

April 2010

Nutrition Edition

From CCR's CACFP



Nutrition Notes

Last month we suggested starting a garden with your children. This month we continue with this theme.

April is National Garden Month

Why gardening? Research shows that when children garden, they do better in school, learn social skills, gain confidence and self-esteem, and have improved attitudes towards healthy food and the environment. The challenge can be getting kids to work in the garden. Sometimes it takes a little creativity in *how* you engage children! Try the ideas on the back page to see if you can generate more interest. Make a game out of it! What child doesn't like to dig in the dirt and be *encouraged* to get their hands dirty?

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Get those hands dirty!

Important Reminders

- We will pick up from the Ravalli drop boxes on **May 2, 2010**.
- All reimbursement claims must be received by **May 2, 2010**.
- Checks will be mailed and direct deposited on **May 14, 2010**.
- Remember to get signed enrollments into the CCR office as soon as new children are enrolled.
- Remember to call CCR if you will be closed or away from your facility for the day. PV77457



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From the CACFP's Kitchen to Yours

Start a Worm Farm

Kids love hunting for worms in garden earth, and they also enjoy raising them in a worm farm. Set up a worm bin in the shade near the garden or indoors so kids can check on them every day, feed them, and eventually harvest the resulting compost and "worm tea." If you're not familiar with composting, do a little research and help children understand what worms need in order to thrive. One word of caution, make sure the wigglers don't get in the garden. They are meant to be used in the bin only.

Create Garden Nooks

Create a play space in your garden that kids can call their own, such as a sunflower house. Grow tall sunflowers in a 6-foot-diameter circle leaving a 2-foot-wide opening for a door. When the sunflowers get large enough, string their tops together to form a roof.

Autograph Vegetables

Once large-fruited winter squash and pumpkins set fruit and begin to grow, invite your children to carve their names in the fruit. Supervise children, making sure they cut only deep enough into the fruit to remove the outer layer of skin. As the fruit grows, so will the child's name. Kids can get artistic, too, and make faces or other designs in the fruits that will change over time as the fruit grows.

Personalize Walkways

Decorate garden walkways with personalized stepping stones.

Using a stone mold kit, invite children to make their own stones, then position the dried stones in a walkway. Children can decorate stones with a handprint or footprint, craft items, or write their name in the mold and create their own "Walk of Stars."

