

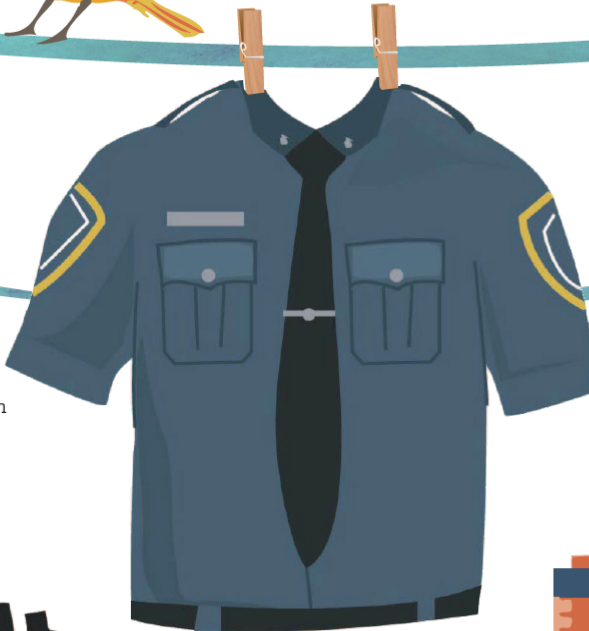
Parent Connections - January 2019

January



Meal Prep

The key to easy and healthy eating is making meal prep a priority. To make foods portable, plan for ahead-of-time care. Keep cut-up vegetables and fruits in the refrigerator. Buy in bulk and store measured snacks in baggies for a quick refuel.



SAFE

Portable Picnic

Clementines
Sugar Snap Peas
Egg, Hard Boiled

Give each child their own clementine, $\frac{1}{4}$ c sugar snap peas, and a hard boiled egg. While you teach the children how to peel the clementine and hard boiled egg, share that sugar snap peas are a great food to eat peel and all! Offer $\frac{1}{4}$ c milk and WGR roll to complete the meal.

#CACFPCREDITABLE



Finger Print Art

Arches, loops, and whorls! Give each child a sheet of paper, put out a rainbow of ink pads, and let imaginations go wild as they use their fingerprints, pressed onto the colored ink pads, to create unique artwork.

Boot Camp

Calisthenics are for kids too! Start with a captain's salute and introduce a series of exercises children can perform in rotation at their own pace: jumping jacks, squats, push-ups, and sit-ups.



CACFP is an indicator of quality child care.