



Morin Family Child Care

January Newsletter

- 1st New Year's Day
- 4th Nat'l Spaghetti Day
- World Braille Day
- 5th Nat'l Bird Day
- 9th Law Enforce Appreciation Day
- 11th Nat'l Milk Day
- 15th Nat'l Hat Day
- 18th Martin Luther King Jr.
- 19th Nat'l Popcorn Day
- 20th Inauguration Day
- 21st Nat'l Hug Day
- 23rd Nat'l Pie Day
- 24th Int'l Day of Educ.
- Nat'l Peanut Butter Day
- 26th Nat'l Spouses Day
- 30th Nat'l Croissant Day
- 31st Nat'l Hot Chocolate Day

Birthday Celebrant

Jordan 2nd of January

January Observances & Fun Facts

- January 2021 is Observed as
- National Mentoring Month
 - National Glaucoma Awareness
 - Cervical Health Awareness Month
 - National Blood Donor Month
 - Birth Defects Prevention Month

Fruit & Veggies for the Month of January

- Tangerines
- Dried Cranberries
- Sun Dried Tomatoes
- Raisins

- Yucca Root
- Quinoa
- Jicama
- Sunchoke
- Taro Root
- Water Chestnut

Safety:

TOY SAFETY TIPS

Find the Perfect Toy for the Right Age

Consider your child's age and development when purchasing a toy or game. Read the instructions and warning labels to make sure it is just right for your child. Check to make sure there are not any small parts or other potential choking hazards, before you settle on the perfect toy.

Do not Forget a Helmet for Riding Toys

Include a CPSC-certified helmet to keep them safe while they are having fun on a new bike, skateboard, scooter, or any other riding equipment.

Store Toys After Play

Use a bin or container to store toys after playtime is over. Make sure there are no holes or hinges that could catch little fingers.

Toy Recalls:

'Manhattan Ball' Activity Toys Due to Choking Hazard; Sold Exclusively at Target



Name of product:

Manhattan Ball

Hazard:

The toy's plastic tubes can detach from the center ball and release the small silicone teethers that are threaded on the tubes, posing a choking hazard to young children.

Remedy:

Refund

Recall date:

July 22, 2020

Units:

About 22,100

Recipe:



Honey Beef With Sesame Seeds

Beef is marinated in a honey and soy mixture, stir-fried with oyster sauce, and topped with sesame seeds. If desired, toast the sesame seeds before serving.

Ingredients

- 1/2-pound flank steak
- 1/2 red bell pepper
- 1/2 green bell pepper
- 1 cup mung bean sprouts
- 1 stalk celery

Marinade:

- 4 teaspoons liquid honey

3 tablespoons soy sauce
1 tablespoon water
1 green onion (chopped)
2 teaspoons cornstarch

Sauce:

1 tablespoon oyster sauce
1/4 cup low-sodium chicken
broth

1 teaspoon granulated sugar

Other:

1 clove garlic

2 slices ginger

1 teaspoon cornstarch mixed
with 4 teaspoons water

3 tablespoons white sesame
seeds (toasted)

4 tablespoons oil for stir-
frying

Steps to Make It

1. Wash and drain the vegetables. Remove the stems and seeds from the bell peppers and cut them into thin strips. Rinse and thoroughly drain the mung bean sprout. String the celery and cut on the diagonal into thin strips.
2. Cut the flank steak across the grain into thin strips. Combine with the marinade ingredients, adding the cornstarch last.
3. Marinate the steak for 15 minutes.
4. Combine the sauce ingredients and set aside.
5. Heat the wok over medium-high heat. Add 2 tablespoons oil to the heated wok.

6. When the oil is ready, add the beef. Brown briefly, then stir-fry until nearly cooked through. Remove from the wok.
7. Clean out the wok if necessary.
8. Add 2 tablespoons oil.
9. Add the garlic and ginger and stir-fry briefly until fragrant (about 30 seconds).
10. Add the green pepper and the celery. Stir-fry briefly and add the red pepper.
11. Push the vegetables up to the sides of the wok.
12. Add the sauce in the middle of the wok. Heat briefly, then add the cornstarch and water slurry, stirring to thicken.
13. Add the steak back into the wok.
14. Add the mung bean sprouts.
15. Mix everything together.
16. Sprinkle with the sesame seeds before serving.

This Month Activities:

1. Letters (X, R, E, K)
2. Numbers (3, 6, 8, 9)
3. Shapes (Circle, Triangle, Hexagon, Oval)
4. Coloring: Bird, New Year's Day, Martin Luther King Jr., Fruits and Vegetables