

Happy Birthday to Cookie Monster

Cookie Monster is an awesome little **monster** and most definitely a holiday-worthy character. November 2nd is **Cookie Monster Day** in honor of **Cookie Monster's** birthday. Cookie Monster is a Muppet on the long-running children's television show Sesame Street. He is best known for his voracious appetite and his famous eating phrases, such as "Me want cookie!" and "Me eat cookie!". Chocolate chip cookies are his favorite kind. Why not cook up a batch of cookies with your kids and help them to learn that Cookie Monster also understands that he needs healthy eating habits and also enjoys fruits and veggies.

Why cook with your kids? Because cooking with your kids will create memories that will last a lifetime, be a bonding experience, and will help your children in the long run. Here are 8 other reasons why cooking with your kids is important.

1. Cooking with kids encourages them to try new and different foods.
2. Cooking with kids encourages them to try healthier food options.
3. Cooking with kids gives children a sense of accomplishment-somethings they can be proud of.
4. Cooking with kids gives the whole family a break from technology.
5. Cooking with kids helps build their self-esteem
6. Cooking with kids is educational-it teaches math, reading, chemistry skills, and even teaches a bit about geography.
7. Cooking with kids encourages eating healthier.
8. Cooking with kids helps get them ready for the future.

Cookie Monster turns 50 this year, so put on some blue clothes and bake some cookies in honor of his birthday and share a few Cookie Monster facts with your kids while you are cooking!

- Cookie Monster is left-handed.
- Cookie Monster has 5 fingers on each hand.
- It takes two puppeteers to manipulate Cookie Monster.
- Cookie Monster's bio says he represents children with various speech abilities.
- Cookie Monster's first name is Sid.
- Cookie Monster loves Poetry.
- **AND OF COURSE, COOKIE MONSTER LOVES TO COOK.**



Submitted by Janice Johnson

Monthly Messages are brought to you by the Tompkins County Youth Services Department, a proud partner of The Community Coalition for Healthy Youth.



If you have further questions or comments about this message or would like information on how to become involved with the Community Coalition for Healthy Youth, please email kshanks@tompkins-co.org.