

## February is Bake for Family Fun Month

Sometimes entertaining children can be difficult, especially when you're looking for something wholesome and educational for them to accomplish. But one surefire recipe for entertaining your kids, all while reinforcing important math and science skills, is to bring them into the kitchen. It's hands-on Fun! Families measure, mix and bake together. A special family memory is created! The Home Baking Association (HBA) has designated February as "Bake for Family Fun Month" and encourages families to spend time together in the kitchen.

Winter is the perfect time to warm up the kitchen and bake together as a family. Baking is an inexpensive family activity that provides delicious rewards, says Charlene Patton, Home Baking Association Executive Director. Benefits of baking include opportunities to use math, literacy, history, social studies, science and art. She suggests families visit [HomeBaking.org](http://HomeBaking.org) or [nationalfestivalofbreads.com](http://nationalfestivalofbreads.com) to find recipes, family baking activities and resources to help families bake with children of all ages.

HBA features a weekly theme to help families plan recipes and activities throughout the month starting with Week One "Let's Get Started Baking." Other upcoming themes include "Baking for My Valentine," "Baking History and Traditions" and "Baking for Others." Themes are available at [homebaking.org/familyfun](http://homebaking.org/familyfun).

The month begins with Let's Get Started Baking. Have no baking experience yourself? Not a problem! This section goes over the basics of baking, including how to measure ingredients and some basic kitchen guidelines.

The second week of February focuses on Baking for My Valentine. The recipes featured include Heart Shaped Barbecue Chicken Pizza, Have a Heart Cookies, Chocolate Chip Cookies Ice Cream Sandwich Cake and more!

Things really start to heat up in the third week as you celebrate Baking History and Traditions. You can spot the differences in a Look and Look Again puzzle, bake some delicious bread and learn about Boston Brown Bread's history and traditions.

Then wrap up your month of tastiness by Baking for Others. Get even your furriest family members involved by baking some Whole Wheat Dog Treats, learn how to knead with an interactive video and end the week with Cinnamon and Pecan Pull-Apart Bread.

Patton suggests allowing extra time when baking as a family. Be sure to find a task for each member of the family so everyone is involved in the experience. The Thrill of

Skill resource provides a list of age appropriate kitchen jobs beginning at age two. Ten Tips for Baking Success, Safe Kitchen Check List and correct measuring techniques are provided to help families be successful.

Baking together is a great opportunity to teach children kitchen skills and share family traditions. Make a treasured family recipe or create a new tradition. How about Friday Designer Pizza Night? Make the dough, prepare toppings and let everyone make their own "designer" pizza! Or maybe it's a weekend brunch with pancakes or waffles! Remember to take pictures to share and treasure in years to come.

For more information about Bake for Family Fun Month, the Home Baking Association, or to schedule an interview, please contact Charlene Patton, Executive Director of the Home Baking Association at [hbapatton@aol.com](mailto:hbapatton@aol.com).