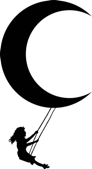
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Text

Description automatically generatedThis October we have created a pack of things to do to help you pass the time. Inside you will find ideas for cooking together, arts and crafts and things to do outside.   
We’d love to see what you have done, if you use social media why not post a photo with #OurCommunityHalloween.

There is also a local competition for the best window display too, why not get involved.

Remember to always follow the latest government advice and guidance for our local area when leaving your home.

**What’s included in this pack?**

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**Chickpea and Potato Curry**

**Ingredients (Serves 4)**

This is delicious as leftovers the next day with a pitta bread or wrap. It will also freeze for up to 1 month in an airtight container.

* 1 x tin of chickpeas
* 1 x tin of chopped tomatoes
* 1 onion
* 2 cloves of garlic
* 2 tsp curry powder
* 1 tsp cumin
* 1 vegetable stock cube
* 2 medium or 1 large potato
* 2 x pouches of microwave rice

**Method**

1. Dice the onion and garlic. Heat 1tsp oil in a pan and lightly fry the onion and garlic for a couple of minutes until soft.
2. Add the spices and fry for another minute.
3. Dice the potatoes into small chunks and then add to the pan along with the chopped tomatoes.
4. Using the chopped tomato can, add 1 and a half cans of water and crumble in the stock cube.
5. Simmer for 30 minutes or until the potatoes are cooked through. If the sauce starts to dry out then add a bit more water.
6. A bowl of food on a plate

   Description automatically generatedRinse and drain the chickpeas and add to the pan. Cook for a few more minutes whilst following the packet instructions to heat the rice in the microwave.
7. Serve and enjoy!

**Bean Chilli and Jacket Potatoes**

**Ingredients (Serves 4)** *adapted from Jack Monroe ‘A Girl Called Jack’*

* 1 x 400g tin of red kidney beans
* 1 x 400g tin of cannellini beans   
  *(or any beans will work, you can even use baked beans just rinse off the tomato sauce)*
* 1 onion
* 2 cloves of garlic
* ¼ tsp dried crushed chillies *(leave this out if you prefer less spicy chilli)*
* 1 tsp paprika
* 1 tsp cumin

This chilli will keep in the fridge for up to 3 days in a container. Yummy with pitta bread and wraps the next day for lunch!

* 2 tsp oil
* 1 x 400g tin or carton of chopped tomatoes
* 1 vegetable stock cube
* 4 x jacket potatoes

**Method**

1. ***To cook the potatoes in the oven…***  
   Heat the oven to 180C and rinse the potatoes. Dry them, rub a bit of oil on them, pierce each potato a couple of times with a knife and put them on a baking tray. Place in the oven and bake until they can be easily pierced with a fork, usually 1 hour to 1 ½ hours.   
   ***To cook the potatoes in the microwave…***  
   Wash and dry the potatoes, pierce each one a few times with a knife and then place on a microwave safe plate. Microwave each potato for 7 minutes, turning half way through. If the potatoes aren’t cooked, then microwave for another 1 minute at a time until cooked through.
2. Peel and chop the onion and garlic. Put 1 tsp oil in a large pan on a medium heat and fry the onion, garlic, paprika, cumin and chilli for a few minutes.
3. Add the chopped tomatoes and crumble in the stock cube. Rinse and drain the beans and add to the pan.
4. Stir and simmer on a low heat for 8-10 minutes. If the sauce becomes too thick then add a splash of water.
5. Serve a jacket potato sliced in half and a big spoonful of the chilli on top. Add some grated cheese or sour cream for extra flavour.
6. Enjoy!! 😊

## A random fact about Beans

Why do beans make you trump?!

Beans are full of complex carbohydrates and in particular, fibre! As beans are digested in our intestines, gas is created. Don’t stop eating them though, beans are so good for us, helping to keep our bodies and hearts healthy. As well as fibre they contain protein and are 1 of our 5 a day!

## An Autumn Walk

Going out for a walk is a simple way to get moving and spend some time outdoors. Having a reason to go can make the journey more fun too.

Why not go for a walk to a local green space or park and tick when you find the following autumn items:

|  |  |  |
| --- | --- | --- |
| A picture containing lamp, tree  Description automatically generatedA fallen leaf | A Squirrel | A Spider |
| An Acorn | A Pumpkin | A Mushroom |



Paper Strip Pumpkin

You will need:

* Orange card or paper
* Green paper (or a green pen)
* Scissors
* Glue
* Hole punch

1. Orange card/paper - cut one sheet into 12 equal strips.
2. Take four paper strips. Grab a pair and glue them together on one end to create 2 longer strips.
3. Position the 2 long strips in a cross shape, glue them in the middle.
4. Take the other short strips. Glue them at the 1 o'clock, 2 o'clock, 4 o'clock and 5 o'clock etc positions on the cross.
5. Punch a hole close to the tip of each of the twelve paper strips.
6. Make a Stem: Cut green paper *(or colour a piece of other paper)* into a small rectangle. Roll this into a straw shape, with one end a bit smaller than the opposite end. This smaller end should be able to fit into the holes you made in the previous step. Glue or tape the edges of the paper in place.
7. Lift the 1 o'clock strip. Insert the smaller end of the stem from under the hole. Push the stem in until it fits snugly into the hole.
8. Lift the 2 o'clock strip. Put glue on the area surrounding the hole. Bring the 1 o'clock strip with the stem over the 2 o'clock strip. Insert the stem through the hole on the 2 o'clock strip.
9. Work your way from one strip to the next until you've gathered all the paper strips by the stem. Once you've positioned all the strips under the stem, you will have a pumpkin-looking shape.

## Cardboard Tube Bats

Graphical user interface

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Not got black paint? Use the black card or paper left after making the wings to cover the tube.

*Why not put a small hole in the back of the bat body to thread string through to hand your bat.*

## A picture containing diagram Description automatically generatedMove More Activities

## Timeline Description automatically generated

For more ideas visit https://www.movemoresheffield.com/

## A picture containing diagram Description automatically generatedPenny Spinning Top

Diagram

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For more ideas visit https://www.movemoresheffield.com/

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