

Welcome

*Kelly Sprung
 Emily Christensen
 Carol Andvik*

to the
**SENDCAA
 Food Program**

**The SENDCAA office
 will be closed
 May 31**



**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

How to Get Moving....

Active living helps you enjoy life!

Moving more boosts energy and promotes sound sleep. And it's a lifelong way for you and the children to stay healthy and keep a healthy weight. In fact, active living lowers the chances of obesity, diabetes, and heart disease—for you and the children.

How to raise an active child?

Get moving yourself! Children often copy the lifestyle that you choose. If you do active things, chances are children will, too. Adults set the tone for active living.

Fit activity into your life. You don't need to spend extra money, or even get involved in sports. You can all be active, just by doing everyday things.

Do more than watch. Play! Let yourself feel young enough to play, especially with children. Playing is okay at any age! If you forgot how, the children can show you. Your involvement and enthusiasm support the child's play.

Set limits on TV and computer time—That leaves more time for active play.



We Can Move More!

Try these everyday ways to get moving!

- Walk to the playground, store, or a friend's home
- Use stairs when you can
- Sweep the sidewalk
- Wash the car—or the dog
- Put away toys
- Wash, sweep, or vacuum floors
- Dust or polish furniture
- Pick flowers or vegetables
- Dig weeds
- Rake leaves
- Play Frisbee
- Help a neighbor

Physical Activity Guideline:

- **Children**—60 minutes most days of the week.
- **Adults**—30 minutes most days of the week.

Nibbles For Health

Things to remember.....

- The re-enrollment process for all children will start **June 1**. Providers with last names starting with **A-F** will receive a letter from our office around June 1. Please do not re-enroll children in your care until you receive the letter with specific details.
- Summer is almost here! Please let us know if you will be taking days off. You can e-mail your nutrition educator or call the office.

Workshops "Just for You"

Fruit & Vegetable of the Month Club
Wednesday, June 23, 2010
6-7:30
Fargo—SENDCAA Conference Room

At this workshop you will:

- Try 12 different fruits and vegetables and learn how to incorporate new foods in your menus
- Learn fun activities to teach the importance of eating fruits and vegetables
- Receive "The Two Bite Club" book

1 1/2 hour credit

Presented by Denise Lakeman and Sharla Olson

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

Egg in a Hole

*Instead of serving your egg on toast, try serving it in toast.
This simple egg sandwich can be enjoyed anytime of day!*

- 1 Egg
- 1 Slice of bread
- 1 T butter

Crack the egg into a bowl and set aside. Use a 3 inch cookie cutter (circle, heart, star, or flower) to cut a shape out of the piece of bread. Melt the butter in the frying pan on medium heat. Place the bread in the pan, as the bread fries, carefully pour the egg into the cut-out hole in the middle of the bread. When the egg is just set, about 2 minutes, turn the bread. Cook the other side for another 2 minutes and serve. Serves 1.

Credit as meat and grain at lunch.

FamilyFun.com

Menu idea: Egg in a Hole
Oranges
Sugar Snap Peas
Milk



Handprint for Dad!

Make a wall hanging or home made card with a hand print on it!

- Paper plate, cardstock, or plain paper
- Paint
- Paint brush
- Glitter

Paint the palm of the child's hand and press it onto the paper. You can sprinkle glitter on the wet paint to add more sparkle.

Include the following poem on the back of the paper:

Children have a certain way
of growing bigger everyday,
but these little hands
and a smile
will stay in our
hearts a long, long while



Note:

- You can include a photo of each child along with the handprint and poem.
- Glue can be used instead of paint.

dltk.com