Title: Vegetable Pot Pies

Recommended for: elders and children 2-5 years
Length of activity: 30 minutes
Suggested group size: 3-4 IG pairs

Objectives:

**Children**
- Fine motor
- Follows directions
- Problem solving
- Engagement

**Adults**
- Fine motor
- Initiation
- Alertness
- Positive mood

Materials Needed:
- Muffin baking pan
- Pillsbury biscuits, in can
- Frozen mixed vegetables
- Cream of mushroom and cream of celery soup
- Spices
- Bowls, spoons

Methods

**Facilitator Preparation**
1. Purchase or collect all ingredients and supplies.
2. Cover your workstation and set up chairs alternating adult and child chairs.
3. Set up cooking stations; in front of each IG pair place: 4 biscuits and one spoon.
4. Off to the side have mixed vegetables preheated.
5. Preheat the oven to 325 degrees.

**Intergenerational Participants**
1. Introduction-pair each older adult with a child and sing the hello song.
2. Have participants wash hands before handling ingredients.
3. Discuss what a potpie is, why it is called a potpie, and if anyone has made a potpie before?
4. Begin by having the IG pairs make 4 mini potpies in the muffin baking tin.
   a. Spread out the biscuit.
   b. Press the biscuit into the muffin pan, leaving excess around the edges.
5. Then have the IG pairs scoop portions of the preheated vegetables into the empty potpie. Add spices as desirable.

Best Practices

- **Best Practice 1:** Staff members of adult and child programs collaborate to plan activities.
- **Best Practice 2:** Participants are involved in decision making about the activity.
- **Best Practice 3:** Participation is voluntary.
- **Best Practice 4:** Participants are prepared ahead of time and reflect on activities afterwards.
- **Best Practice 5:** Activities reflect participants’ interests, backgrounds, and social histories.
- **Best Practice 6:** Activities are age and role appropriate.
- **Best Practice 7:** Activities support interaction among intergenerational partners.
- **Best Practice 8:** Facilitators skillfully stage the environment to promote interaction.
- **Best Practice 9:** Facilitators consider the social environment and the role of staff members.
- **Best Practice 10:** Adaptive equipment is used as appropriate.
- **Best Practice 11:** Experiences are documented and communicated to varied resources to build upon in future activities.
6. Use the dough around the edges of the potpie to press into the middle to close off. Bake for 20 minutes and cool for 10 minutes before serving.
7. Enjoy! Or serve as an afternoon snack.
8. Hold hands and sing the goodbye song.

**Helpful Websites:**
- http://joannagoddard.blogspot.com/2013/10/mini-vegetable-pot-pies.html

**Special Considerations**
- Be aware of allergies and dietary restrictions.
- Use adaptable equipment for adults and children.

**Getting To Know You**
- Invite participants to share their favorite dinner dish.
- Have the participants discuss with their partner the benefits of making food from scratch. How do other cultures prepare food? How do we prepare food in our culture?

**Encouraging Interaction**
- Ask participants to help each other close the potpies by pinching the edges together in the middle.
- Invite pairs to take turns scooping mixed vegetables into their four potpies.

**Enrichment Opportunities**
- Use natural ingredients from your garden to prep from scratch.
- Making different types of fillings (e.g. apple pie, sweet potato pie).

**Technology Opportunities**
- Use iPads to take pictures of the activity
- Using iPhoto on the iPad create a Web Journal that documents the children and elders working together to create the pies.