

The Edible Editorial

June 2024

Summer Safety Tips

Adapted from seattlechidlrens.org

Fun in the Sun

- Protect your child from too much sun. The sun's rays are strongest between 10 a.m. and 4 p.m., so be extra careful during that time.
- Whenever your child is outside, use sunscreen with a sun protection factor (SPF) of at least 15. Choose one that protects against UVA and UVB rays.
- Apply sunscreen 30 minutes before going outside. Reapply every 2 hours and after being in the water or sweating.
- Keep children under 1 year out of the sun as much as you can. Dress your baby in lightweight, light-colored clothing with long sleeves and long pants. Always cover their head. Children under 6 months of age can have small amounts of sunscreen put on their faces and the backs of their hands, but be careful not to get it in their eyes or mouth.
- Most of the sun's burning rays go right through clouds, so use sunscreen even on cloudy days.
- Select sunglasses for babies and children that provide 100% UV protection.
- When it is 90 degrees or above and humid, children should not play outside or exercise for more than 30 minutes at a time.
- Make sure your children drink plenty of fluids even if they are not thirsty. Water is best.
- Take breaks to cool off in the shade.

Riding Safety

When your child is ready to roll, make sure they:

- Always wear a helmet when riding a bike, scooter, skateboard, or roller blading.
- Wear knee and elbow pads for scooter riding, and

wrist guards for roller blading or skateboarding.

- Ride a bike that fits them.

For Family Bike Rides

- Children under 1 shouldn't ride as passengers on adult bikes.
- Children ages 1 to 4 (or less than 40 pounds) should ride belted and wearing a helmet. They ride best in a carrier seat mounted on the bike or in a bike trailer.
- Children follow your lead, so always wear a helmet when you ride!

Playgrounds

- Watch children while they play at the playground.
- Keep children away from the front and back of swings while in use.
- Make sure metal slides are cool to prevent burns.
- Check play equipment for exposed bolt heads, sharp edges and places where fingers can get pinched. Cover these with rubber.
- Place new play equipment over wood chips, sand or another soft surface.
- Avoid riding double on swings and slides.
- Teach children to take turns and not push or roughhouse on play structures.



CACFP Training

ELIGIBLE CHILDREN:

The child(ren) needing child care services must be one of the following:

- Under the age of 13 at application or redetermination.
- Age 13, but under the age 18 when one of the following apply:
 - Requires constant care due to a physical /mental/psychological condition.
 - Supervision has been order by the court.
- Age 18 and requires constant care due to a physical/mental/psychological condition or a court order, and is all of the following:
 - A full-time high school student.
 - Reasonably expected to complete high school before reaching age 19.

To claim a child over 13 years of age, a copy of the court order OR a statement by the child's Doctor or Physician stating they need care after the age of 13 must be submitted to our office.

As of May 1, 2024 we will no longer be able to pay for any child as of the day they turn 13 years, unless we receive the proper documentation (listed above). If we receive the proper documentation we will be able to continue to reimburse for child(ren)'s meals up until the child turns 19 years old.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
 2. **fax:** (833) 256-1665 or (202) 690-7442; or
- email:** program.intake@usda.gov

This institution is an equal opportunity provider.

Chicken Alfredo with a Twist—Center Based Recipe

CACFP Crediting Information: 1 cup (8 oz.) provides 2 1/4 oz. equivalent meat/meat alternate and 1 1/4 oz. whole grain.

Serves: 50

Ingredients:

- 6 gallons water
- 4 lbs. Rotini pasta, whole-grain, dry
- 9 lbs. 6 oz. Low-fat, reduced-sodium cream of chicken soup, condensed
- 3 qt. Fat-free half and half
- 2 tsp. ground white pepper
- 1 tsp. garlic powder
- 1 lb. 1 oz. Parmesan cheese, grated









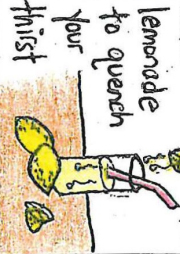



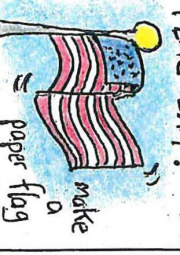
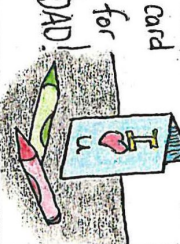
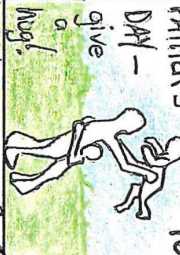
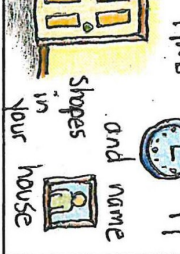

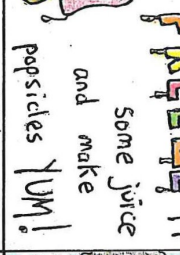

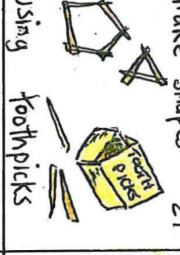
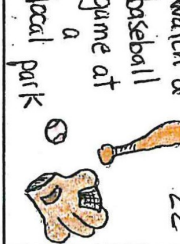
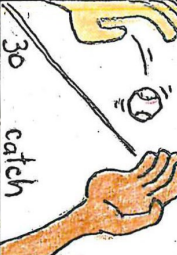

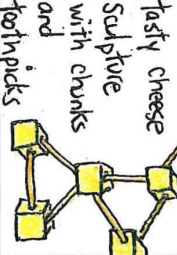


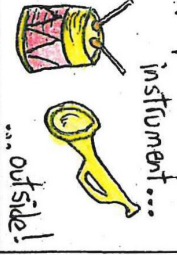

Directions:

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. Do not overcook. Drain well.
3. Pour into two steam table pans (12"x 20"x 4"). Hold pasta at 135 degrees F or higher.
4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5 to 10 minutes, stirring often. Heat to 165 degrees F for at least 15 seconds.
5. Combine noodles and sauce immediately before serving.
6. Critical control hold point: Hold for hot serve at 135 degrees F or higher.
7. Portion with 1 cup measuring spoon.



JUNE

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sing together! 2</p> 	<p>eat your favorite fruit for a snack 3</p> 	<p>write some letters that you know 4</p> <p>B A C</p> 	<p>VISIT THE LIBRARY 5</p> 	<p>imitate bird sounds 6</p> <p>tweet quack</p> 	<p>match socks... 7</p> <p>count the pairs</p> 	<p>name things that are TALL and SHORT 8</p> 
<p>make popcorn 9</p> <p>Count and EAT!</p> 	<p>make lemonade to quench your thirst 10</p> 	<p>make puppets from old socks or paper bags 11</p> 	<p>look in a newspaper for animal pictures 12</p> 	<p>play the follow the leader 13</p> 	<p>FLAG DAY! 14</p> <p>make a paper flag</p> 	<p>make a card for DAD! 15</p> 
<p>FATHER'S DAY - give a hug! 16</p> 	<p>FIND 17</p> <p>and name shapes in your house</p> 	<p>move to some music 18</p> 	<p>FREEZE 19</p> <p>Some juice and make popsicles YUM!</p> 	<p>make a FIRST day of SUMMER 20</p> 	<p>make shapes using toothpicks 21</p> 	<p>watch a baseball game at a local park 22</p> 
<p>play 23</p> <p>catch 30</p> 	<p>help pull weeds from your yard 24</p> 	<p>build a tasty cheese sculpture with chunks and toothpicks 25</p> 	<p>go outside - collect green things in a bag 26</p> 	<p>make a BLANKET tent 27</p> 	<p>play an instrument... outside! 28</p> 	<p>take a walk and count bikes 29</p> 

Vegetables

LEARN IT

Vegetables are a key component in a healthy diet and help our bodies grow big and strong. They can be eaten in a variety of ways—fresh, canned, frozen, baked, sautéed, or roasted. They are an important part of a healthy diet and provide our bodies with vitamins and minerals such as potassium, folic acid, Vitamin A, Vitamin C, and dietary fiber.

SENSE IT

Plant plastic and/or paper vegetables in your sensory box using dried beans as the soil. The children will have fun tending this garden and harvesting the vegetables. Using spoons or plastic shovels, can they dig out the vegetables? When they have all the vegetables, can they sort them by colors? Now replant the vegetables for more fun!

CRAFT IT

Hand and Foot Carrot Dip each child's foot in orange paint and "stamp" the foot onto heavy white card stock. Next, dip each child's hand in green paint and "stamp" the hand onto a second sheet of heavy white card stock. When the paint dries, allow the children to cut around their foot and hand. On a third sheet of paper, have the children glue their orange foot on the bottom and green hand at the top creating a foot carrot with a hand stem. This will be a cute craft parents will love to keep!



PLAY IT

Vegetable, Vegetable Soup This fun game is played like Duck, Duck Goose. Ask the children to sit in a circle, with one child being chosen as the vegetable leader. As the child goes around the circle, they will name different vegetables you have learned together. They will select one child and instead of saying a vegetable, they will say SOUP! That child will get up and try to get back in their spot before the vegetable leader. If they do not, they will become the vegetable leader.

EAT IT

Roasted Carrots and Green Beans

1 lb Carrots
1 lb Green Beans
1 tbsp Olive Oil
Garlic (optional)
Salt and Pepper (optional)
Balsamic Vinegar (optional)

Peel and trim carrots and green beans. Toss with olive oil. Season with salt, pepper, and garlic to taste if desired. Roast for 25 – 30 minutes on a roasting pan in a 400 degree oven. For extra flavor, drizzle with balsamic vinegar and roast for 3-5 more minutes.

Lunch/Supper Crediting: 8 Servings ages 3-5



REPLANT IT

Did you know you can grow vegetables from scraps? When children look at them, they might think the seeds and trimmings of vegetables need to go in the trash, but we can show them how to grow a vegetable from a scrap. Celery, carrots, and lettuce can be regrown by placing the leaves or tops in a dish of shallow water. Place the dish in sunlight. After about a week, you will see roots and/or leaves. Once this happens, they are ready to transplant into the soil. For potatoes and sweet potatoes, cut chunks with an eye. Suspend with only one end slightly in the water by placing toothpicks in to the potato. Once potato chunks grow roots, they are ready to be transplanted. Tomatoes and peppers can be grown simply by saving the seeds and planting them. Children will love this science project and starting their own gardens.

READ IT

Try these books during your circle time to learn more about vegetables.

Oliver's Vegetables by Vivian French

The Vegetables We Eat by Gail Gibbons

I Will Never Not Eat A Tomato
by Lauren Child

Rah, Rah, Radishes!: A Vegetable Chant
by April Pulley Sayre

Monsters Don't Eat Broccoli
by Barbara Jean Hicks

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Name: _____

Pre-K/K

Problem solving

Let's go to the beach

Directions: Pack the beach bag by coloring only the items we bring to the beach in summer.

