

Parent Connections - June 2019

June

SORT

Clean Up Time

Movement comes in all forms! Have kids help with outdoor cleanup in the yard or garden – picking weeds, sowing seeds, watering flowers, and picking up toys. No need? Pretend and mime the movements to song.

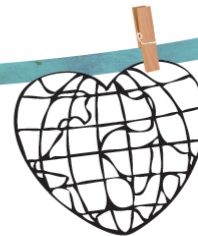
Leftover Stir Fry

$\frac{2}{3}$ c meat
1 $\frac{1}{2}$ c vegetables

Leftover Chicken? Beef? Pork? Got Carrots? Broccoli? Bell Peppers? When you're meal planning, add in this dish to make leftover foods new again while being resourceful with food dollars. Slice and sauté stove top. Serves 6.
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Bird Feeders

Punch a hole in recycled toilet paper rolls and have your kids spread on them a thin amount of peanut butter. Messy is best! Roll in bird seed and hang with yarn outdoors.



Composting

Composting is nature's way of recycling and produces soil full of nutrients which help fruits and vegetables grow. They, in turn, help children to grow into healthy adults who then can create a compost to continue the cycle.



CACFP is an indicator of quality child care.