

# HORIZONS

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

## May 2023







Happy Provider Appreciation Day, on May 12th (and every day), to all our providers. We

here at Heartland Child Nutrition would like to thank you for everything that you do for the children and parents you serve. We are proud to help you provide healthy meals for the children in your care. Please enjoy this day and celebrate yourselves, you deserve it!



May Day baskets are so fun for children to create. They can be made from many household items: egg crates, plastic cups, tin cans or paper plates all make good "baskets" to fill with goodies. May Day baskets can be filled with a variety of items. Some ideas include:

-  Popcorn
-  Flowers
-  Garden seeds
-  Pencils
-  Stickers
-  Bubbles
-  Chalk
-  Trail Mix



Just a reminder...



If you are a helper at a daycare, when taking a learn-at-home course, please indicate that on the training course.



### Graham Crackers and Berry Nut Butter (6 servings)

6 c. frozen strawberries  
1/4 c. + 2 Tbsp peanut butter  
1 1/2 cups bear-shaped graham crackers  
In a medium bowl, combine strawberries and peanut butter. Use a mixer to blend until smooth. Let sit for 10-15 min to settle. Place

1/2 cup strawberry-peanut butter mixture in a bowl. Top with 1/4 cup crackers. Serve immediately.

CACFP credit info: 1/2 cup fruit, 1/2 oz. meat eq, 1/2 oz. grains eq



Late claims need to be in the office before the 25<sup>th</sup> of the following month for a late claim reimbursement. For example: a late March claim that is late for the April payment, needs to be in by the following month (April 25<sup>th</sup>).

What do you call a pig that knows karate? A pork chop!



### Banana Sushi Roll

(2 servings) Components: meat/meat alt, grain



100% whole wheat flour tortilla, small

1 large banana

2 Tbsp. peanut butter

Spread each tortilla with peanut butter, using the back of a spoon. Place peeled banana at one end and roll it up. Slice into eight pieces.

\*This is an easy recipe that children can help with. Let them spread



The Trimester item being handed out is the “Discovery Veggie Grow Kit”, it is a decorative watch-it-grow garden. We want to remind you that these vegetables **cannot be eaten**. It is a

STEM item that will allow you to see the entire growth cycle in 3 to 10 weeks!

Milk is a critical part of the CACFP Meal Patterns. Remember that unflavored whole milk must be served to children ages 13 months to 23 months, while children ages 2 to 5 years must be served unflavored skim or 1% milk. Here are some other facts about milk in the CACFP:

- ⇒ Flavored skim or 1% milk is only allowed for children ages 6 and older.
- ⇒ Breastmilk can be served at any age.
- ⇒ If you care for infants, remember that breastmilk or iron-fortified infant formula must be served at all meals/snacks.



## ROLL THE DICE LET'S GET MOVING!



RUN IN PLACE



TOUCH YOUR TOES



FROG JUMPS



ARM CIRCLES



JUMPING JACKS



DANCE PARTY!

heyletsmakestuff.com

Keep the children moving when they're stuck inside with this simple roll the dice exercise game. This game requires minimal materials (just a single die) so it's easy for everyone to get some exercise!

Being stuck indoors all day can be so hard. This is an easy way to get those wiggles out. It will help break up the day and give everyone some much needed movement.

 **Heartland Child Nutrition, Inc.**  
Sponsor of the USDA Child & Adult Care Food Program

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This institution is an equal opportunity provider.

What do you call a bear with no teeth? A gummy bear!