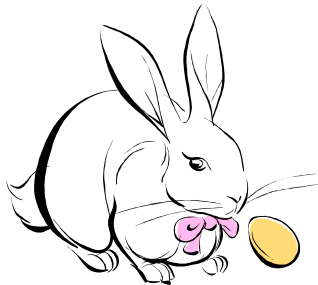


Welcome

*Fowsiya Yuussaf
Rachel Gladue*

to the
**SENDCAA
Food Program**



The SENDCAA office will be closed April 2

SENDCAA Child / Adult Care Food Program with offices and staff nearby to serve you:

Fargo

cacfp@sendcaa.org
1-800-726-7960 or 232-2452

Mayville

caction@polarcomm.com
788-2597

Wahpeton

dianaf@702com.net
642-3497

Our web site:

http://
foodprogram.sendcaa.org

Active Living

Why encourage everyone to keep moving?

Being physically active promotes physical, social, and emotional health.

Regular physical activity:

- Helps improve body weight
- Increases physical fitness
- Lowers the risk of overweight and obesity, type 2 diabetes, heart disease and hypertension, osteoporosis, and some cancers
- Builds muscle strength and stamina
- Builds, and maintains healthy bones, muscles, and joints
- Promotes fun with friends and family
- Reduces feelings of stress
- Helps you sleep better
- Helps you feel good about yourself

Child's Play

Children are designed to move! Most kids like to climb, crawl, run, jump, swing, tumble, twist stretch, and peddle. In fact, active play is the "work" of childhood.

Active play can promote:

- Cooperation and sharing
- Curiosity and creativity
- Confidence and independence
- Learning

Active play can develop body skills:

- Strength, flexibility, and endurance
- Coordination
- Body awareness

Active play promotes:

- Stress relief and good sleep
- Healthy weight
- Lifelong health

How much physical activity is enough?

- Children need at least 60 minutes of physical activity on most, preferably all, days of the week
- Adults need at least 30 minutes of moderate-intensity physical activity on most days of the week

Active play is fun for children and for you! When you move more, children will, too!



Things to remember.....

- If you are using Minute Menu, please make a copy of each child enrollment and keep in your file. **Remember** if you are entering a new child into Minute Menu, print the enrollment sheet, have the parent sign it, and send immediately to the our office to be activated. Reimbursement **will not** be made if an enrollment isn't in the SENDCAA office.

Workshops "Just for You"

Sign Language for Infants/Children
Thursday, April 29, 2010
6-7:30 PM
Fargo—SENDCAA Conference Room

At this workshop you will:

- Learn basic sign language skills
- Learn that infants who use sign language may have a higher IQ and speak words earlier
- Receive a basic sign language hand out

Presented by Jackie Miller
1 1/2 hour credit

To register call:
SENDCAA at 232-2452 ext. 132, 800-726-7960
or e-mail jennyn@sendcaa.org

April Fool's Day Grilled Cheese

A sweet surprise for April Fool's Day

Pound Cake
White frosting
Yellow and red food coloring

Cut the pound cake into bread-like slices and toast in a toaster oven or broiler just until golden brown. Cool the cake for a few minutes, stack two slices for each sandwich and cut the stack in half diagonally (slicing the sandwich before you fill it makes for fewer crumbs).

Tint the frosting by stirring in a few drops of yellow and red food coloring (more yellow than red) to get a shade of orange that resembles cheese.

Carefully spread frosting between the slices of each half sandwich. If you mound the frosting on one slice, then top it with the other and gently press down, the frosting will ooze out a bit and look like melted cheese. Credit as bread/grain at snack.

Menu idea: Cake (grilled cheese)
Milk

Grow a Grassapillar

Celebrate the arrival of spring by bringing this fuzzy critter to life

Begin by mixing 3/4 cup of potting soil and 2 tablespoons of grass seed in a bowl. Add water to moisten the mixture, then set it aside.

Cut away a three-cup section of an egg carton, then trim the section along the longer edges so that your grassapillar will look the same from both sides. With a permanent marker, draw a face on one end as shown. Have the children gently spoon the seed mixture into the cups.

Set your creation on a dish in a brightly lit spot and keep the soil moist. The grass should sprout in about a week.

