



Fall 2017

# CREW'S NEWS

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## Extra Helpings With The Coin Family

As Di sat down to make the weekly grocery list, Nick and Penny were eager to help. They looked into the fridge and the kitchen pantry, calling out what they had and what they still needed.

Di added milk, yogurt, pasta and peanut butter to the list, then finished with a note to pick up extra canned goods. Nick and Penny saw the note and exchanged a confused look. They knew there were plenty of canned vegetables, soups and fruit already in the pantry.

“Mama, why are we buying extra cans?” asked Penny.  
“Those cans aren’t for us,” said Di. “We’ll buy some extra canned food to deliver to the food pantry this afternoon. That way, people who don’t have food can go and pick out what they need.”

After a successful trip to the grocery store, the whole Coin family headed to the food pantry to make their donation. There, they saw people volunteering to sort and stock cans while other people helped their neighbors fill bags with healthy meal options.

Nick and Penny helped their parents unload the extra cans from their car and smiled at each other. They liked helping out and making a difference in their community.



## You Can Help, Too!

There are charities in the St. Louis area just like the one the Coins visited, but you don’t have to buy things to help out. Local charities like the St. Louis Food Bank and Needy Paws need volunteers, so you can donate your time to make a difference. Visit [stlfoodbank.org](http://stlfoodbank.org) or [needypaws.org](http://needypaws.org) with your parents to learn more about helping these local charities.



# Fall Fun Bingo!

Complete the activities in each box, then mark what you've done!

It's fun to challenge your friends, family or neighbors. See who can finish a row, make a pattern or complete the whole board first! When you finish, bring it to any Gateway Metro Federal branch to **get \$5 deposited into your savings account and pick a prize from our treasure chest!**

 <p>Set out bird feeders</p>	 <p>Draw and color a fall scene</p>	 <p>Create a leaf rubbing</p>	<p>Toast marshmallows</p>	 <p>Go on a hike</p>
<p>Make a fall nature craft</p> 	 <p>Put up fall or Halloween decorations</p>	 <p>Make a fall deposit in your savings account</p>	 <p>Get lost in a corn maze or make your own leaf maze</p>	<p>Read a book about autumn</p>
 <p>Take a nighttime walk to look at the moon and stars</p>	<p>Help rake leaves and jump in the pile</p> 	 <p><b>FREE SPACE</b> for your favorite fall activity</p>	<p>Go on a scavenger hunt for an acorn, pinecone and three colored leaves</p> 	 <p>Volunteer at a local charity</p>
<p>Go apple picking</p> 	<p>Donate to a local charity drive</p> 	<p>Bake something with apples or pumpkin</p> 	<p>Roast pumpkin seeds</p>	<p>Visit a farmer's market</p> 
<p>Watch your favorite fall movie</p>	<p>Enjoy a cup of cider or hot cocoa</p>	<p>Visit a pumpkin patch</p> 	<p>Decorate a pumpkin</p>	<p>Build a fort</p>

Game inspired by [kcedventures.com/blog](http://kcedventures.com/blog)

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