



Issue 4 ❖ April ❖ 2017

The Edible Editorial

Fun Spring Activities to do with Your Kids

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As the days get warmer, take advantage of the opportunity to bond with your kids outdoors and enjoy some springtime activities together. Here are 25 fun spring activities you won't want to miss:

1. Take a walk in the sunshine. After a long, cold winter, it feels great to get some exercise and let the sun shine on your face.
2. Blow bubbles outside. This was always one of my kids' favorite activities. Try experimenting with wands of different sizes!
3. Plant a flower garden. This is a great grandparent activity, too.
4. Dance outside in the rain. Grab your kids' rain boots, rain jackets, and have a blast!
5. Ride bikes. Always a kid favorite, this is great exercise for adults, too!
6. Draw with sidewalk chalk. Try writing each other's names or drawing spring flowers.
7. Read a book together outside. Choose a favorite you've always enjoyed together, or try something new.
8. Make a simple bird feeder. This isn't too difficult, even if you've never picked up a hammer before. And seeing the birds come back year after year extends the fun!
9. Play badminton or tennis. From playing "just for fun" to getting in a serious game or two, this is another way to connect and increase your physical activity.

10. Decorate Easter eggs. Experiment with different methods, from swirling your eggs to coloring them with crayons.

11. Participate in a spring clean-up day in your local community. Volunteering together is a great way to connect with your kids while giving back to the community—and having fun!

12. Make a collage of all the things you'd like to do together this season. This is a perfect rainy day activity for young kids, and it gets the conversation started about what you'd like to do together once the weather cooperates.

13. Make personalized garden stones. Paint your names or create your own designs. From color coordinated to all-out-crazy, this is a fun way to express your family's creativity.

14. Clean and spruce up your outdoor toys. Get ready for the fun you're going to have this spring by getting all your gear in order.

15. Plant a butterfly garden. Plant butterfly favorites and then enjoy watching them all summer long!

16. Purchase a hanging plant to display outdoors. Let your kids help you pick a winner!

17. Tackle a spring cleaning project together. From cleaning the kids' closets and gathering hand-me-downs and donations, to tackling the basement or garage, spring is the perfect time to get projects done together.

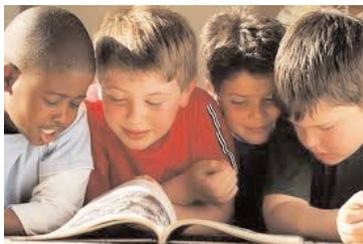
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The Edible Editorial is a monthly publication for child care professionals sponsored by Mid Michigan Child Care Centers, Inc. (a Child Care Food Program Sponsor) established in 1981. Editor & Publication: Rachel Appold; Other Contributors: Helen McFarlane and Billy Pierce.

Slice of Life

Books to Try

To locate and learn about books with positive food, nutrition and physical activity messages that will help...

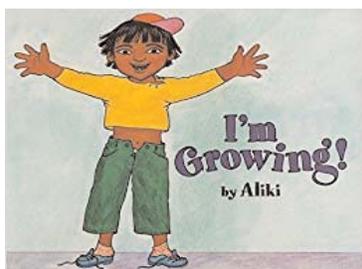


- ❖ Create enthusiasm for learning about and tasting new foods.
- ❖ Teach children about the food, food customs, and physical activity habits of others.
- ❖ Motivate children to be physically active and to enjoy physical activity.
- ❖ Nurture healthy habits, while at the same time help children develop beginning literacy skills.

I'm Growing

by Alik
Harper Collins Publishers, 1992
ISBN:0-06020244-0

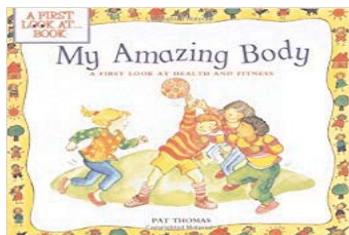
"Look at me! I'm growing and growing and growing." In this delightful picture book, a young boy describes how his body is changing and growing and how others, both young and old, change too. The importance of eating healthy food and playing outdoors are also part of his story. The appealing illustrations reflect our diverse culture and enhance the information about human growth and development.



My Amazing Body: A First Look at Health and Fitness

by Pat Thomas
Barron's Educational Series, 2000
ISBN: 0-7641-2119-7

This colorful book both informs and celebrates children and their amazing bodies. Written in a clear and lively manner, it explores many aspects of health and fitness and encourages children to eat healthy, try new foods, be active and take good care of themselves. The book concludes with information for adults, glossary, organizations and bibliography of related books.



Congratulations to...

❖ Danielle Iafate, of Macomb County, a girl, Lea Ann, 8 lbs. 14 oz., 21 in. on November 21st.

Condolences to...

- ❖ Suzette LaPoint of Manistee County, whose mother-in-law recently passed away.
- ❖ April Kehrer of Grand Traverse County, whose mother recently passed away.
- ❖ Leah Hazen of Isabella County, whose father recently passed away.
- ❖ Melissa Van Alstine of Isabella County, whose mother recently passed away.

Recommend a Provider

Recommend a home, unlicensed, or center provider to Mid Michigan Child Care and receive a special prize!

Follow Us on Pinterest

Mid Michigan Child Care has started a Pinterest page. We will be collecting crafts, recipes, articles and all things kid related there. Check out our page for a one stop place for ideas.

www.pinterest.com/midmichiganc



Like Us on Facebook!

We are using facebook as a means of communication. We will answer questions, post information (for instance: when checks are being sent out) and often add links about feeding children. It is such a convenient way to communicate with our providers.

Head to... www.facebook.com/MidMichiganCC and like us!



Hidden License Number

Look for your license number or relative care billing number in each Edible Editorial. We hide two numbers in each edition. If you find your number, call our office to receive special materials that will benefit your day care!

Creation Corner

Arts and crafts are great for your children. The result isn't all that's important, meaning that it's not just the creation of art projects that matters. The entire process of creating art is important because it stimulates creativity and encourages imagination in a way that will influence your children for the rest of their lives.

Rain Cloud in a Jar

Shaving cream
Water
Clear cups
Food coloring or Liquid water colors
Droppers



Fill the jars or containers you are using 3/4 of the way with water and then top with shaving cream. Allow a few minutes for the shaving cream to fully settle on top of the water. In a couple bowls mix several drops of food coloring with a little bit of water. Have the children fill their droppers with colored water and squeeze it onto their cloud. Inserting the tip of the dropper into the cloud will help the cloud to fill. Have them squeeze more and more colored water into the cloud. As the cloud fills with water it will begin to rain.

Tissue Paper Umbrellas

Black construction paper
Contact paper
Tissue paper, various colors

Cut a simple umbrella outline out of black construction paper and lay it on the sticky side of contact paper. Have the children place tissue paper squares on the contact paper. Add a black construction paper handle. Cover the project with contact paper sticky side down. Trim the contact paper and place in a window.



Pipe Cleaner Rainbow

Foam
Pipe cleaners

Give each child a section of foam and various colors of pipe cleaners. Have them stick the pipe cleaners into the foam to create any rainbow shape they like.



Fun Spring Activities to do with Your Kids (Continued)

18. Visit a botanical garden. This is another way to enjoy the beautiful outdoors together. While you're there, see if they offer any special programs for kids during the summer months.

19. Take a bicycle safety course together. Doing this together with your kids will increase your comfort level in their riding skills, and ensure that they're well equipped to practice bicycle safety.

20. Plant a vegetable garden with some unusual veggies. There's no better way to get your kids to try new vegetables at home!

21. Have a picnic. Pack all your favorites, from salads, to sandwiches, and special kid-friendly drink concoctions.

22. Eat strawberry shortcake. The strawberries are looking a little better every week!

23. Run in the sprinkler on a hot day. Kid favorite. (And that's all there is to say about that one!)

24. Bring an easel outside and let your kids finger paint. Kids love to get messy while being creative. And when you can enjoy it outdoors, the clean up is easy.

25. Play tag. Here's another fun way to get your exercise! If you track your steps on a fitness tracker, you'll be pleasantly surprised to see how many you get in with just a game or two!

Menu Suggestions

Do you ever feel like you serve the same meals over and over again? How about trying some of these options we have pulled from provider menus?

Breakfast

Banana
Oatmeal
Milk

Blueberries
Granola Bar
Milk

100% Apple Juice
Cold Cereal
Milk

Pears
Toast
Milk

Apples
Bagel
Milk

*Steph Armstrong
Gladwin*

*Alicia Corullo
Gogebic*

*Kim Dowlan
Grand Traverse*

*Valencia Bryner
Gratiot*

*Jessie Newell
Hillsdale*



Lunch

Cheddar Cheese (HM)
Cucumbers
Blueberries
Macaroni Noodles
Milk

Corn Dog
Oranges
Tater Tots
Wheat Bread
Milk

Turkey Lunchmeat
Tater Tots
Raisins
Wheat Bread
Milk



Chicken Nuggets
Corn
Hash Browns
White Bread
Milk

Ground Beef
Pears
Mixed Vegetable
Brown Rice
Milk

*Bonnie Goodwin
Gladwin*

*Betty Reed
Grand Traverse*

*Melanie Cook
Grand Traverse*

*Karol DeGroot
Gratiot*

*Amie Whittemore
Hillsdale*

Snacks

Hard Pretzels
100% Grape Juice

Cake
Milk



Peanut Butter
Apples
Water

Graham Crackers
Milk

Oranges
Cookies

*Jenna McDonald
Gladwin*

*Lanette Buda
Gogebic*

*Kim Franke
Grand Traverse*

*Colleen Brown
Gratiot*

*Amy Hurley
Hillsdale*

Supper

Sausage
Applesauce
Hashbrowns
Pancakes
Milk



American Cheese
Celery
Mixed Fruit
Wheat Bread
Milk

Steak
Corn
Banana
Bread
Milk

Ham
Scalloped Potatoes
Green Beans
Roll
Milk

Pinto Beans
Stewed Tomatoes
Mandarin Oranges
Spanish Rice
Milk

*Kate Lake
Gladwin*

*Susan Sudekum
Grand Traverse*

*Ricki Nadji
Grand Traverse*

*Debra & Scott Davis
Gratiot*

*Emma Martinez
Hillsdale*

By teaching your children healthy eating habits, you can keep them at a healthy weight. Also, the eating habits your children pick up when they are young will help them maintain a healthy lifestyle when they are adults.

** Peanut butter, honey, hot dogs, or meat sticks should not be served to children under one year of age. Be sure that hot dogs are cut small enough to pose no threat of a choking hazard. (Licensing requirements may be different. Be sure to check Licensing Rules for Family and Group Child Care Homes/Centers.)*

Fruit Jigglers

- 4 (3 oz. pkgs.) strawberry gelatin
- 2 1/2 cups boiling apple juice
- 1 1/2 cups sliced strawberries

Dissolve gelatin in boiling apple juice. Puree strawberries in blender and add to gelatin mixture. Whip briefly with egg beater. Pour into 9 x 13 inch pan. Chill for almost 3 hours. Cut into squares or use cookie cutters to make fun shapes.

Yield: 10 servings. Meal Component: 1 serving = 1/2 cup fruit for 3 to 5 year olds at snack.



B. Smart Booster Bars

- 1 cup softened butter or margarine
- 3/4 cup brown sugar
- 1 cup all-purpose enriched flour
- 1 cup whole wheat flour
- 1 1/2 cups oats
- 16 oz. strawberry preserves
- 1 tsp. almond extract



Cream margarine and sugar. Add dry ingredients. Mix well. Add almond extract. Press half of crumb mixture into greased 9 x 13 inch pan, sprayed with non-stick spray. Spread with preserves. Sprinkle with remaining crumb mixture. Bake at 350 degrees for 20-25 minutes. Cool and cut into bars. Note: You can use your favorite flavor of preserves. For a less sweet option choose low-sugar variety.

Yield: 24 bars. Meal Component: 1/2 bar = 1 serving bread/grain for 3 to 5 year olds at snack.

Beautiful Butterflies

- 1 lb. boneless, skinless, chicken breasts
- 1/2 Tbsp. mayonnaise
- 1/4 cup chopped green onion
- 1/2 cup chopped tomato(es)
- 1 cup chopped carrot(s)
- 1/2 cup halved cherry tomato(es)
- 7 slices whole grain bread
- 1/2 cup baby carrot(s)

Place chicken in skillet with enough water to cover. Bring to a boil. Reduce heat and allow to simmer for 12 to 14 minutes. Drain and let cool. Shred chicken and place in bowl. Add carrots, tomatoes, green onions and mayonnaise. Spread mixture over bread slices. Cut into triangles. Arrange triangles with points facing each other to look like butterfly wings. Place baby carrot in center.



Yield: 7 servings. Meal Component: 1 serving meat/meat alternate, bread/grain and fruit/vegetable for 3-5 year olds at lunch and supper.

The newsletter is the easiest way to reach all our providers. In this section, we note important information regarding the regulations of the CACFP. Please read this section thoroughly and if you have questions, call our office at 1-800-742-3663.

Training

As you are aware, Meal Pattern Requirements in the Child and Adult Care Food Program (CACFP) will be changing effective October 1, 2017. Two of the changes are listed below. (This is not a complete list of all the changes/new requirements.)

- ❖ Whole milk is required for all children 1 year through 1 year, 11 months of age.
- ❖ Low-fat or fat-free milk (1%, ½ %, or skim) is required for all children 2 years of age and older.
- ❖ Flavored milk is not allowed for any child under the age of 6 years.
- ❖ Flavored milk must be fat-free if/when served to children 6 years of age and older.
- ❖ At least one whole grain-rich food must be served each day.

The above requirements must be distinctly noted on your menus; failure to do so may result in loss of reimbursement. Here is a sample menu showing how you may want to clearly denote the requirements.

	DATE: 10/1/xx	DATE: 10/2/xx	DATE: 10/3/xx	DATE: 10/4/xx	DATE: 10/5/xx
Breakfast	*Milk Nectarines Cinnamon Whole Wheat toast	*Milk Potatoes/tomatoes Scrambled Eggs	*Milk Fruit cocktail Whole Wheat English muffin	*Milk Blueberries Honey Bunches of Oats	*Milk Applesauce Pancakes
1. Fluid Milk					
2. Fruit, Vegetable, or Juice					
3. Grain/Bread (or Meat/Meat Alternate three times in one week)					
AM Snack (serve 2 of 4)					
1. Fluid Milk		Orange Wedges			Turkey, Mozzarella cheese
2. Meat or Meat Alternate	Lemon yogurt	Whole Wheat Bread	Strawberries	*Milk	Cheese
3. Vegetable	Blueberries	Peanut Butter	H.M. Biscuit	Cantaloupe Chunks	Tortilla
4. Fruit					
5. Grain/Bread					
Lunch		H.M. Burrito			
1. Fluid Milk	Hawaiian Pizza CN	*Milk	*Milk	*Milk	*Milk
2. Meat or Meat Alternate	*Milk	Refried Pinto Beans	Chicken	Meatballs	Egg Salad
3. Vegetable	Ham, Mozzarella	Sweet Cherries	Mashed potato	Green beans	Cucumbers
4. Fruit (or Vegetable)	Carrots & Celery	Corn & Sweet Peppers	Acorn Squash	Peaches	Peas
5. Grain/Bread	Pineapple chunks	Tortilla	Bread stuffing	Brown Rice	W/W Bread
Other/Combination Foods	Pizza Crust				
PM Snack (serve 2 of 4)					
1. Fluid Milk					Apple wedges
2. Meat or Meat Alternate	Hard Boiled Egg	*Milk	*Milk	String Cheese	Cinnamon
3. Vegetable	Cherry tomatoes	Oat O's cereal	Soft Breadsticks	Broccoli &	Pita Chips
4. Fruit			Spaghetti sauce	Cauliflower Florets	
5. Grain/Bread					

*Whole milk provided for children age 1-1 year 11 months & skim milk provided for all children age 2 and older.

* Water is always available and can be served at snack when no other liquid is served.

Month of the Young Child

www.miaeyc.org

Month of the Young Child®

Each April, Michigan celebrates Month of the Young Child® (MOYC®).

This is a time when communities and individuals recognize the needs and rights of young children and their families.

Since 1971, one week in April has been celebrated nationally as Week of the Young Child. In 1985, Michigan expanded the celebration to the entire month of April, with each week having a specific focus.

Michigan Association for the Education of Young Children (MiAEYC) coordinates the campaign with support from local and state organizations, businesses and public agencies.

Early Years Are Learning Years™...Make Them Count!

Children's early years are the foundation for growth and development. Children are constantly developing and learning. What they are learning depends on their social-emotional health, physical health, relationships, and daily interactions and experiences. The MOYC® 2017 Focus Weeks highlight children's development.

Week 1 April 1 – 8 **Physical Development**

Proper nutrition and rest, opportunities to explore in safe, supportive environments, sound health practices, and nurturing, responsive relationships help ensure children's physical development. Children vary in their physical abilities at different ages; different parts of the body grow at different rates. Children need to move and be active in many different ways to reach their full physical development.

- ❖ Healthy babies should sleep on their backs.
- ❖ Well-balanced meals support growth and development.
- ❖ Exercise and fresh air enhance well-being.
- ❖ Safe, secure environments support exploration which helps develop muscles and motor skills.

Week 2 April 9 – 15 **Social Development**

Social development strongly influences interpersonal relations, behavior and learning. The early childhood years are a critical period for the development of social skills. Early interactions and how we relate and respond directly affect the way the brain is "wired;" children learn in the context of important relationships.

- ❖ Encourage children to understand and care about the

feelings of others.

- ❖ Focus on the positive; thank children for caring, cooperating and helping.
- ❖ Demonstrate pro-social problem-solving skills.
- ❖ Help children understand and follow rules and routines.

Week 3 April 16 – 22 **Emotional Development**

Children with a healthy sense of self-esteem feel that the important adults in their lives love them, accept them, and would go out of their way to ensure their safety and well-being. Respond lovingly – smile, hold, cuddle – to help build trusting relationships. The healthier children's early experiences are, the more apt they are to enter school with a strong foundation of emotional and social skills.

- ❖ Talk with and listen to children with genuine interest and respect.
- ❖ Encourage children to experience, manage and express the full range of positive and negative emotions.
- ❖ Help children develop close, satisfying relationships with other children and with adults.
- ❖ Support children in the active exploration of their environments.

Week 4 April 23 – 30 **Cognitive Development**

Brain development research affirms what parents and teachers have known for years, 1) good prenatal care, 2) warm and loving attachments between young children and adults and 3) positive stimulation from the time of birth makes a difference in children's development for a lifetime. Early experiences contribute significantly to the structure of the brain. The quality, quantity and consistency of stimulation determines how the brain connects and functions; this is true for cognitive and emotional development, and the effect is lifelong.

- ❖ Experience wires the brain; repetition strengthens the wiring.
- ❖ The sense of touch helps children to ground abstract ideas in concrete experiences.
- ❖ When children exercise, they build muscles and boost brainpower.
- ❖ Preschoolers need 9-10 hours of sleep each day.
- ❖ During sleep, the brain processes the day's information, strengthening memories and rehearsing tasks.



Mid Michigan Child Care Food Program

Mid Michigan Child Care Centers, Inc.

P.O. Box 610

Freeland, MI 48623

989-695-2683 1-800-PIC-FOOD

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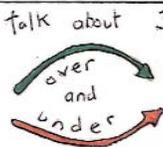
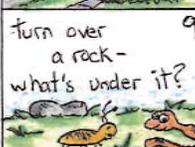
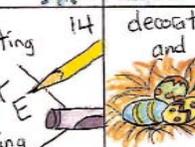
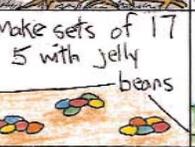
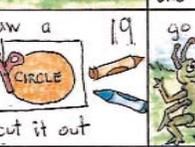
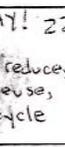
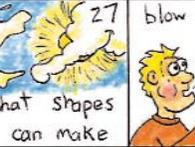
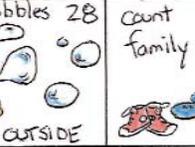
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ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please feel free to copy and share this calendar with your day care parents.						APRIL Fool's day - give a hug!  1
what is behind and in front of your house?  2	talk about over and under  3	draw a bug... make up a bug story  4	name and eat foods that come from plants  5	READ a book about...  6	make playdough: 1 cup flour 2 spoons salt a little water  7	go fly a kite!  8
turn over a rock - what's under it?  9	talk about plant parts: flower, leaf, stem, roots  10	make someone smile  11	How does rain help plants?  12	count to three in SPANISH! 1 2 3 uno dos tres  13	practice writing and drawing T E  14	decorate and count EASTER EGGS  15
HAPPY EASTER!  16	Make sets of 5 with jelly beans  17	walk through your neighborhood, pick up litter  18	draw a circle and cut it out  19	go on a BUG HUNT!  20	wash your toes and count them ALL  21	EARTH DAY! reduce, reuse, recycle  22
Have a family sing-a-long  23	plant a tree, hug a tree  24	find some rectangles in your house  25	Visit the LIBRARY  26	see what shapes clouds can make  27	blow bubbles OUTSIDE  28	count all family shoes!  29