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## Thursday Mail News from the Family Resource Center



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**Hello parents/guardians!** Winter break is fast approaching, and here are some things that you can do at home with your children to keep them actively engaged in academics (in a fun way, of course!) during the time off.

Some ideas are:

Ask your child to help you cook. Reading, measuring, and paying attention to details are all things that your child can practice by following a recipe.



Look up some fun science projects online that you can do at home. There are tons of science projects that use common materials found around the home.

Have your child write Holiday cards, or thank you notes. This one is simple and it helps them practice their spelling and handwriting skills.

Need help wrapping gifts? Have your child use math and a ruler/tape measure to figure out just how much wrapping paper is needed without wasting any.



**Read!** Having a stack of books for your child to read is a great option.

Play! Remember to get outdoors during this time off and enjoy the fresh air, and do something active - maybe involving snow, if we get so lucky!

# Do you need food?



Household Size	Gross Monthly Income limit
2	\$2,707
3	\$3,403
4	\$4,100
5	\$4,797

Call the LIFRC for a confidential appointment and we can help you apply for basic food benefits.



**Grace Church** is distributing USDA surplus food on December 29, 1-2pm (And on the last Friday of every month)

**Lopez Fresh** next to the Children's Center is open all day, every day