

The Edible Editorial

Let's Move... Cold Weather Fun! *February 2023*

Cold weather offers great ways to have fun. Take time to play together - and move more. You'll all feel good! As an adult, you need to move for at least 30 minutes on most days. Your children need at least 60 minutes of moving on most days.

Get Moving INDOORS

- Act out a story. Read a book together; move to give it action. If it's a book about food, make it in the kitchen together.
- Create an obstacle course. Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
- Turn up the music and dance. Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug. You do it, too!
- Make bread, soft pretzels, or pizza. Knead, shape, and roll dough. It's good for arm muscles. Tip: buy frozen dough to keep it easy for you!
- Start planning your garden. Find a library book about kids and gardening. Look at seed catalogues. Plan for spring.

Get Moving OUTSIDE:

- Enjoy autumn leaves. Rake leaves in a pile. Enjoy the pleasure of jumping in it!
- Bundle up for snow play. Create angels. Make a "snow family" - with a pet. Go sledding. Climb a snow mountain. Make paths through the snow.
- Take a nature hike. Look for animal tracks in the snow, wild flowers and buds in early spring, or colorful fall leaves.
- Walk in the zoo! See how animals look with

their winter coats on. Talk about how they live in the cold weather. No zoo? Look for squirrels and birds in the park.

- Take a neighborhood walk. How does it look different in cold weather?
- Decorate an outdoor tree for the birds. Hang apples, pinecones rolled in peanut butter, or popcorn strings.

Play Safe Outdoors!

- Always stay with your child for safety's sake. You also have the fun of playing together!
- Protect your child's skin with sunscreen - even in cold weather.
- Check the safety and conditions of sleds and other play equipment.
- Bring water if you are outside longer than an hour. When you move a lot, you sweat - even in winter!

In cold weather

- Cover the children's head with a hat, maybe earmuffs. A lot of body heat gets lost through an uncovered head. A hood can interfere with moving and seeing.
- Dress your children in layers for warmth. Be sure that he or she can move easily for fun and safety.
- Remember mittens or gloves and boots!

Bean Tostada—USDA Recipe for Child Care Centers

CACFP Crediting Information (25 servings):

2 tostadas provide: 2 oz. Equivalent meat alternate, 1/2 cup vegetable, and 1 oz. equivalent grains.

Ingredients	Weight	Measure
Pinto beans, canned, low sodium, drained,	4 lb. 4 oz.	2 qt. 1 1/3 cups
* Onions, fresh, chopped	1 lb. 3 oz.	3 3/4 cups
* Green bell pepper, fresh, diced	8 oz.	1 1/2 cups
Chili powder		1 Tbsp.
Cumin, ground		2 1/4 tsp.
Paprika		3/4 tsp.
Onion powder		3/4 tsp.
Salt		1/2 tsp.
Garlic powder		2 1/4 tsp.
Black pepper, ground		1 tsp.
Water	7 oz.	2 cups
Tomato paste, canned, no-salt-added		3/4 cup
Cilantro, fresh, chopped	1 oz.	1 3/4 cups
* Lettuce, fresh, chopped	1 lb. 4 oz.	1 qt. 3 cups
* Tomatoes, fresh, chopped	11 oz.	1 1/2 cups
Cheddar cheese, reduced-fat, shredded	13 oz.	3 1/4 cups
Whole-grain yellow corn tostada shells	1 oz.	50 each



Instructions:

1. Pour beans, onions, peppers, and spices into a large food processor. 2. Pour water slowly in processor while bean mixture is pureeing on medium speed for 1-2 minutes until beans have a smooth consistency. 3. Place pureed bean mixture and tomato paste in a large stock pot. Cook over medium heat covered for 15 minutes. Stir occasionally. 4. Critical Control Point: Heat to 165 degrees F for 15 seconds. Critical Control Point: Hold for hot service at 140 degrees or higher. 5. Remove from heat and fold in cilantro. 6. For topping: Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 12. 8. Assembly (2 tostadas per serving). 9. First layer: Using a No. 16 scoop, spread 1/4 cup about (2 1/2 oz.) bean mixture on each tostada shell. 10. Transfer bean-topped tostada to a sheet pan (18" x 26" x 1") lined with parchment paper. 11. Second layer: Using a No. 10 scoop, divide equally between two tostadas, 3/8 cup (about 1 1/2 oz.) lettuce and tomato mixture on top of bean mixture. 12. Third layer: Using a rounded No. 30 scoop, divide equally between two tostadas, 2 Tbsp. 1/2 tsp. (about 1/2 oz.) shredded cheese on top of lettuce and tomato mixture.

Home & Center Based Day Care—Training

Per the Permanent Agreement, Mid Michigan Child Care Centers, may contact parents of the children in your care at any time.

It is extremely important when updating annual Child Registration Letters that parents are completing the form with the most up to date information.

If you are printing Child Registration Letters from KidKare and the address/ phone number are out of date, cross off the incorrect information and have the parent write in the new.



Condolences to:

- Barbara Wallker of Bay County, whose husband passed away.
- Michelle Kamaloski of Sginaw County, whose sister passed away.
- Katherine Frazier of Saginaw County, whose mother passed away.

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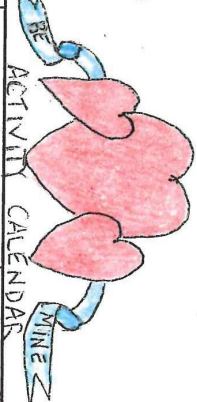
Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that 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



February



BE ACTIVE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Count 10 grapes - 5</p> <p>EAT them (tasty) up!</p> <p>make a card 12 for Someone Special</p> <p>play a game 19 with the whole family</p> <p>match family 26 socks, and put them away</p>	<p>do jumping 6</p> <p>if jacks and stretches together</p> <p>sort coins... 13</p> <p>pennies dimes nickels</p> <p>...name and count</p> <p>PRESIDENT'S DAY 20</p> <p>Hi Abe Hello George</p> <p>Learn more about them!</p> <p>PLAY a family 27</p> <p>SPERBOWL GAME</p>	<p>READ a book TOGETHER!</p> <p>once upon... 7</p> <p>HAPPY VALENTINES DAY!</p> <p>move 21 to some music</p> <p>visit the LIBRARY AND READ!</p>	<p>pay Someone 1</p> <p>you're nice (gee thanks)</p> <p>make up 8 a story about fish, draw some pictures</p> <p>build 15 with blocks, legs or boxes</p> <p>mail 22 a letter to a friend</p>	<p>Groundhog 2</p> <p>Day! my shadow is scary</p> <p>sing your 9</p> <p>ABC's</p> <p>Talk about things 16 that are HOT and COLD</p> <p>POLAR BEAR DAY 23</p> <p>stay about their habitat</p>	<p>FIND a ruler 3</p> <p>and MEASURE stuff</p> <p>Look at your 4 baby pictures... how have you changed?</p> <p>make trail mix... 11</p> <p>craisins -peanuts -cereal</p> <p>take a hike!</p> <p>wash day 18 for toys</p> <p>ENJOY a stack 25 of pancakes for breakfast</p>	

BEE MY
VALENTINE?

