

July 2010

# Nutrition Edition

From CCR's CACFP



## Nutrition Notes

### Summer Fun in the Sun

Since the sunny days of summer are upon us, get out and enjoy the great outdoors with your children! Play in the sprinklers, go on a nature hike, play with sidewalk chalk, or just hang out. Montana in the summer is a beautiful place to be.

If you are looking for more creative ideas, try the activity below, and follow up with our sunshine inspired recipe on the back page.

### Solar Powered Pictures

#### What You'll Need:

- Flat objects like keys, leaves, and flowers
- Safe scissors
- Stiff cardboard
- Dark construction paper

Assemble the materials you want to make prints from. Grass, leaves, and flowers make good prints. You can also look around the house for small objects such as keys, paper clips, and shaped erasers.

Cut a sheet of stiff cardboard a little larger than the construction paper. In a dim place, lay your paper on the cardboard. Decide how to arrange your objects and place them on your paper.

Lift the whole stack and set in bright sun for one hour (or longer, if necessary).

Frame your finished prints and decorate your walls with them! Beautiful!

406.728.6446 \* Maureen ext. 228



*Summer Fun!*

## Important Reminders

- PV77270
- If you received a request for income information and have not returned it, please do so ASAP.
- We will pick up from the Ravalli drop boxes on **August 2, 2010**.
- All reimbursement claims must be received by **August 2, 2010**.
- Checks will be mailed and direct deposited on **August 13, 2010**.



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# From the CACFP's Kitchen to Yours

## Pineapple Sunshine Muffins

### Ingredients:

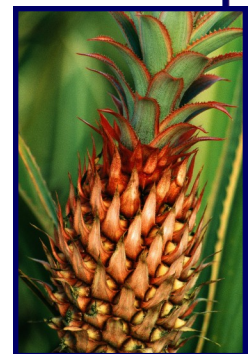
- 2 cups all-purpose flour
- 1 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. ground cinnamon
- 1/2 tsp ground ginger
- 2 eggs
- 1 tsp. vanilla extract
- 1/2 cup butter
- 1 can (8 oz.) crushed pineapple
- 1/2 cup shredded carrot
- 1/2 cup sunflower kernels

### Directions:

In a large bowl, combine flour, sugar, baking powder, cinnamon and ginger. In another bowl, whisk eggs, butter and vanilla. Stir in pineapple. Stir mixture into dry ingredients until just moistened. Fold in carrots and sunflower kernels.

Fill greased or paper-lined muffin cups three-fourths full. Bake at 375 degrees for 15-20 minutes, or until a toothpick comes out clean. Cool for five minutes before removing from pan to a wire rack.

*Makes 12 muffins. Each muffin meets the requirements for any age child for a bread alternative for a meal or snack.*



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