

SEVCA Head Start Newsletter

Monthly Newsletter for March 2023



From the Desk of the
Director...

Dear Parents & Staff,

We have finally arrived to the month of March! Wow! How quickly this year has flown by! We are down to a few months left of the program and we still have lots of interesting opportunities coming up.

This month we will be sending out **Parent and Staff Surveys**. We are hoping everyone will take the time to complete the surveys, as your opinion is very important to us. We will also have the annual **Self-Assessment** which has been scheduled for **March 15th from 9-3** at the Children's Place Preschool located in Windsor. We can't wait to look at the data and see what story it is telling us this year! This is a great opportunity for us to identify what is working well for our program and what needs improvement.

We have developed new recruitment flyers and have started taking applications for Chester and Springfield for next year. If you know of a child that will be 3 by September 1st (or June 1st if you are interested in Child Care), then please send them our way so we

can complete an application with them. We are very confident that we will be able to fill all of the Head Start slots for 2024-2025.

We are still waiting to hear back from the Office of Head Start on the Change of Scope application we submitted on January 25th. Staff are working with the five families that are eligible to return for the 2024-2025 program year to ensure each child has a place in the fall for a program. We are also working with staff who have been displaced due to the centers being closed, and hope to connect them to resources available to assist in finding another position.

Our program is in the midst of a lot of changes and we are trying to be as supportive as we can during these challenging times. If anyone has any questions, please feel free to reach out to me or any of the Head Start Managers.

If you have time to stop by your child's center and share a meal it would make your child's day! Please make sure you let the Cook know in advance so enough food can be prepared. We appreciate the dedication of the parents we have in the program this

year. Thank you for contributing to the success of our Head Start program!

Happy Spring!

Lori Canfield
SEVCA Windsor County
Head Start
Director



Important Dates to Remember:

March 1, 2024~ P/T Conference #3 will be held. Centers and Child Care are CLOSED.

March 8, 2024~ Early Release/Ed Meeting. Child Care OPEN.

March 15, 2024 ~ Annual Self-Assessment.

March 19, 2024 ~ Cook's Meeting

March 20, 2024 ~ Policy Council Meeting; 9:30 AM

March 22, 2024 ~ In-Service Training. Centers and Child Care are CLOSED.

In-kind: Windsor had the most In-Kind for January!



Nicely done!

The following children had **100%** attendance in January:

Chester Community Preschool:

CCP #1: None this month.

CCP #2: Gavin A.

Pine Street Preschool:

Daisy Room: None this month.

Willow Room: None this month.

The Children's Place: None this month.



GAVIN!

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Meagan

February came and we learned all about Friendship & Kindness! We explored ways to be a good friend and how we can be kind to those around us.

We tied our author study of Mo Willems into this month as well! We read many of his books and learned a lot from our friends Piggy, Gerald, Pigeon, Snake & Duck! They taught us about sharing, being kind, including our friends, and all the fun we can have with each other.

We learned the letters J & Q along with the number 1. We made our J into a jewel and a Q into a quilt! We cannot wait for families to come and see all the letters we have learned so far! Marble Painted friendship hearts, Heart Name Bugs, and Love monsters were just a few of the crafts we got to make.



We read so many books it is hard to name them all. Some of our favorites were; Can I Play, Too?, Don't let the Pigeon drive the bus & The Love Monster!

We were visited by Ms. Carrie King from the local library who read a few books and danced with us. We really enjoy our time with Ms. Carrie!

And, we got a visit from Miss Cody from VINS (Vermont Institute of Natural Science) and we learned all about Demolition! Ms. Cody brought 'Brenda the Beaver' who told us about demolition and brought over some blocks and items we could use as 'wrecking balls'. The kids had a blast building towers and knocking them down. We explored the different ways to build the towers and which ways were less stable! So much fun.

We are stepping into March feet first and exploring all things Fairytales and Nursery Rhymes!

CCP2

Ms. Randi, Ms. Andi and Ms. Michohn

This month in CCP 2 we've been learning all about friendship and kindness! We've talked a lot about how to be a good friend and a lot of emotions/ feelings around being kind to one another.

We did lots of fun projects, quiet critters, a kindness paper quilt, feeling sensory bottles. We learned about the letters F, I, and M.

On days when it was too yucky to get outside, we made a fun obstacle course inside, played with shaving cream and water colors.

Our tooth tutor came to visit and talked about healthy habits and we all took a turn brushing a stuffed dog's mouth with dentures.

Thank you to all of our families that attended our luncheon.

Next month we'll be diving into all things Dr. Seuss!!!

CHESTER COMMUNITY PRESCHOOL'S FAMILY PARTNER

March is here and in a few short weeks it will be spring! I am looking forward to the warmer weather; warmer weather means the snow will be melting and mud will be forming.

Please remember to continue sending your child with boots as we will be getting outside as much as we can!

SPRING FAMILY FUN CHECKLIST

- Have story time outside
- Blow bubbles
- Take a walk in the rain
- Play a game outside
- Make something with strawberries
- Plant something
- Fly a kite
- Go camping indoors...(or outdoors)
- Go on a hike
- Visit a new park
- Lie on your back and watch the clouds
- Make smoothies
- Eat outside
- Make something & share it with a friend

I want to thank all of you for your participation in Family Breakfast/Lunch. It is a wonderful opportunity to gather all together.

This month I will be reaching out to schedule our last home visit of the year. I appreciate all the time you each take to meet with me. I know how little time there is when you have busy families.

We are enrolling now for our 24/25 Program Year. If you or anyone you know are looking for preschool, please share our contact information.

Katie Murphy
Family Partner
802.460.0297
kmurphy@sevca.org

Pine Street Preschool

Daisy Room

Ms. Jen, Ms. Alyssa and Ms. Felicia

February has flown by but we are so excited to see what March has in store for us! This month our themes were

friendship and kindness and dental health.

We got a special visit from the tooth tutor who read us a few books and gave us a brushing chart with stickers to take home!

We also had another great visit from our friend Ms. Laurie from VINS. She taught the kids about animals in winter! The kids loved that they got to see and touch the fur of a red fox and an otter!



Ms. Laurie also set up some fun activities such as filling a bird feeder.

This month we did a lot of fun activities to learn about friendship and kindness such as making a friendship tree with our hand prints, making friendship buckets and patterning a friendship bracelet with beads.



The kids also got to play in some snow, which they love to do!

We gained a new friend this month in our classroom, the children are so excited to meet someone new!

For the month of March our theme will be the Ocean. We will learn all about the ocean and the things that live in it. We will also have another visit from the tooth tutor and VINS!

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Sadie

Hi friends! February was such a beautiful month for all of us. We learned about Friendship and Kindness. We've shown appreciation to our friends and teachers by sharing nice things about them at circle.

We learned how to sing the song "The More We Get Together" using sign language and everybody enjoyed it.

We also loved reading our books about friendship and kindness at the library.



We read stories like Being Helpful, The Lion and The Mouse, Wilson Sat Alone, How I Found a Friend, and Clifford's Manners.

We drew pictures of ourselves doing kindness to others as well. We also made a colorful Friendship Tree with our handprints on it. We've also learned that saying "Please, Thank You, and I'm sorry" is so important.

We also had a friendship celebration.



Each got a bag filled with cards and cool stuff. Everybody was so happy!

We've also learned fair ways to play, having fun with friends, and inviting friends to play.

Next month, our theme will be about Authors and Books.

PINE STREET PRESCHOOL'S FAMILY PARTNER

I hope everyone enjoyed their February Break!



As we are entering into March, we are getting closer to Spring. I will be hosting a Family Workshop about gardening in March or April. There will be more information and a survey about that coming out this month.

I will be starting our 2nd Home Visits towards the middle of March. I will be reaching out individually to set up a time for that meeting. I look forward to meeting with everyone.

In April we will be participating in the Week of the Young Child event as we do

every year. This is a great opportunity to get into the community and celebrate our young children! I will be sending home a flyer for this event once we have more information. Please contact me if you have any questions, comments, or concerns.

Thank you,
Lindsay DeCell
Family Partner

Northwood's Preschool

This center hasn't been able to open this year due to staff shortages.

Children's Place Preschool

Ms. Susan, Ms. Denise and Ms. Mimi

This month we fluttered into February and learned about birds! It has been so fun learning about all different kinds of birds, we learned about what birds migrate for the winter and what birds don't.



The children loved learning about all of the different species of birds, and the first one that we learned about was Duck also known as the Mallard, the kids even got to watch in real time an Eagle Cam! Did you know that in 2021 biologist in Vermont observed 44 Bald Eagles? Whenever we learned about a

new bird, we would also learn fun facts about that certain bird, followed by an activity!

It has been such a fun month with the kids, we opened our own Grocery Store in the classroom and it has been so much fun watching them purchase groceries.

We had VINS visit us, and Ms. Hannah had an exciting activity for them to do, which was building towers out of cork blocks and choosing which objects (bottle caps, marbles, cotton ball, wooden blocks, key rings) would make the tower fall. The joy on their faces when their towers knocked over was something to see!

Among the fascinating fun facts that we learned about various birds, we also learned that Chinese New Year was in February. Thanks to Ms. Rhi we made our own Mooncakes, read a book about Chinese New Year and we even had Chinese Dumplings for lunch. But the fun did not stop there, Ms. Rhi made a head of a Dragon and we played some Chinese New Year music and we danced to it! It was so much fun dancing, eating and making all of the traditional things that one does for that special Holiday.



As Chinese New Year came to an end, we also made fun crafts for Valentine's Day. Not only is that a day for love, it is also a day for friendships.

Looking forward to next month where we get to look into the world of Farming!

From the Desk of the Family Partner
for The Children's Place Preschool
and Northwoods Head Start

Jessica Parmenter



Hello Families!
I can't believe it's
March already and we
only have a few more
months together. I hope
you all had a wonderful

February break.

We are getting close to the end of the year, so if I haven't scheduled a home visit with you already, I will be doing so soon.

Tax season is also officially here! If you need assistance filing your taxes you can get help through SEVCA VITA (this is a FREE program for Windsor County Residents!)

Find more information at:
<https://sevca.org/tax-services>

Just a reminder, we have parent-teacher conferences on the first of this month so centers will be closed.

Friday, March 8th will be Early Release and we will be closed on Friday, March 22nd for In-Service training.

If anything comes up for you or your family before our home visits, let me know and we can schedule a time to meet!

Jessica Parmenter
Family Partner
802-674-8008
jparmenter@sevca.org

News from the
Practiced-based Coach/Child Development Services Specialist

Susan Brown

I simply love going to visit other centers and learn facts and explore classrooms. My favorite part is sharing activities that I have done in my past.

This month was sharing one of my favorites, exploring the vents of our earth, volcanos.

We started with exploring gas and steam. In a clear container, the kids saw exactly what gas and steam does. From there the question is "what happens if gas and steam doesn't have a way of escaping"? This was proven with a container and Alka-Seltzer tablet with a lid! With everyone far away, we watched as the tablet was put into a container with a lid. Yes, it did explode shooting the lid up.

We went back to our earth drawing and the question was "what would happen to the center of the earth if there was no way for the gas and steam to exit"? Here is where volcanoes come in...volcanos are the vent to our earth. Magma shoots out of the volcano with ash and lava (magma on the inside and once the magma leaves it's called lava) allowing our earth to be vented. The kids also had the opportunity to experiment with baking soda and vinegar to reenact their own reactions.

This is how children learn, by doing! With pipe cleaners, baking soda and vinegar, children experimented with reaction! They could see, smell, hear and touch, a fizzing reaction on their own. This continued with the opportunity to make an example of this process through paper. They used real ash or charcoal to duplicate an ash cloud.

I look forward, to more of these opportunities, to share with teachers and students.

News from the Education/Disabilities Services Manager

Jodi C. Farashahi

The classrooms have been enjoying some beautiful winter days outside! As a reminder, please make sure that your child has an extra set of clothes, and their winter gear (snowpants, coat, hat, mittens, snow boots) when they attend school!

Here are the child outcomes for the Winter Assessment:

Program Areas of Strength: Physical Gross Motor Development (jumping, kicking, balancing) and Physical Fine Motor Development (small muscles in hands)

Program Areas of Focus: Cognitive Development and Literacy Development

Children Transitioning to Kindergarten:

Areas of Strength: Social/Emotional Development and Physical Gross Motor Development (large muscles)

Children Transitioning to Kindergarten:

Areas of Focus: Literacy Development and Mathematics

Children with IEPs Areas of Strength:

Physical Gross Motor Development (large muscles) and Mathematics

Children with IEPs Areas of Focus:

Language Development and Cognitive Development

Teachers are now taking observations for the spring assessment period and planning activities to continue support their Individual Learning Plans.

March 10th is daylight savings. Remember to turn your clocks ahead 1 hour before you go to bed on the 9th.



Remember to change your Smoke Detector Batteries, too!



News from the Health and Nutrition Manager **Heather Frye**

Follow a Healthy Path in the Store

If you shop in a grocery store, focus your shopping on the store's outer aisles. These usually contain the healthiest foods — produce, dairy products, and fresh meat and fish.

Next, move to the inner aisles, where you'll find important items like canned and frozen fruits and vegetables, cereals, sauces, and baking supplies. But those inner aisles also contain more

expensive and less healthy prepared foods and snacks. By visiting the inner aisles later in your shopping trip, you reduce the chances that you'll overdo it on snacks and processed foods.

When possible, visit farmers' markets and produce stands in your area for the best that local growers have to offer. The recent growth in "farm-to-city" groups means that farmers bring their produce directly to you and that more produce stands are now open in local neighborhoods.

Food co-ops are another good source of healthy food because these member-run organizations tend to buy organic or pesticide-free produce, and work with local growers to provide the freshest food possible. Health food and specialty stores also can be worth the extra trip to find a wider variety of foods and brands.

Wherever you choose to shop, it pays to know the time of year that your favorite fruits and vegetables are in season. Buying in-season produce is often a bargain in taste and reduced price. But try not to buy more than you can use or store before it spoils.

A good way to teach your kids about seasonal produce is by visiting a farm, orchard, or berry patch where they can pick the fresh goodies themselves.

Black Bean Soup

Black beans are a great source of vegetarian protein. This easy soup can be served with a dollop of sour cream

and your favorite guacamole and tortilla chips. Use a food processor to create a thick texture.

This recipe was provided by Ramona Hamblin. Check out more of her recipes in her cookbook: [just cook here's how.](#)

Ingredients Serves 4

- 1 Tbsp. canola oil
- 1 small onion, chopped
- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- 2 15-oz. cans black beans, rinsed
- 3 cups water
- 1/2 cup prepared salsa
- 1/4 tsp. salt
- 1 Tbsp. lime juice
- Plain yogurt or sour cream, as a garnish

Instructions

1. Heat the oil and sauté the onion until translucent.
2. Add chili powder and cumin and cook for another 2 minutes.
3. Add beans water, salsa and salt and simmer for about 10 minutes.
4. Puree everything in a food processor
5. Serve warm with yogurt or sour cream.

If you would like to revisit this recipe on our website, please follow the link below.

<https://thefamilydinnerproject.org/bud-get-friendly/week-of-april-20-2020/view/monday>

NEWS FROM THE
FAMILY/COMMUNITY/MENTAL
HEALTH MANAGER

BARBARA VANDENBURGH

Temper Tantrums

Tantrums are built-in healing mechanisms that help children overcome stress. Toddlerhood (12-36 months) is the emergence of self. The child is exploring autonomy and control issues. At the same time the child is still completely dependent on adults for care. This struggle is both wonderful and stressful for the child.

Tantrums can result from a child dealing with pent-up feelings, being overtired or disappointed. Often many small stresses build until the need for a release is too great to ignore. This emotional explosion is called a **temper tantrum**.

Tantrums are important and beneficial for toddlers. A tantrum actually helps the child cope with the daily stress of childhood. Older children have language to express their needs and frustrations. Older children also have the ability to think of ways to get their needs met. The maturing years that follow toddlerhood help children gain emotional maturity and learn self-control. Adults can help prevent toddler temper tantrums by looking for ways to reduce frustrations. If fighting over a particular toy usually ends in a tantrum, that toy may be removed until the toddler can use it alone.

Shopping tantrums are the most public occurrences and are often most embarrassing for the parent. By shopping when the child is well rested, fed, and after having some play time, the frustration level can be reduced. This may decrease the need for a toddler to tantrum.

Other frustration reducers for toddlers include offering a variety of hands-on, self-directed activities. It is hard for adults to sit and listen for long periods of time. A toddler without all the maturity, stress coping skills, and social development of an adult, cannot sit and listen for longer than a few minutes. Adults can help toddlers learn non-tantruming ways to cope with stress and frustration by modeling. Adults can take a Calm Down Time when overwhelmed. Adults can talk about what is stressful. Adults can model healthy ways to work with stress, like exercise. When toddlers are in environments that have adults working well with stress, toddlers learn sound coping skills. When a toddler tantrums, ignore the behavior except to ensure safety. Giving the behavior attention or giving in to the demands of a tantruming toddler actually reinforces the frequency and severity of the tantrums. When the tantrum becomes destructive, build your assistance. Holding your hands out to protect your body would reinforce your words. Next, hold the child's hands without using one ounce of effort more than what is required to keep yourself safe. Finally, if the child has not stopped the

dangerous or destructive part of the behavior, turn the child away from you and hold her from behind. Talking to the child quietly and respectfully can reset the tone of the interaction. Building your physical prompts allows the child to regain control of their behavior before you have to do it for them.

After a temper tantrum, it is helpful to talk about the incident in a respectful and supportive tone. A kiss and a hug let the child know that you understand how difficult it can be to cope with stress. It is important for children to be allowed to cry. Children need to be able to cry without being punished, distracted or ridiculed. Tears help children deal with pain and frustration.

Learning to work with frustration is a lifelong lesson. Toddlers are just starting to recognize the source of the stresses. It will take some time before they are ready to successfully resolve frustration in a socially acceptable manner.

Interesting Note: A child who has been allowed to cry loudly and freely, will be less prone to violent or destructive behavior.

Information provided by Noyes, S., 2024, 2/7, Routines, Rituals and Tantrums, Empowering Programs.

Birthday News for March



Chester Community Preschool

CCP1- Brecken M. 3/18

CCP2- Harper W. 3/16, Frederick (Fritz) W. 3/23 and Rhett M. 3/26

Pine Street Preschool

Daisy- James B. 3/27 and Lumyn T. 3/19

Willow- None

Northwoods Preschool

Not currently open.

The Children's Place

Ezekiel M. 3/12

Staff

Windsor Teacher Associate-Denise K.
3/6

Windsor/WRJ Family Partner - Jessica P.
3/26



Get Ready to File Your 2023 Taxes

VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA)

January 29, 2024 – April 15, 2024

VITA offers free tax help to:

- People who make under \$64,000 (adjusted gross income)
- Persons with disabilities
- Limited English-speaking taxpayers

In person tax preparation is back! We will be preparing taxes in person, by appointment at the following locations:

- SEVCA Main Office – 91 Buck Drive, Westminster, VT
- Winston Prouty Campus, Holton Hall, 130 Austine Dr, Brattleboro, VT
- Windsor Resource Center – 1 Railroad Avenue, Windsor, VT
- Springfield Town Library – 43 Main Street, Springfield, VT
- Ludlow Community Center – 37 Main Street, Ludlow, VT
- Pending Locations in White River Junction, Wilmington, and Townshend

To make an appointment, call or text 802-428-3032, or email estrasser@sevca.org

If you would like to use our drop off service, please note that in person returns will have priority, and dropped off packets will be completed in the order they are received. Packets can be picked up or dropped off at the following locations beginning January 29, 2024:

- SEVCA Main Office – Monday-Friday, 8:30-4:00
- Windsor Resource Center – Monday-Friday, 9:00-12:30 and 2:00-4:00
- Call or text 802-428-3032 or email estrasser@sevca.org for other drop-off locations.

If you need a packet mailed to you, call or text 802-428-3032, or email estrasser@sevca.org

To mail a packet to us: SEVCA, Attn: VITA Program, 91 Buck Drive, Westminster, VT 05158

Monday

Tuesday

Wednesday

Thursday

Friday



This institution is an equal opportunity provider.

WGR=Whole Grain Rich

1

CLOSED

4
Breakfast
Cold Cereal
Blueberries
1% unflavored milk
Lunch
Tuna on WGR
Carrot Sticks
Apple Slices
1% unflavored milk
Snack
WGR Goldfish
1% unflavored milk

5
Breakfast
Spiced Oatmeal
Mighty Mangos
1% unflavored milk
Lunch
Pizza Burger on WGR Bread
Go for It Green Beans
Peaches
1% unflavored milk
Snack
Banana
Hard Boiled Egg

6
Breakfast
WGR Bagel with peanut butter
Strawberries
1% unflavored milk
Lunch
WGR Spaghetti and Meat Sauce
Broccoli
Mixed Fruit
1% unflavored milk
Snack
Roasted Chickpeas
Cucumber Slices

7
Breakfast
Crunchy French Toast (WGR bread)
Applesauce
1% unflavored milk
Lunch
Tuscan Grilled Cheese
Cottage Cheese
Mixed Vegetables
Pears
1% unflavored milk
Snack
Cantaloupe
1% unflavored milk

8
Breakfast
WGR English Muffins with Peanut Butter
Mixed Berries
1% unflavored milk
Lunch
Homemade Chicken Nuggets
WGR Roll
Garden Party (tossed salad)
Watermelon
1% unflavored milk
Snack
Fresh Veggies & Creamy Dip
Honey Dew
EARLY RELEASE

11
Breakfast
Cold Cereal
Low Fat Yogurt
Mandarin Oranges
1% unflavored milk
Lunch
Ham It Up WGR Pita
Celery Sticks
Strawberries
1% unflavored milk
Snack
Cottage Cheese
Apple Slices

12
Breakfast
WGR Toast
Burst of Blueberries
1% unflavored milk
Lunch
Beef Taco Pie (beef, veggies, WGR tortilla)
Cantaloupe
1% unflavored milk
Snack
Snap Peas
Wheat Thins

13
Breakfast
Banana Bread Squares
Pears
1% unflavored milk
Lunch
Chic' Penne
Cheddar Cheese Chunks
Brussel Sprouts
Watermelon
1% unflavored milk
Snack
Veggiewiches (cucumber slices with ham and cheese in between)
1% unflavored milk

14
Breakfast
Breakfast WGR Wrap, with Peanut Butter, Bananas and Blueberries (make your own)
1% unflavored milk
Lunch
Turkey and Noodles
WGR Roll
Strawberry Spinach Salad
Mangos
1% unflavored milk
Snack
WGR Goldfish
Veggie Plate

15
Breakfast
WGR Pancakes
Applesauce
1% unflavored milk
Lunch
Egg Salad on WGR Crackers
Broccoli
Honey Dew
1% unflavored milk
Snack
Tootie Fruitie Salad
Rice Cakes

18
Breakfast
Cold Cereal
Burst of Blueberries
1% unflavored milk
Lunch
Peanut Butter & Jelly on WGR
Cheddar Cheese
Carrot Sticks
Perfect Pineapple
1% unflavored milk
Snack
WGR Crackers
1% unflavored milk

19
Breakfast
WGR Bagel
Applesauce
1% unflavored milk
Lunch
Chicken Alfredo with a Twist
Green Beans
Cantaloupe
1% unflavored milk
Snack
Graham Cracker
Yogurt

20
Breakfast
Breakfast Burrito with Salsa
Honey Dew
1% unflavored milk
Lunch
Beef Vegetable Soup
Cottage Cheese
Baking Powder Biscuit
Mixed Berries
1% unflavored milk
Snack
Red Grapes Halves
1% unflavored milk

21
Breakfast
WGR Toast with Peanut Butter
Apples
1% unflavored milk
Lunch
Chicken Fajitas on WGR tortilla
Strawberries
1% unflavored milk
Snack
Sam-I-Am Eggs (deviled eggs)
Pepper slices

22

CLOSED

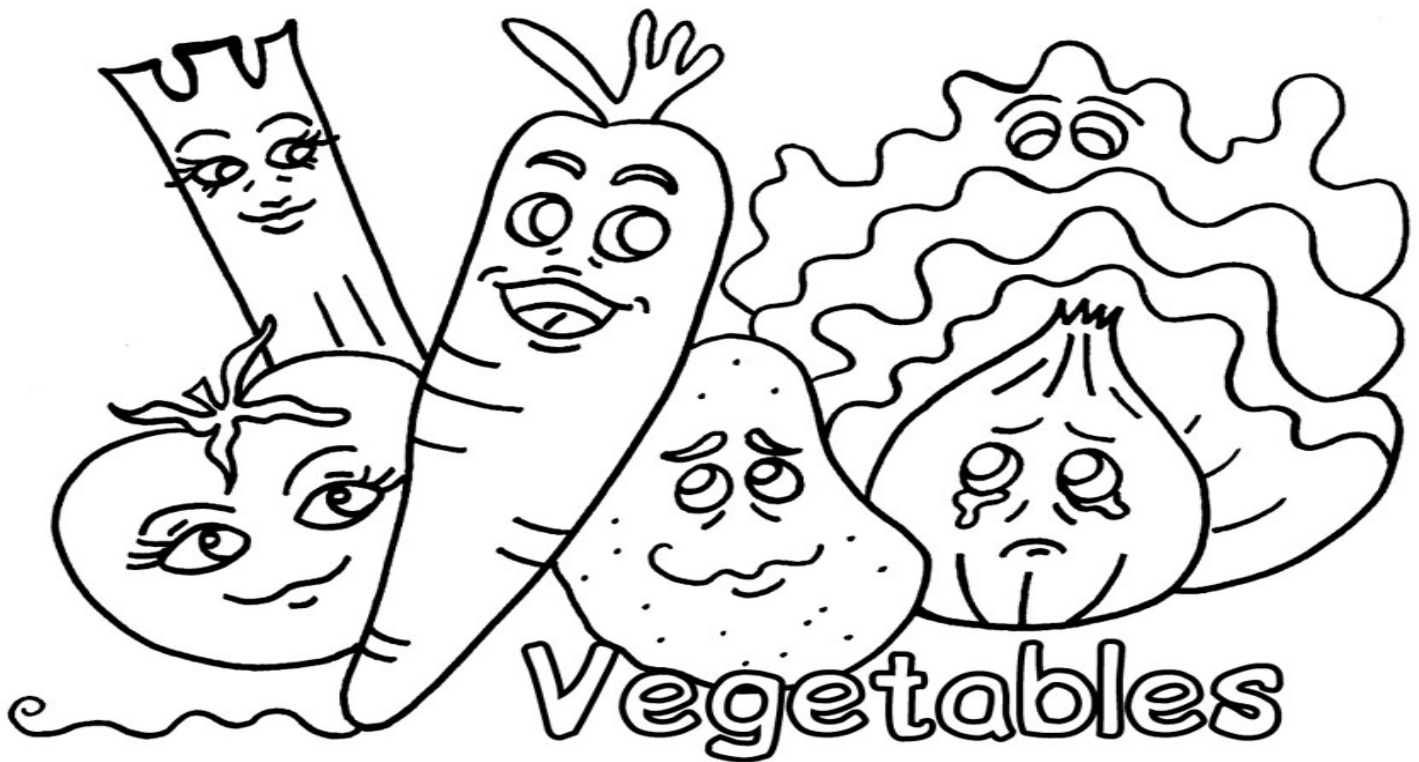
25
Breakfast
Cold Cereal
Cheddar Cheese Chunks
Applesauce
1% unflavored milk
Lunch
Chicken Salad Sandwich on WGR Bread
Snap Peas
Wonderful Watermelon
1% unflavored milk
Snack
Kale Chips
WGR Crackers

26
Breakfast
Mango Smoothie Bowl
1% unflavored milk
Lunch
Pizza with Ground Turkey
Cottage Cheese
Pizza Green Beans
Peaches
1% unflavored milk
Snack
Peanut Butter & Apple Wraps
1% unflavored milk

27
Breakfast
Scrambled Eggs
Blueberries
1% unflavored milk
Lunch
Sloppy Joes on WGR Roll
Bananas
1% unflavored milk
Snack
WGR Goldfish
Pepper Slices

28
Breakfast
Oatmeal
Mixed Fruit
1% unflavored milk
Lunch
Macaroni and Cheese
Ham Chunks
Cauliflower
Cantaloupe
1% unflavored milk
Snack
Bagel with Peanut Butter
1% unflavored milk

29
Breakfast
WGR English Muffins
Pears
1% unflavored milk
Lunch
Egg Salad
WGR Wheat Thins
Carrots
Strawberries
1% unflavored milk
Snack
Celery Sticks
Oranges



- Vegetables contain vitamins and minerals that help your child grow and stay healthy.
- It is common for children to dislike or refuse some vegetables. Encourage them to try vegetables and eat them yourself.
- Vegetables may be fresh, frozen, or canned. Choose canned vegetables labeled as “reduced sodium” or “no-salt-added”.

Roasted Roots Recipe

Ingredients

- 1/3 cup raw carrot, diced
- 1/2 cup raw parsnip, diced
- 1 ¼ cups raw sweet potato, diced
- 1/2 cup raw turnip, diced
- 1/2 cup raw rutabaga, diced
- 5 teaspoons olive or vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions

- Preheat oven to 400 °F
- Cut vegetables into ½ inch pieces
- Toss with olive and season with salt and pepper
- Spread single layer on a sheet pan and bake for 45 minutes, stirring every 15 minutes, until roasted and soft
- May be served hot or cold (tastes sweeter when it is roasted then refrigerated)
- Serve ½ cup per serving

WIC APPROVED ACTIVITY

Today your child learned about vegetables and colored this picture for you to post on your refrigerator.

To get credit for this WIC Approved Activity, call your WIC Office at **289-0600/295-8820** and let us know