

Heartland Child Nutrition, Inc.

Sponsor of the USDA Child & Adult Care Food Program

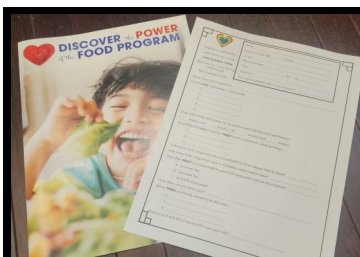
A newsletter for ND Child Care Providers participating in the Heartland Child Nutrition USDA Food Program



June 2025



Please remember: Payment is deposited on or around the 20th of every month (sometimes it can be as late as the 25th). If you have questions please call the office or refer to page 25 of your handbook.



ATTENTION

A new learn-at-home course will be delivered by your Regional Representative soon!

Child Nutrition Today will

provide one hour of Growing Future's credit. For all learn-at-home information contact Tanya in the HCN office (701-250-0140) or email (tanya@heartlandnutrition.org).



Providers do not have to mark "School Out" in KidKare while recording the attendance for their school aged children starting at the end of May. Providers will not have to do this again until after Labor Day.

Picnics and Field Trips



Did you know it's allowable to serve a snack and/or meal away from your daycare home? With summer quickly approaching consider having a picnic at a nearby park. This can be a fun activity for the children! ***REMINDER***

You must contact the HCN office or your Regional Representative ahead of time to inform them of your plans. If an unannounced review is made while you are out, claims for meals that would have been served during the unannounced review will not be reimbursed. (pg. 83 of Provider Handbook)



DIY Magic Unpoppable Bubbles

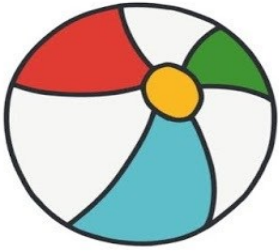
1 cup water
Straws

1 Tbsp. granulated sugar
2 Tbsp. liquid dish soap

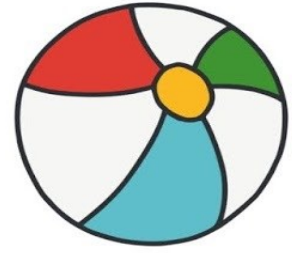
Mix water and sugar together until sugar dissolves. Add the liquid dish soap and mix again carefully. Spread a little bit of the solution around on a table or counter (could also use a cookie sheet for easier clean up). Take a straw and stir it around in the cup. Place the end of the straw close to your table and blow gently to make a bubble. Stir your straw in the bubble solution again and gently stick it inside the first bubble. Blow a second bubble. See how many bubbles you can make!



Team Cartwright.com



Summer Themed Days



Make it Monday

Get creative with art and crafts. Paint rocks, make pom poms from yarn, fashion friendship bracelets, try toilet roll weaving, have a painting party, etc...

Take a trip Tuesday

Use your imagination to take a pretend trip, learn about a new place, go virtual sightseeing on YouTube, camp in the backyard, go on a fun outing, etc..

Get wet Wednesday

Set up water balloon pinatas, go swimming, play with squirt guns, run through a sprinkler, have a water balloon fight, blow bubbles, have a bubble bath or bath with glow sticks, etc...

Thinking Thursday

Enjoy fun and educational activities like doing science experiments, reading, writing, etc...

Fun food Friday

Play with food! For example: mix up some edible playdough, whip up some homemade lemonade. What other fun things can you do with food?



eastcoastmommyblog.blogspot.com

What did the Dalmation say after lunch?

That hit the spot!



P.O. Box 1218, 521 Main Ave, Suite 420
Bismarck, ND 58502-1218
701-250-0140 or 800-366-6793
hcn@heartlandnutrition.org
www.heartlandnutrition.org

This institution is an equal opportunity provider.