

The Edible Editorial

October 2022

Eight Tips for Encouraging Healthy Eating Habits

- 1 - Model good eating.
- 2 - Remove unhealthy foods from your home.
- 3 - Plant a garden.
- 4 - Let children help you cook.
- 5 - Stick to water.
- 6 - Don't push too hard, just offer healthy choices and options.
- 7 - Limit screen time.
- 8 - Get up and play with the children.



Featured Provider



Jayetti Champati, provider, and the garden she and her daycare children grew this year. Thank you Jayetti for your newsletter submission.

Reminder, submissions for our newsletter are always welcome - submit them to dongow@midmichigancc.com

With Sympathy...

- Vanessa Kilgore, Oakland County provider's father in law passed away.
 - Karen Robbins, Bay County provider's mother passed away.
 - Amy Prater, Saginaw county provider's step father passed away.

Congratulations...

- Tisha Sides, Otsego County provider got married on 7/13/22.



The Edible Editorial is a monthly publication for child care professionals sponsored by Mid Michigan Child Care Centers, Inc. (a Child Care Food Program Sponsor) established in 1981.

Suggestions, Comments or Ideas for future editions of The Edible Editorial?

Please email Allison at allison@midmichigancc.com

STAYING CONNECTED

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Sally - Consultant - 989-236-0481

Shannon - Consultant - 989-293-2227

Should you need supplies mailed, simply leave a detailed voice mail on Ext 220 and they will be sent out within one business day.

Reminder most of our forms are available for download and printing on our web page at www.midmichigancc.com

Please note - Helen and Jami have not been with our company for some time now -

REMINDER.....

- All claims are due in the office no later than the 5th of every month.
- Email or call our office each and every time you are out of your home during a meal or closed for the day. Reviews are being conducted and you will be docked payment for meals or found Serious Deficient for lack of doing so.
 - Meet Up & Eat Up meals can not be claimed on the Food Program.
- Children must be in the home and present for meals to be claimed, packed lunches from home or being sent with child elsewhere, do not count.



Recommend a
Provider receive a
special prize.

We cover the entire
state of Michigan.

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Connected*



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Milk



LEARN IT

We all know the saying “Milk, it does a body good,” but do you ever wonder exactly what it does for your body? Milk actually provides NINE essential nutrients in one 8 oz serving: protein, calcium, riboflavin, phosphorous, vitamin D, vitamin B, potassium, vitamin A and niacin. Together these nutrients help build strong bones and teeth, promote good vision and healthy skin, and provides many other health benefits. Dairy milk far surpasses the nutrient content compared to milk alternatives like almond milk that only provides four nutrients.

CRAFT IT

The children will be able to practice their fine motor skills and have fun as they make their own dairy cow with a paper plate. You will need the following items: white paper plate, white and pink construction paper, black paint, and googly eyes.

Ask the children to paint black spots on their paper plate. Then they will glue on the googly eyes for the cow. Assist them in cutting out a large oval for the cow’s pink nose and two small ovals for the cow’s white ears. On the pink oval, use a black sharpie to add two small black circles for the cow’s nostrils and add a smile. They will glue the nose and ears on and now they have a dairy cow!



PLAY IT

Milk Jug Catch - Using your repurposed milk jug catcher and very soft balls, children can play catch by themselves or with a partner. How many balls can they catch in a row? If they’re working in partners, how far away from each other can they be and still catch the balls?

READ IT

These books are perfect to read during circle time!

No Milk! by Jennifer A. Ericsson
A boy tries to get a cow to produce milk in a variety of ways.

The Milk Makers by Gail Gibbons
Find out where milk comes from and the process it goes through to get to our homes.

EAT IT

Create your own Fruit Smoothie:

- 3 cups milk
- 3 cups frozen fruit – any kind

Combine fruit and milk in blender. Blend until smooth. Let the kids help you imagine the fruit combination possibilities!

REPURPOSE IT

Crafts with a milk jug! For all milk jug crafts, rinse jug thoroughly and allow to dry. Adults need to cut the milk jugs for children as there will be sharp edges. Use masking tape to tape over any sharp edges.

Bird Feeder - Cut windows out of each side of the milk jug. Under each window, make a hole big enough for a small dowel rod to fit through. Work with the children to glue a dowel rod in each hole as a perch for the birds. The dowel rods should be long enough to go through the hole on one side and come out on the other side of the milk jug, passing through the center. Now they can decorate the jug with any craft supplies and their imaginations. Place bird seed in the bottom of the jug up to the windows. Using the milk jug handle and string, hang the bird feeders outside near a window so the children can enjoy watching the birds.

Planter - Cut the top off of the milk jug and make small holes in the bottom of the jug for drainage. Let the children decorate as desired. The children will add small rocks to help drainage and then plant their plant in potting soil. Try beans or grass for easy growing plants.

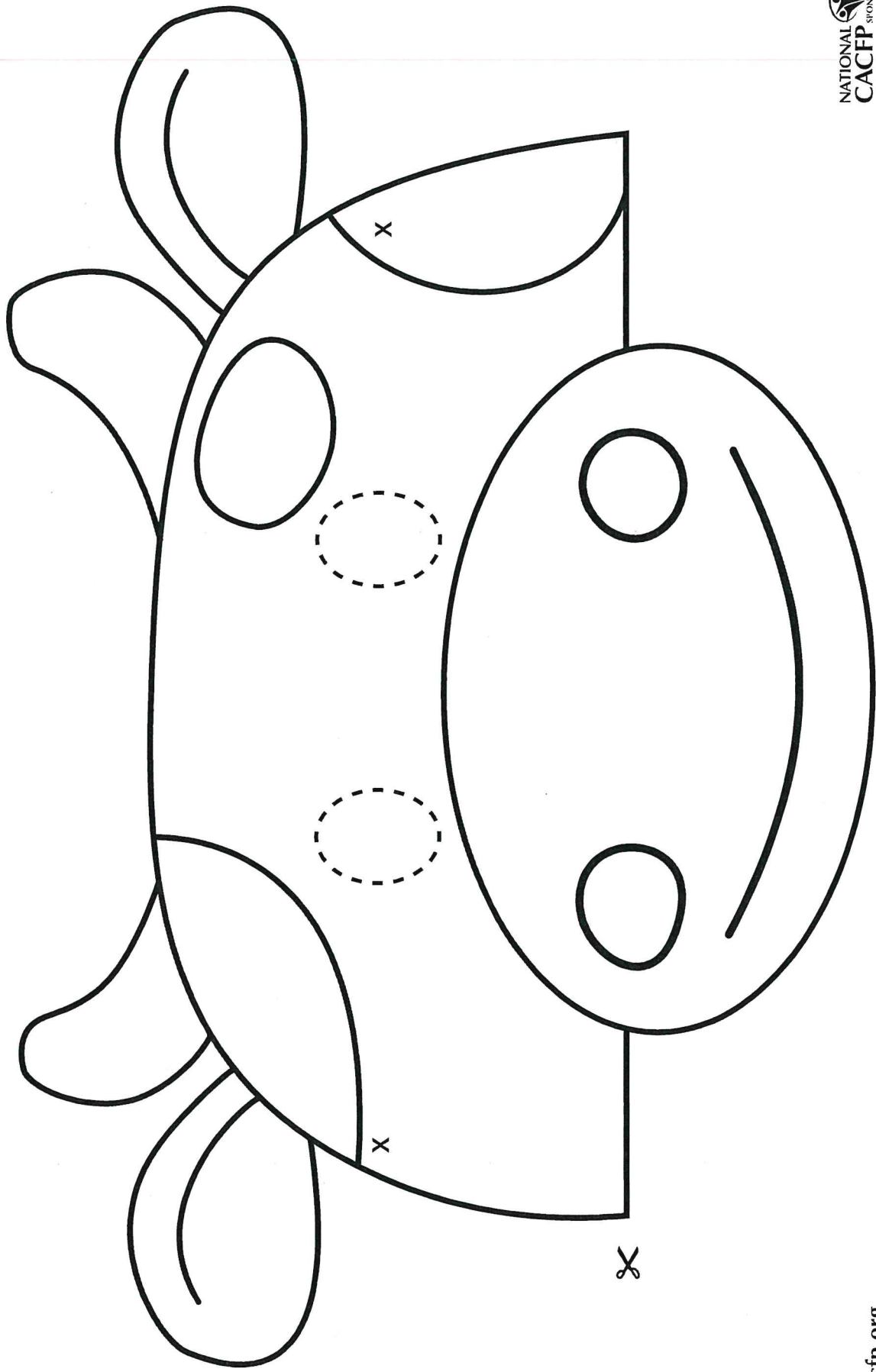
Catcher - Cut off 1-2” from the bottom of the milk jug. The children can decorate using tape, tissue paper, glue, markers, paint, etc. When they are ready to catch, they will turn the jug upside down and hold by the handle.

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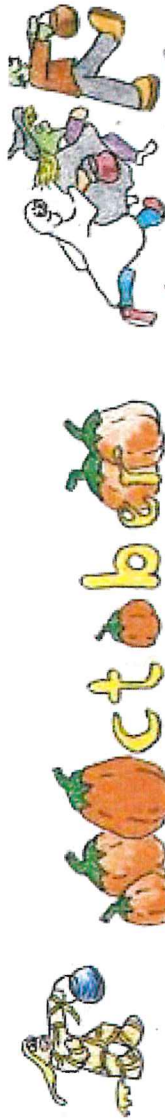
Milk

COW MASK. Let children color the mask below. Once they are done, carefully cut it out and make holes at the X's. Use string to tie around each child's head.



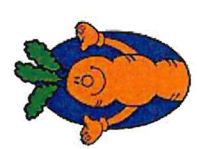


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ACTIVITY CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|--|
| <p>1 Practice a family fire drill we did it!</p> | <p>2 October is FIRE PREVENTION MONTH. Check with your local fire department for SAFETY TIPS.</p> | <p>3 Tell someone why you're nice they are special.</p> | <p>4 make sets of five with different coins.</p> | <p>5 READ a book about FIRE SAFETY.</p> | <p>6 Take a walk, name shapes.</p> | <p>7 Take some leaves and jump in.</p> |
| <p>8 Collect leaves and sort little and BIG.</p> | <p>9 visit the LIBRARY I love books.</p> | <p>10 make a delicious fruit salad.</p> | <p>11 draw a picture of each other.</p> | <p>12 peel an orange, count the pieces.</p> | <p>13 practice writing your NAME.</p> | <p>14 Take some leaves and jump in.</p> |
| <p>15 play dress up with old clothes.</p> | <p>16 talk about TALL and short.</p> | <p>17 follow directions, make oatmeal cookies.</p> | <p>18 jump up high 5 times.</p> | <p>19 what will you be when you grow up?</p> | <p>20 chop, tear and cut veggies into a fresh salad.</p> | <p>21 HELP mom and dad fold clothes.</p> |
| <p>22 SQUEEZE fresh orange juice.</p> | <p>23 CAKE a FAMILY pumpkin.</p> | <p>24 make fresh squeezed orange juice.</p> | <p>25 use paint and vegetables to make prints.</p> | <p>26 search down low and stretch up high.</p> | <p>27 create a sculpture with sticks, toothpicks and glue.</p> | <p>28 make up a story about pumpkins, draw pictures.</p> |
| <p>29 practice zipping.</p> | <p>30 sing a spooky song!</p> | <p>31 HALLOWEEN!</p> | <p>32</p> | <p>33</p> | <p>34</p> | <p>35</p> |



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