



Child Care Links

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March 2017



Go for the GREEN

See GREEN on St. Patrick's Day and throughout the year. Green fruits and vegetables contain many health-promoting phytochemicals including lutein and indoles. They help protect against certain cancers and help maintain vision health and strong bones and teeth.

Green fruits and vegetables include leafy greens such as spinach and romaine, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, brussel sprouts, okra, zucchini, Chinese cabbage, green apples, green grapes, honeydew melon, kiwi and limes.

Some GREEN ideas for St. Patrick's Day (or any day) include:

- Tossed ROMAINE OR SPINACH salad. Add extra green with green peppers!
- Corned beef with CABBAGE is a natural for St. Patrick's Day!
- Include KIWI, GREEN GRAPES and/or HONEYDEW MELON in fruit salad.
- Add AVACADO slices to salads and sandwiches. To maintain avocados' green color, serve them immediately after slicing or sprinkle them with lemon or lime juice.
- Enjoy your favorite veggie dip in combination with BROCCOLI florets or a favorite fruit dip with GREEN APPLE slices.
- Vegetable Pizza with GREEN PEPPERS and SPINACH.
- Serve thinly sliced GREEN ONIONS over rice, pasta dishes, baked fish, or soups.
- More ideas to start thinking GREEN—Spinach noodles (topping of choice); spinach soufflé; spinach, asparagus and/or green pepper omelets with parsley garnish; pesto on anything; cream of broccoli or spinach soups; finely diced spinach in any chicken noodle/rice/orzo soups; glazed kiwi over a sponge/angel food base.



Adapted from: <http://food.unl.edu/gogreen-st-patricks-day>

March is:

Flour Month
 Frozen Food Month
 National Nutrition Month
 Noodle Month
 Sauce Month
 National Craft Month
 National Peanut Month

March 1 Peanut Butter Lover's Day
 March 7 Cereal Day
 March 17 St. Patrick's Day
 March 21 Ag Day
 March 22 World Water Day
 March 25 Pecan Day
 March 26 Spinach Day

Nutrition Bites



Thank You

GET MOVING! In Your Backyard

We would like to thank the following providers (who were chosen at random) for allowing us to make a home visit with our financial auditor at the end of January.

As a reminder, you may get visits from auditors, KSDE or USDA. They may or may not let us attend the visit with them. Be sure to keep paperwork up to date so you are always ready for a visit!

Ashley Bengtson

Jennifer Hallier

Denise Willis

Ramah Bird



Children love to play and the backyard, courtyard or local park are great places to learn, explore, make up games and have fun. Backyard games can be inventive and encourage sustained concentration and application by kids. They don't have to be complicated or expensive—a bit of chalk, a ball or skipping rope can all get a game underway. Playing in the backyard also allows for children to be noisy and messy, physically challenge themselves and move in ways that aren't possible indoors. Encouraging children to play is an important way to support health, coordination, self-confidence and happiness.

Try these popular activities: Hide and seek, skipping, hop scotch, throwing and catching games, chasing games (like tag and stuck in the mud), racquet games against a wall, French cricket or backyard cricket, or running and jumping. Tips for backyard games: Check the play space and remove or block off unsafe areas. Let children explore and make their own activities and rules—try not to interfere. Focus on what each child can do, not what they can't. Make active play fun and positive. Be patient and provide plenty of time for children to practice movements. Be active with children—have fun and be a role model!

Get Growing and March into Spring!

The month of March brings a transformation from the dull, cold, dreary days to the brighter, warmer days with green sprouts beginning to grow outside. Bring that springtime feeling inside while waiting for winter to run its course by starting a garden full of nutrition education activities. Grow It, Try It, Like It! is a garden-themed nutrition education kit that introduces new fruits and vegetables to preschool age children.

They start with familiar strawberries and spinach and use their five senses—sight, touch, sound, smell, and taste—to explore the foods. Various activities help foster both an acceptance and enjoyment of new fruits and vegetables while learning how they are grown and prepared. A connection to home is provided to involve parents to help reinforce the lessons.

Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables reflect MyPlate. These kits have been distributed at trainings and home visits during the past year. If you don't already have a kit please ask your home visitor for one.

Spring is the perfect time to make plans to explore local sources of food at the grocery store; plan a field trip to the farmer's market or garden center; and plant a container garden using some of the newly discovered foods!

More ideas and inspiration can be found at:

<http://www.fns.usda.gov/farmtoschool/farm-child-care>

<http://search.ams.usda.gov/farmersmarkets/>

Grow It, Try It, Like It!
Preschool Fun With Fruits and Vegetables

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