

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

June, 2015



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Did you know there is a month dedicated to eating fresh fruit & vegetables? That's right, June is National Fresh Fruit & Vegetables Month! There is no better way to get our healthy habits in gear than eating some fresh fruits and vegetables from your own garden, farmers market, or even the grocery store. This month is also the perfect time to try new veggies/fruits that the kids might not usually eat.

Veggie Dipping

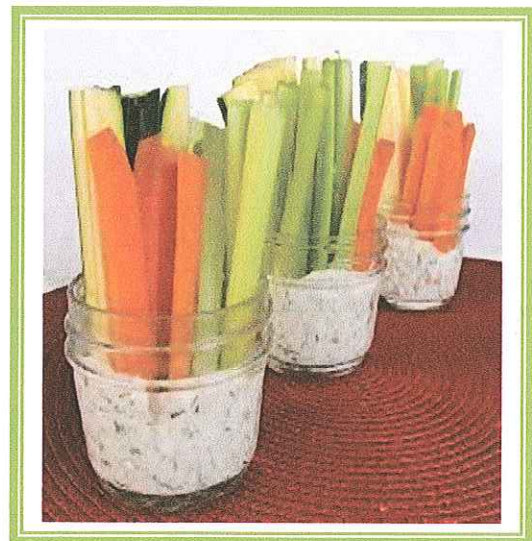
What you'll need:

- Carrots, zucchini, celery, cucumber, peppers
- Ranch dressing or any dipping dressing
- Small jar/cup (clear if possible)

How to make it:

1. Slice the veggies into small sticks.
2. Place about 2-3 Tbsp. dressing on the bottom of the jar/cup.
3. Add the veggies to the jar.
4. Enjoy

You can use any type of veggies; this is a great way to have the children try new veggies with dip.



Fresh Fruit Pops

What you'll need:

Mixture of fresh fruit (exp. strawberries, grapes, kiwi), orange juice, plastic cups, popsicle sticks.

How to make them:

1. Slice the fruit to small bite size
2. Place fruit in cup, add the orange juice, and place popsicle stick in mixture.
3. Put in freezer for 2 hours or until completely frozen



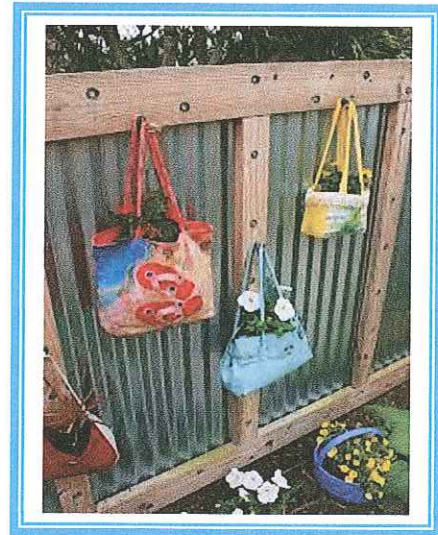
Here's a couple of fun sites with great resources on fresh fruits and veggies:

[USDA Fresh Fruits & Veggies](http://healthymeals.nal.usda.gov/features-month/june/national-fresh-fruit-and-vegetable-month) - (<http://healthymeals.nal.usda.gov/features-month/june/national-fresh-fruit-and-vegetable-month>)

[Center for Disease Control](http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html) – Nutrition (<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>)

Now that it's getting warmer, it is the perfect time of year to start gardens with the children. Many different containers can be used to help grow little or large flower/veggie gardens. We have some cool ideas on what you can use for these gardens and also some yummy recipes for the goods once you harvest them.

Almost anything can be used for a gardening container, from old shoes to old coffee containers and even cloth bags. Children will love planting flowers or veggies and watching them grow, especially if it's something fun and creative.



Office Closing - Friday, July 3rd

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June Books

1. **BIG BAD BUBBLE** - Adam Rubin
2. **BUBBLES DAY** - Ally Nathaniel & Anahit Aleqsanyan
3. **CuRLy's fun with BUBBLES** - Sherry Boddie
4. **Chavela and the Magic Bubble** - Monica Brown
5. **BUBBLE TROUBLE** - Margaret Mahy



Bubble Time

Materials:

2 cups dishwashing liquid
6 cups water
 $\frac{3}{4}$ cup Karo syrup
shallow pan

Mix dishwashing liquid, water, and Karo syrup in a bottle. Shake ingredients up and let settle for a few hours.

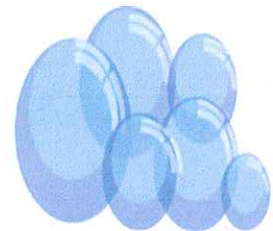


Bubble Maker

Supplies:

Empty plastic bottle
Piece of terry cloth fabric (old washcloth, tube sock)
Rubber band

1. Cut bottom off plastic bottle
2. Cut fabric in a circle
3. Put fabric over open bottom of bottle and secure with rubber band
4. Dip in bowl of bubble solution
5. Child blows thru top of bottle to make bubbles.



Bubble Wrap Stomp Paint

Materials:

- Different colors of paint
- Paper plate
- Paint brush
- Tape
- Easel or butcher paper
- Bubble Wrap

Directions:

- Roll out paper on floor
- Squirt paint on paper plate
- Loosely wrap and tape bubble wrap around both of child's feet
- Put a small amount of paint on bottom of child's feet
- Have the child walk, jump, march across the paper