



Tender Hearts Child Therapy Center

Parent Newsletter

September 2012

Pumpkin Carving Contest

It's time for the next contest in Tender Hearts' Stronger Families Campaign! Each month, we will be promoting a different contest that encourages parents and kids to participate in an exciting activity together!

We are thrilled to announce the theme of the newest contest- a Pumpkin Carving Contest! With your kids, carve a Pumpkin Family. Have each member of the family carve his/her own pumpkin. Send us a picture of your Pumpkin Family to be entered to win a **\$25 Toys R Us Gift Card**.

(Send pictures to TenderHearts@TenderHeartsChildTherapyCenter.com. Contest ends October 31, 2012.)

Please forward the contest to friends and family as you wish—we want to encourage as many parents as possible to spend quality one-on-one time with their kids this fall!

While you're carving your pumpkins, try this awesome recipe for roasted pumpkin seeds from foodnetwork.com

Ingredients:

- 1 1/3 cups pumpkin seeds, cleaned and rinsed
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper
- ½ teaspoon black pepper.

Directions:

Preheat oven to 350 degrees F.

Spray a baking sheet with nonstick cooking spray. Combine pumpkin seeds with garlic powder, salt, crushed red pepper, and black pepper on prepared backing sheet and toss to combine. Bake for about 15 minutes, or until seeds are crispy and light golden brown. Remove from the oven and stir with a spatula or wooden spoon to release any seeds that have stuck to the baking sheet. Cool completely before serving.

Roasted seeds can be stored in an airtight storage container for up to 1 week.