

Parent Provider Connections - December 2021



ROASTED ROOTS

3 lbs of any root vegetable, diced pettely

1 sweet onion, diced

1 tsp dried garlic

3 tbsp olive oil

Combine all vegetables with onion and garlic. Toss with olive oil until vegetables are covered. Bake at 400-degrees for about 45 minutes until tender, stirring vegetables half-way through.

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SNOWBALL RELAY

Divide the children into teams. Create a starting line and finish line. Have the children balance a cotton ball or white Styrofoam ball on a spoon and individually cross the finish line before the next person goes. The first team to finish, wins! Add real snowballs for some authentic fun if weather allows.

BEYOND GREENS

Most of the time we think of vegetables as the leafy greens, but don't forget the roots! Root vegetables like carrots, beets, sweet potatoes, turnips, and rutabagas are packed with vitamins, minerals and antioxidants. For instance, a baked sweet potato has enough vitamin A to meet the entire Recommended Dietary Allowance for the day.

COTTON BALL SNOWMAN

Have children glue cotton balls onto dark paper to create three different size circles to make their indoor snowman. Decorate with craft materials for face, arms, hat, scarf, and clothes. Use white chalk on the paper to make snowflakes all around.



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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday