



UPCOMING CLASSES FOR DECEMBER 2021

Preventative Health & Safety

**Register by December 9th
(Part 1&2)**

**16th— Health & Safety (Part 2)
(6pm-8pm)**

CPR & First Aid / BLS

**Register by December 4th
(Part 1 & 2)**

**11th—CPR & First Aid / BLS Skills
Demo (Part 2)
(9:30am-11:30am)**

Holiday Gift Exchange

Give a Gift ♥ Get a Gift

Deadline to Register:

December 11, 2021

Exchange Date:

December 18, 2021

Message from the Board

Greetings **Providers!**

As we spread the LOVE this Holiday, we hope this message finds you in good health and good spirits!

This is the season of giving, however there are many people taking. Here are some safety tips to keep in mind.

- ◇ Be sure to keep your valuables locked up.
- ◇ When shopping be aware of your surroundings.
- ◇ Try not to leave your purse in the seat of your car while driving.
- ◇ When dining out keep your purse tightly closed.
- ◇ Try not to carry cash!
- ◇ When possible use Apple Pay, Venmo or a digital wallet.
- ◇ Hanging your purse over the chair, and leaving valuables in your vehicle can be an open invitation so be careful and keep your love ones near by.

**We wish everyone a happy and safe Holiday Season!
Remember the best gift you can give is your time!**

Providers for Quality Child Care Contact Information

Website for info/register for classes: www.Providers4QualityChildCare.org

Email: Providers4QualityChildCare@gmail.com

Join our Facebook Community: [@providers4QualityChildCare](https://www.facebook.com/providers4QualityChildCare)

10 Ways to Spread the Love This Holiday Season

- 1) Help your neighbor put up those tricky decorations.
- 2) Get crafty and personable with your presents.
- 3) Gift an experience you can enjoy with a loved one.
- 4) Splurge on that ticket home.
- 5) Volunteer at a local charity.
- 6) Send cards to extended family and distant friends.
- 7) Arrange a secret Santa exchange at work.
- 8) Invite a lonely friend over for Christmas dinner.
- 9) Donate blankets and food to the homeless.
- 10) Tell all of your loved ones that you—well—love them.

Soup Instructions

- * Heat a dutch oven to medium high heat, add diced bacon and cook until slightly crispy. About 3-4 minutes.
- * Remove bacon from pan and place on a plate with paper towel.
- * Immediately add onions, garlic, and leeks to the bacon grease and start to sauté until onions are translucent and leeks have wilted. About 5-7 minutes.
- * Add in carrots, fresh thyme, and arrowroot. Stir for 2-3 minutes to incorporate flour.
- * Next add in potatoes, crispy bacon, chicken broth, and milk.
- * Cover and bring to a boil, turn down to a low simmer and cook for 20 minutes. Until potatoes are soft.
- * Add in yogurt, cheddar cheese, lemon juice, and then salt and pepper to taste.
- * Cook for an additional 5 minutes and serve.

Healthier Creamy Leek and Potato Soup

Ingredients

- ◆ 5 strips of bacon, diced
- ◆ 2 tablespoons of grapeseed or olive oil
- ◆ 1 1/2 cups of diced onions
- ◆ 3 garlic cloves, minced
- ◆ 4 cups of sliced leeks
- ◆ 1 cup of diced carrots
- ◆ 2 tablespoons of fresh thyme, diced
- ◆ 3 tablespoons of arrowroot (acts like cornstarch)
- ◆ 3 lbs. of yukon potatoes, diced – the smaller you dice the faster they will cook (I left skin on)
- ◆ 3 cups of low sodium chicken broth
- ◆ 2 cups of 2% milk
- ◆ 1/2 cup of plain greek yogurt
- ◆ 1 cup of cheddar cheese
- ◆ juice of 1 lemon
- ◆ salt & pepper to season

{optional toppings: shredded cheddar cheese, sliced green onions, crispy bacon}

Disconnect December Spread LOVE to Yourself

- ⇒ Disconnect to reconnect daily
- ⇒ Unsubscribe from junk mail
- ⇒ Declutter your belongings
- ⇒ More green less screen
- ⇒ Unfollow, block, mute & delete
- ⇒ Cleanse your space
- ⇒ Continue to say no
- ⇒ Cancel subscriptions that you don't use