4/09

*All tuitions/copays must be paid by Wednesday, 12/24.
Late Fees **will be** assessed.*

Nutrition Nook

Hamburger Stroganoff

Yield

6 servings (serving size: about 1/2 cup stroganoff, 2/3 cup pasta, and 1 1/2 teaspoons parsley)

Ingredients

- 8 ounces uncooked medium egg noodles
- 1 teaspoon olive oil
- 1 pound ground beef, extra lean
- 1 cup pre-chopped onion
- 1 teaspoon bottled minced garlic
- 1 (8-ounce) package pre-sliced cremini mushrooms
- 2 tablespoons all-purpose flour
- 1 cup fat-free, less-sodium beef broth
- 1 1/4 teaspoons kosher salt
- 1/8 teaspoon black pepper
- 3/4 cup reduced-fat sour cream
- 1 tablespoon dry sherry
- 3 tablespoons chopped fresh parsley

Preparation

1. Cook pasta according to package directions, omitting salt and fat. Drain and rinse under cold water; drain.
2. Heat oil in a large nonstick skillet over medium-high heat. Add beef to pan; cook 4 minutes or until browned, stirring to crumble. Add onion, garlic, and mushrooms to pan; cook 4 minutes or until most of liquid evaporates, stirring frequently. Sprinkle with flour; cook 1 minute, stirring constantly. Stir in broth; bring to a boil. Reduce heat, and simmer 1 minute or until slightly thick. Stir in salt and pepper.
3. Remove from heat. Stir in sour cream and sherry. Serve over pasta. Sprinkle with parsley.

December Celebrations

Human Rights Month
Love Your Neighbor Month
21st—Winter Begins
22nd—Hanukkah begins
25th—Christmas Day
25th—Kwanzaa begins

Preschool Pointers

Please make sure you go over the weekly verse daily. If you haven't brought in your shoeboxes, please do so immediately!

DECEMBER THEME: Christmas

Week 1: M

Week 2: N

Week 3: O

Week 4: P

UPCOMING TRIP

Dec. 19th —Christmas Sights & Sounds



ABOUT MOM-MOM'S PLACE FLC

Mom-Mom's Place FLC is a 24-hour Christian-based childcare located in SW Phila. We provide childcare in a home-like setting for children between the ages of 6 weeks and 5 years of age. We are licensed by the City of Philadelphia and registered with the Department of Public Welfare. We participate in Keystone Starts and currently have a Star 1 designation. Mom-Mom also has her CDA certification.

Mom-Mom's Place FLC philosophy is to nurture children physically, emotionally, intellectually and spiritually in a stimulating environment.

The child-development goals of **Mom-Mom's Place FLC** are three-fold: physical, emotional/social, and intellectual. These goals will be met through individual and group play, positive reinforcement of accepted social interaction skills and a structured age-specific curriculum.

We provide nutritious meals daily in accordance with the USDA food program.

CONTACT US:

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Day Care Staff:

Jeanette Lewis: Owner/Operator
Oliver Lewis: Assistant Caregiver
Katrina Lewis: Assistant Caregiver
Kevon Lewis: Play Assistant