



FOODWORKS WITH HANNAFORD: FAMILY BOOK CLUB

WHAT IS FAMILY BOOK CLUB?

FAMILY BOOK CLUB IS A TIME TO GET TOGETHER AS A FAMILY TO READ, CREATE, EAT, AND DISCUSS.

ONCE A MONTH WE WILL CHOOSE A STORY FOR YOU TO READ TOGETHER. WE WILL ALSO ORGANIZE A CRAFT, DISCUSSION QUESTIONS, AND MORE TO GO ALONG WITH THAT STORY.

WHY? WE LOVE LITERACY AND WE LOVE LEARNING---WE LOVE FAMILIES AND WE LOVE FOOD. IT'S A NEW WAY TO THINK ABOUT READING. CHILDREN WILL LOVE SEEING THEIR GROWN-UPS READ THE SAME BOOK AS THEM AND GROWN-UPS WILL LOVE HAVING EXCITING POINTS TO DISCUSS WITH LITTLE ONES AROUND THE DINNER TABLE.

THE BOOKS WE CHOOSE WILL GENERALLY BE FOR AGES 3+

FAMILY BOOK CLUB ALL TAKES PLACE WITHIN THE COMFORT OF YOUR OWN HOME. YOU DON'T HAVE TO COME TO THE MUSEUM ON A CERTAIN DATE AND AT A CERTAIN TIME--YOU CAN CHOOSE WHAT TIME WORKS BEST FOR YOU TO EXPLORE THE STORY--WE ARE JUST PROVIDING ALL THE TOOLS YOU NEED. YOU CAN DO ALL THE ACTIVITIES WE PUT TOGETHER--OR YOU CAN CHOOSE A COUPLE OR JUST ONE! IT'S UP TO YOU.

READY TO GET STARTED? FOLLOW THESE SIMPLE INSTRUCTIONS:

- FIND A WAY TO ACQUIRE THE BOOK THAT WE HAVE PICKED (CHECK YOUR LOCAL LIBRARY--THERE ARE ALSO OFTEN YOUTUBE VIDEOS OF FOLKS READING THE BOOKS WE PICK THAT YOU CAN WATCH!)
- READ THE BOOK TOGETHER AS A FAMILY.
- MAKE CRAFTS TOGETHER THAT RELATE TO THE STORY---USE THEM TO DECORATE YOUR TABLE, OR WHEREVER YOU EAT TOGETHER AS A FAMILY
- LOOK OVER THE RECIPES WE PROVIDE FOR A HEALTHY DINNER TO MAKE---MAKE PART OR ALL OF THIS DINNER TOGETHER.
- DISCUSS THE BOOK OVER DINNER
- DISCUSS A "FAMILY SERVICE PROJECT" RELATED TO THE STORY
- HAVE FUN!

FEBRUARY BOOK PICK:

MONSTERS DON'T EAT BROCCOLI

WRITTEN BY BARBARA JEAN HICKS

AND

ILLUSTRATED BY SUE HENDRA

LET'S GET STARTED!

START BY READING THE BOOK TOGETHER--MANY LIBRARIES HAVE THIS BOOK! THERE IS ALSO A YOUTUBE VIDEO OF A READING OF THE BOOK THAT YOU CAN FIND HERE:

<https://www.youtube.com/watch?v=XVW4RMxB-DU&t=25s>

CRAFT TIME!

IT'S FUN TO DECORATE A BIT BEFORE YOU HAVE YOUR BOOK DISCUSSION. TRY MAKING THIS CRAFT:



MATERIAL SUGGESTIONS:

CLOTHES PIN

PIPE CLEANER

GOOGLY EYE(S)

YARN

MARKERS/PAINT

(NOTE: THE NICE THING ABOUT THIS CRAFT IS YOU CAN DESIGN YOUR MONSTER USING ANY CRAFT MATERIALS! THESE ARE JUST SUGGESTIONS!)

TO MAKE:

- COLOR/PAINT YOUR CLOTHESPIN--WHAT COLOR WILL YOUR MONSTER BE?
- DESIGN YOUR MONSTER! ADD HAIR, TEETH, ARMS, LEGS, A FACE, AND MORE!
- DISPLAY YOUR MONSTER! IT SHOULD BE ABLE TO STAND UP ON ITS OWN!

FAMILY DISCUSSION QUESTIONS:

- FOR A SHORT STORY, THIS BOOK HAD A HANDFUL OF FUN VOCABULARY! WHAT WORDS/PHRASES WERE NEW TO YOU?
- DOES THIS BOOK HAVE A SOUND PATTERN? CAN YOU FIND THE PHRASE THAT REPEATS ITSELF SEVERAL TIMES THROUGHOUT THE BOOK?
- HIDDEN PICTURES: WHEN YOU WERE READING THE STORY, HOW MANY FUNNY "SIDE" PICTURES DID YOU NOTICE? FLIP THROUGH THE BOOK AGAIN---DO YOU NOTICE ANY RECURRING IMAGES? CAN THE SIDE PICTURES MAKE A STORY OF THEIR OWN?
- ARE THERE FOODS THAT YOU DO NOT LIKE TO EAT? DO YOU THINK IF YOU WERE BRAVE LIKE THE MONSTERS AND GAVE THEM A TRY THAT YOU MIGHT BE SURPRISED?
- FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH---BROCCOLI IS EXCELLENT FOR TEETH BECAUSE IT IS LOADED WITH HEALTHY VITAMINS! WHAT OTHER FOODS DO YOU THINK ARE GOOD FOR YOUR TEETH? WHAT FOODS DO YOU THINK ARE BAD FOR YOUR TEETH?
- WHAT IS THE TWIST AT THE END OF THE STORY? IS THIS BOOK REALLY ABOUT MONSTERS?

FAMILY BOOK CLUB DINNER MENU:

MAIN COURSE:

MAC AND CHEESE WITH... BROCCOLI, OF COURSE!

SIDE DISH:

ROOT VEGETABLE HAYSTACKS

DESSERT:

YOUR DESSERT OF CHOICE... WITH CANDY EYEBALLS!

FOR YOUR MAC AND CHEESE: COOK UP A BATCH OF YOUR FAMILY'S FAVORITE MAC AND CHEESE (EXAMPLE RECIPE FROM HANNAFORD INCLUDED BELOW) ADD IN SOME BROCCOLI AND/OR OTHER VEGGIES...EVERYTHING TASTES BETTER COVERED IN CHEESE!

FOR YOUR SIDE DISH: BROCCOLI IS A FUN VEGETABLE TO EAT AND PRETEND YOU ARE A MONSTER EATING A BIG TREE---IT'S HARDER TO MAKE ROOT VEGETABLES THAT EXCITING, BUT NOT WITH ROOT VEGETABLE HAYSTACKS! COOK UP THESE CRISPY TREATS AND PRETEND YOU ARE A MONSTER EATING A WHOLE HAYSTACK!

FOR YOUR DESSERT: CANDY EYEBALLS ARE HILARIOUS AND AVAILABLE IN THE BAKING AISLE OF YOUR LOCAL HANNAFORD. BUY A PACKAGE OF THESE AND STICK THEM ONTO YOUR FAVORITE DESSERT---IT WILL INSTANTLY MAKE IT LOOK LIKE A MONSTER! THEY WORK ON ANYTHING FROM FRUIT TO ICE CREAM TO COOKIES!

RECIPES:

MAIN COURSE



Four Cheese Macaroni and Cheese with Broccoli

get ready

Servings: Serves 6

Cook Time: 60 minutes

Prep Time: 25 minutes

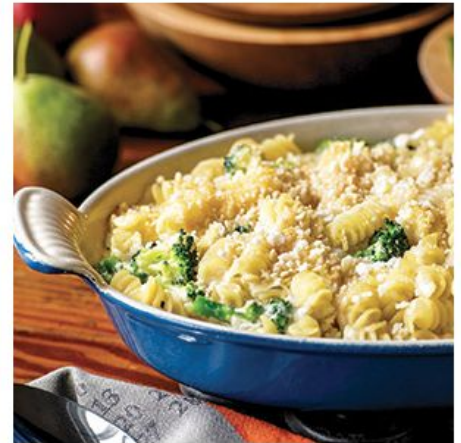
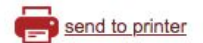
ingredients

vegetable cooking spray
8 oz. rotini or macaroni
2 cups coarsely chopped broccoli florets
2 Tbsp. vegetable oil
2 shallots, diced
2 cloves garlic, minced
2 Tbsp. all-purpose flour
1/4 tsp. salt, or to taste
1/2 tsp. freshly ground black pepper
1 tsp. mustard powder
2 1/4 cups 1% milk
3/4 cup shredded sharp cheddar, divided
1/2 cup shredded Parmesan
1/2 cup shredded fontina
1/2 cup shredded Gruyere
1/3 cup panko bread crumbs

directions

1. Preheat oven to 350 degrees F. Spray a 2-quart baking dish with vegetable cooking spray.
2. Bring a large pot of water to a boil. Add a teaspoonful of salt, then pasta. After 5 minutes, add broccoli to pot. Cook an additional 3 minutes, until pasta is just al dente. Drain in a colander, and run under cold water to keep pasta and broccoli from continuing to cook. Fully drain and transfer to a large bowl. Set aside.
3. While pasta is cooking, in a medium saucepan heat oil over medium heat until the oil shimmers. Add shallots and saute until softened, about 3 minutes. Add garlic and saute until fragrant, about 30 seconds. Add flour, salt, pepper, and mustard and whisk for 2 minutes. Whisk in milk and stir well. When milk is hot but not quite simmering, add 1/2 cup of the cheddar. Slowly whisk until melted, add Parmesan, whisk until incorporated, then add fontina, then Gruyere. Stir until all the cheese is melted and sauce is smooth, about 1 to 2 minutes.
4. Pour the cheese sauce over pasta and broccoli in the bowl and stir to distribute sauce. Transfer to prepared baking dish. Sprinkle surface with remaining 1/4 cup cheddar, then with panko. Bake until golden brown and bubbly, about 40 to 45 minutes.
5. Let stand for 5 minutes, then serve.

Source: Hannaford fresh Magazine, January - February 2015



SIDE DISH

FAMILY SERVICE PROJECT:

FAMILY SERVICE PROJECTS CAN BENEFIT A LARGE GROUP OF PEOPLE (EX. PICKING UP LITTER, DONATING FOOD TO A FOOD BANK, VOLUNTEERING AT AN EVENT)--OR JUST BE SMALL ACTS OF KINDNESS WITHIN YOUR OWN HOME.

CLEANING UP!

THE MONSTERS IN THIS STORY MAKE A HUGE MESS---ON ALMOST EVERY PAGE!

TAKE A WALK AS A FAMILY AROUND YOUR NEIGHBORHOOD OR UP AND DOWN YOUR STREET---PICK UP ANY TRASH THAT YOU SEE AND THROW IT AWAY RESPONSIBLY.

ARE THERE OTHER WAYS THAT YOU COULD HELP TO CLEAN MORE? MAYBE EVEN IN YOUR OWN HOUSE. YOU DON'T WANT TO BE A MESS MONSTER!

FAMILY BOOK CLUB IS SPONSORED BY HANNAFORD