

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

February, 2015



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

So far, the end of January and beginning of February has been quite interesting. With all the snow storms and bitter cold weather, the children and providers have been cooped up like hibernating bears. We need to look at activities and crafts to help pass the time. There are some great healthy snack ideas that will incorporate all the piles and piles of snow outside, they are fun to make and fun for the children to eat!!!

www.LETSGO.org

With this last month's weather (all the snow, wind and cold temperatures), the children have a ton of pent up energy that needs to be released. The Let's Go website is a great resource for different ways to get the children moving. Go to the programs tab followed by early childhood; you will find some ideas on how to get the children moving and also some blogs for the parents.



What you will need:

banana	apples	grapes
pretzel	carrots	skewers
chocolate chips or raisins		

Instructions:

1. Cut the banana into 3 thick slices. Next cut a sliver of carrot, then slice the apples in to triangles.
2. First put the apple and grape on the top of skewer. Finally let the kids add the banana body, the carrot nose, chocolate chip or raisin eyes / buttons, and finally the pretzel arms.



- ❖ Super Easy
- ❖ Super Quick
- ❖ Super Fun

- ❖ Only a few ingredients needed!

Fresh Wonton Wrappers, Greek Yogurt, Fresh Fruit.

Using a mini muffin tin, press a wonton wrapper into the cavity. Place in a 375 degree oven for about 8 minutes until golden brown.

For the filling, spoon a teaspoon of yogurt into the wonton wrapper, followed by diced fresh fruit.

Voila a healthy snack!

Provider Trainings: This year's training will be structured on the new proposed meal pattern changes for the CACFP. Timing is crucial so that all providers have a chance to log their comments. So, in order to be able to train all providers in time, we have found the need to combine a few training locations. We took into consideration locations, travel, and facility capability. Listed below are "save the date - tentatives". You will still receive a letter once all times and locations are secured. You do not need to call to register.

- March 21st (Saturday) - Fairfield
- March 26th (Thursday) - Auburn (Only one night in this area will be offered)
- March 30th (Monday) - Augusta
- March 31st (Tuesday) - Sanford
- April 2nd (Thursday) - Westbrook (Windham has been combined with this training. Providers also have the option to attend any of the other trainings.)
- A final decision has not been made on the Bangor area. There is a possibility that providers from this area may need to attend one of the above listed trainings

Office Closing Dates:

Monday, March 16th (9:30AM-2:00PM)- Staff Meeting

Mailing Address – PO Box 1660, Auburn, ME 04211-1660

Office Hours – 8:30 AM – 12:00 Noon & 1:00 PM – 4:30 PM

Phone Numbers – 1-800-784-0157, 786-0925, fax – 784-2453

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Rainbow Scavenger Hunt

Hold up a color of the rainbow. Have children find something in the daycare that matches that color.

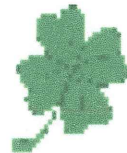
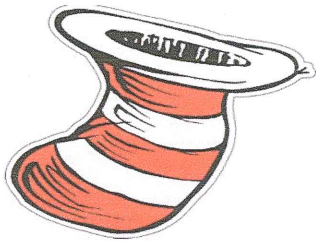
February Books

- The Night Before St. Patrick's Day - Natasha Wing
- TEN LUCKY LEPRECHAUNS - Kathryn Heling
- The Leprechaun Who Lost His Rainbow - Sean Callahan

St. Pat's Action Game

- Write different things the children can act out on paper gold coins. i.e.: play the bagpipes, dance a jig, hide a pot of gold, jump over a rainbow.

Dr. Seuss's
Birthday
March 2nd



Cat in the Hat game

- Paint white stripes on red plastic cups or glue white paper stripes on to make a striped hat.
- Stack cups in a pyramid
- Have children knock down cups with a small ball.