

HORIZONS

A Newsletter for ND Child Care Providers Participating
In the Heartland Child Nutrition USDA Food Program

February 2023



As a courtesy to our providers the 2022 Tax Statement is included with this newsletter.

Reminder:



Checks are void after 60 days of the issue date. **Please cash your checks!**



Choosing Whole Grain-Rich Items (must be served once/day):

Some crackers that are WGR include:

- *WG Cheez-its
- *Triscuits
- *Belvita Biscuits
- *WG Goldfish
- *Wheat Thins
- *SunChips

(Crackers with words like “multigrain” or “made with whole grain” are not always whole grain-rich. Make sure to read the ingredient labels carefully or call our office (701.240.0140) to speak to Tanya if you need help.

Some cereals that are WGR and low in sugar include:

- *Kix (plain, berry, or honey)
- *Rice Krispies
- *Honey Bunches of Oats
- *Corn Flakes
- *Alpha Bits (Post)
- *Wheaties



This STEM project is great for little ones!

-It appeals to a variety of ages and children can experiment on their own level.

-Set-up takes less than a minute!

preschoolpowolpackets.blogspot.com

Everyone loves receiving home-made gifts! These handprint roses are perfect for Valentine’s Day.



The roses can be made with multiple colors and pipe cleaners work great for the stems!

sugarspiceandglitter.com



Late claims need to be in the office before the 25th of the following month for a late claim reimbursement. For example: a late December claim that is late for the January payment, needs to be in by the following month (Feb. 25th).

What do you call two birds in love? Tweethearts



Find 2022 CACFP income for tax forms by logging into your KidKare account and choosing **Reports | Claim Statements | Tax Report**



Learn-at-Home courses can be retaken every three years. HCN has a large variety of courses to offer you. Email (tanya@heartlandnutrition.org) or call (701.240.0140) Tanya, if you are in need of credit hours.

Valentine Skewers:

Cut the stems off the strawberries in a "V" shape. Layer red grapes and strawberries on a wooden skewer for a cute, healthy snack.



modernparentsmessykids.com

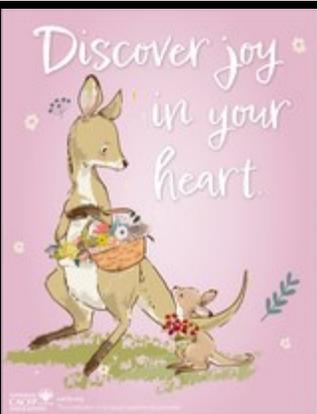
Valentine Parfaits (makes 8):

- 1/2 cup granola
- 1 cup vanilla Greek yogurt
- 1 cup strawberry Greek yogurt
- 4 cups sliced strawberries



mrsplemonskindergarten.com

Let each child build their own parfait. Starting with yogurt, layer yogurt, fruit and granola until you reach the top.



Check out our calendar for some great recipes, activities and crafts!

Pocket Picnic

- Whole grain-rich pita pockets
- Assortment of sandwich vegetables
- Assortment of sandwich meats

Give each child a pita pocket. Assist as needed while the children assemble their pita sandwich.



Mother May I Kangaroo Jump?

A twist on a classic! Show the children how to kangaroo jump—legs together, squat as low as possible and JUMP! The children can line up on the opposite side from Mother Kangaroo and try to reach her as they take kangaroo jumps.

What's a kangaroo's favorite candy? Lollihops



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