

Kidz Korner Newsletter



During the week of the Feast of Tabernacles we are mindful to keep a joyful spirit. We must remember, this is in remembrance of what The Most High did for our foreparents and what He will do again for us. We won't have all the comforts of home while we are camping in the wilderness but we have one another and we are pleasing The Most High.

Feast of Tabernacles is a festive time for Israel. It is a 7 day gathering. We camp in booths (tents) like our foreparents did when The Most High delivered them out of Egypt. We keep the first and last day like we do our New Moon (Sabbath).



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Preparation for Feast of Tabernacles

As we prepare for Feast of Tabernacles remember this is a time of unity, we are a nation. Be ready to help your neighbor if they are in need. Our joy comes from The Most High, helping one another, and being together. You can learn more about this High Holy Day by reading Leviticus 23:39-43, Ezra 3:4, John 7:2 and Hosea 12:9



Your parents may need your help remembering to pack camping essentials such as batteries, insect repellent, and rain jackets. Being prepared is wise and will help us with lending to our neighbor if they are in need.

Have you ever gone camping before? It is so much fun! However, there may be times you may find yourself restless. Use this as an opportunity to make new friends and bond with your family by playing games like Bible Trivia, Checkers, and Uno.



Fruity Overnight Oat Parfait

Full of fiber & fresh fruit

Yields: about 4 parfaits (depending on portion sizes)

By Chana Israel H.O.O. Rosh

Ingredients- The Oat Base

1 ¼ uncooked oatmeal
1 tsp chia seeds
1 tbsp honey or agave nectar
1 tbsp brown sugar
¼ tsp maple extract
¼ tsp vanilla extract
Cinnamon to taste
¾ cup coconut milk or plant based milk

Ingredients- The Filling Items

4-6 fresh strawberries
(stemmed & diced)
1 banana (peeled & diced)
¼ tsp lemon juice
½ cup fresh blueberries
¼ to ½ cup greek flavored
yogurt (I used vanilla &
strawberry)
½ to 1 cup of loose granola
(optional)

Procedure

(Fruit & Oat Base Prep)

Children remember to do this with an adult. Do not handle sharp objects without adult supervision!

Thoroughly rinse all the fresh produce in cold water. Pat it all dry or allow it to drain dry on a towel.

Remove the tops of the strawberries & dice them into bite sized pieces.

Peel the banana, dice it & splash it with a little lemon juice. This will help to keep the bananas from turning brown.

In a bowl, combine the oats, chia seeds, brown sugar, honey, the extracts, coconut milk & the cinnamon. Mix it up well. Taste the mixture to make sure it is sweetened & flavored to your liking. It will seem very wet at the moment. But, don't worry! All the liquid will be absorbed by the raw oats overnight.

(Assembly)

Now it's time to assemble the individual parfait cups!

Begin layering each clear cup with about 1 tbsp of the diced banana in the bottom.

Next, add about 2 tbsp of the raw oat mixture. Press it into an even layer.

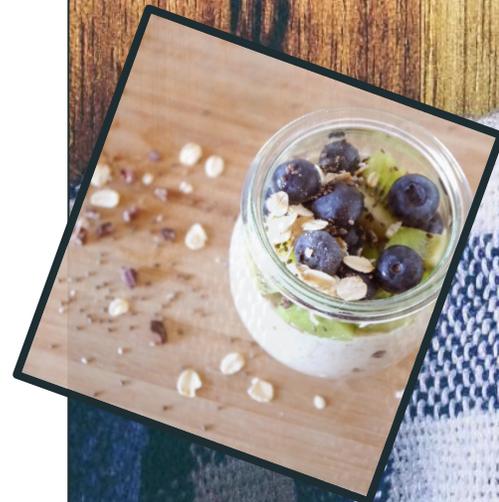
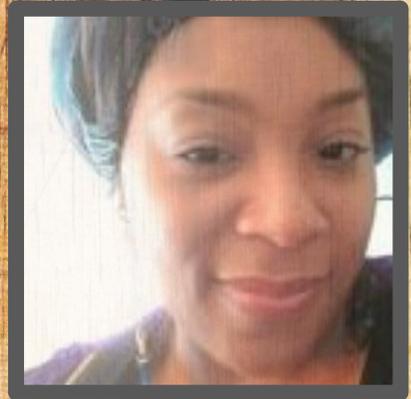
Follow this layer with the diced strawberries, the remaining banana & a few blueberries.

Add another layer of the oat mix and carefully top it with a layer of your favorite yogurt.

The morning in which you intend to serve it, top it with crunchy granola & garnish them with a few more berries. Enjoy!

Tools Needed: a medium bowl, cutting board, chef's knife, measuring spoons, measuring cups & about 6 each 4 or 6 oz clear plastic serving cups (tumbler glasses can be used for the adults)

Note- The fresh fruit can be substituted with your favorite varieties. This healthy breakfast or snack option is packed full of fiber & nutrient rich fruits.



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Record FOT activities that you plan to do. Be sure to check them off throughout the feast.

