

Did you know that you can rent Forever Young on Weekends for Events?

Contact Selina for further details.

Birthday Banana Muffins

These muffins are great for birthday or other celebrations as an alternative to cupcakes.

2 cups whole wheat flour	1 medium banana, mashed
1/2 cup raw sugar	1/2 cup milk
2 tsp baking powder	1/3 cup canola or vegetable oil
1/2 tsp baking soda	1 egg, slightly beaten
1/2 tsp salt	Sliced fruit of your choice (optional)
1/4 - 1/2 tsp cinnamon	

Directions (Makes 12 Muffins)

Preheat oven to 375 degrees F. Grease or line with baking cups a 12 cup muffin pan.

In a medium bowl, combine dry ingredients. Stir in remaining ingredients, except sliced fruit, only until moistened. Spoon batter into muffin cups.

Bake for 15-20 minutes. Immediately remove the muffins from the pan and place on a cooling rack. When cool, place sliced fruit on the tops.

Submit a recipe that works for your family to angelabreron2002@yahoo.com, and we'll include it in an upcoming newsletter.

REMINDER

Wear Green on
St. Patrick's
Day!!

Tuesday,
March 17th

Parent Involvement Idea of the month:

**Bring a homemade
main or side dish
each week for the
kids.**

See your site manager
for the what, when,
where, and how
much.

Forever Young's 30th Anniversary Fundraiser is April 25th. Keep working on getting donations, and be sure to tell your family and friends about the event. Contact Pippa's dad, Ralph, at (remontano@sbcglobal.net) with information. Thanks so much!

Keys to FY's Success: Parent Involvement

Thirty years have passed since Forever Young was founded. In this column, we will explore some of the reasons FY has been successful for so long.

Forever Young employs an awesome full-time staff, but as a cooperative, Forever Young depends upon parent volunteer hours to operate successfully. Forever Young's two facilities are run by a volunteer board of directors made up of Forever Young parents. Forever Young parents also make up six other committees to help the school run smoothly: Fundraising Committee, Maintenance Committee, Marketing Committee, New Site Committee, Nurturing Committee and Website Committee. Each of these committees plays an important role in supporting and promoting Forever Young.

In addition to the Committees, parents volunteer in all sorts of ways: going grocery shopping, doing laundry, cleaning the sites on Saturdays, filling in for staff breaks at lunch time, posting and handing out flyers for FY, bringing treats and meals for the children and for the staff, cutting out paper shapes for arts and crafts - the list is endless. Thanks to all the parents who make Forever Young a special place for children - you are a Key to Forever Young's Success!

If you are interested in volunteering for any of the Committees mentioned above, contact Angela Breron. Contact Selina or your site manager regarding helping out at the child care centers.