



CREATE A CREST FOR YOUR FAMILY

A crest is a shield with pictures on it that represent a family's achievements and values. Here's how to make one.

- 1. Brainstorm symbols.** The images you put on the shield could represent activities your family enjoys (such as a racket for playing tennis or a plane for traveling), your heritage (the flag of the country your ancestors are from), or shared values (like a heart for helping others).
- 2. Make the shield.** There is no single crest shape, so you can be creative. Start with a basic rectangle shape. Then try adding diagonal lines to the top or soft rounded lines to the bottom. Once you have a shape you like, draw it onto poster board and then cut it out with scissors.
- 3. Draw on it.** A crest can have one picture on it (see below), or you could split the shield into sections and draw two or more pictures. Display the crest in your home.



DESSERT DEFINITION

A blondie is the name for a brownie-type dessert that doesn't have a chocolate base.



WARNING!
Ask an adult's permission before using the oven.

Bake up pumpkin blondies

Ingredients

- 1 stick salted butter
- 1 cup dark brown sugar
- 1 teaspoon vanilla extract
- ½ cup canned pumpkin puree
- 2 eggs, beaten
- 1½ cups all-purpose flour
- 1 tablespoon pumpkin pie spice
- ½ cup chocolate chips, semisweet or milk

Instructions

1. Preheat the oven to 350°F and line an 8-inch square baking pan with parchment paper, leaving an overhang on all sides.
2. In a large, microwave-safe bowl, melt the butter. Stir in the dark brown sugar and vanilla until incorporated. Stir in the pumpkin puree, eggs, flour, and pumpkin pie spice and mix until well combined. Fold in the chocolate chips.
3. Spread the batter into the prepared pan and bake for

25 minutes or until the blondies are just set. Let cool, then use the parchment paper to lift the blondies out of the pan and cut into squares.

Helpful tips

- Check to make sure you use a can of pumpkin puree in this recipe, not a can of pumpkin pie filling, which would make the final dish taste too sweet.
- You can swap in other mix-ins for the chocolate chips, like chopped nuts, if you'd like.



ECO TIP OF THE WEEK PROTECT THE RAINFOREST

Rainforests are a crucial part of the world's ecosystem (a group of plants or animals that affect one another). For example, they're home to more than half of the plants on Earth. These plants absorb carbon dioxide from the air and release oxygen that we need to survive. One of the best ways you can help to protect rainforests from being harmed is by raising awareness. Talk to family and friends about why rainforests need to be protected. Or you may decide to host a bake sale or lemonade stand and donate the proceeds to an organization dedicated to this cause, such as the Rainforest Alliance or Amazon Watch.



The world needs rainforests.