



PARENT Connections

A PUBLICATION OF CHILD CARE RESOURCES, A PROGRAM OF CHILDREN'S AID & FAMILY SERVICE

STAY WARM THIS WINTER! ASSISTANCE PROGRAMS CAN HELP YOU BEAT THE COLD



Energy assistance programs in Massachusetts help low-income residents pay for heating fuel and other utilities. Customers that meet income guidelines can apply for utility discounts, utility shutoff protection, and other types of assistance from non-government programs.

The Good Neighborhood Energy Fund helps people who are facing a short-term financial hardship and do not qualify for government fuel assistance programs. You can learn more at magoodneighbor.org.

Citizens Energy Heat Assistance provides eligible households with a voucher for 100 free gallons of home heating oil or a \$150 credit toward the utility bill for eligible households that heat with natural gas. Learn more at citizensenergy.com.

Low-income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. Eligibility is based on gross household income. Learn more at benefitsapplication.com/program_info/MA/LIHEAP.

MassSave is an energy savings program for Massachusetts homeowners and renters, and offers energy tips, free home energy assessments, loans, rebates, and other incentives for energy-saving home improvements. Learn more at massave.com

INDOOR FAMILY FUN IN CENTRAL MA

When the cold winter air limits outdoor activities, check out some of the fun, indoor destinations in and around Central Massachusetts.

Roll On America, rollonamerica.com
Rollerskating, Arcade, Laser Tag
90 Duval Road, Lancaster, MA
978.537.4010

Great Wolf Lodge, greatwolf.com
Indoor Water Park and Resort
150 Great Wolf Drive, Fitchburg, MA
866.678.9653

Discovery Museum, discoveryacton.org
Hands-on science museum for children
177 Main Street, Acton, MA
978.264.4200

Ecotarium, ecotarium.org
Science and nature museum
222 Harrington Way, Worcester, MA
508.929.2700

Central Rock, centralrockgym.com
Indoor climbing area
299 Barber Avenue, Worcester, MA
508.852.7625

Sky Zone, skyzone.com
Indoor trampoline park
290 Turnpike Road, Westborough, MA
508.870.5867

Whimsy, whimsyartsandcrafts.com
Walk-in arts and crafts studio
686 Worcester Road, Framingham, MA
508.626.8989

PUMPKIN BREAD RECIPE

Kids of all ages like to cook! Older children can read recipes, and younger children can assist in measuring, pouring, and mixing—and everyone loves to crack the eggs! The process can be a great learning experience as they practice reading skills, math, and cooperation. And there is one skill that we all love practicing—eating!

INGREDIENTS

- 3 Cups all purpose flour
- 2 Cups sugar
- 2 teaspoons baking soda
- 2 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 2 cups pumpkin puree (canned)
- 2/3 cup vegetable oil
- 3 eggs

DIRECTIONS

Preheat oven to 350 degrees. Grease two 9x5 loaf pans. Mix together all dry ingredients, and then add pumpkin puree, oil, and eggs. Mix very well. Pour half of mixture into each loaf pan and bake for 1 hour or until toothpick inserted in center comes out clean. Allow to cool for at least 15 before removing from pans. Enjoy!



PUMPKIN SLIME RECIPE

Just in time for the Halloween holiday, learn how to make this goey, pumpkin-colored, concoction using this easy recipe. Pumpkin slime is sure to entertain both kids and adults on cold and rainy fall days.

INGREDIENTS

In a small bowl, combine the following:

- 3/4 teaspoons of water
- 1 1/3 cups very warm water

In a second bowl, mix the following:

- 2 cups of white school glue
- 1 1/2 cups very warm water
- 5-10 drops of orange food coloring or watercolors
- 1-2 teaspoon of pumpkin pie spice

DIRECTIONS

Mix the contents of both bowls thoroughly and then combine the contents of each. As the ingredients of both bowls are mixed the pumpkin putty will begin to form. Once all the ingredients are well enough mixed you will want to remove the slime substance from the bowl and finish working it by hand. The whole process is really fun for children. Continue to work the ingredients with your hands until you have an amazing silly pumpkin putty.

