

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



March 2024



You can submit your claim as soon as you serve your last meal. You **DO NOT** need to wait until the 5th of the following month to send your claim into Heartland Child

Nutrition. If you have any questions regarding your claim please call the office (701-250-0140).

Child Enrollment Forms must be renewed annually. Monitor KidKare for children whose enrollment paperwork is expiring soon. Have the parents/caregivers update, sign, and date forms to avoid any gaps in enrollments. Enrollments can be emailed to Amy (amym@heartlandnutrition.org).



Heartland Child Nutrition is pleased to offer two more hours of learn-at-home credits! Your Regional Representative will be delivering these items between the

months of February and May. We are excited for you to try your new immersion blender! Other items included with the blender is a new Milk learn-at-home and your Mandatory Training. For the first time, your Mandatory Training will now give you one hour of credit through Growing Futures! For all learn-at-home information contact Tanya in the HCN office (701-250-0140) or email: tanya@heartlandnutrition.org



Growing cress heads is an easy way to plant seeds with children! The plants grow quickly and they look really cute!

Materials needed:

- *cress seeds (these can be found at any garden store)
- *pots or jars (glass jars work great so the children can see the roots)
- *soil (you can also use cotton wool balls)
- *supplies for decorating the pots/jars

Have the children decorate the jars! (We used paint markers and eye stickers) Put soil (or wet cotton balls) inside the jars and add the seeds. Place the jars in a dry, well-lit place. The plants will begin to grow in a few days!

www.playfulnotes.com



What kind of bow can't be tied? A rainbow!



Crunchy Fruit Pizzas with Yogurt

- *8 brown rice cakes
- *3/4 cup flavored Greek yogurt
- *variety of fruit: bananas, blueberries, strawberries, raspberries

To assemble: place rice cakes on a large plate or cutting board. Evenly distribute the yogurt among the rice cakes, using a butter knife to spread into an even layer. Top with fruits as desired. Serve immediately.

thenutritionadventure.com

What did the trees wear to the swimming pool?
Swim trunks!



Scavenger Hunt! What a perfect activity to do outside with your daycare children. You can talk to them about the earth and ways we can help protect it while getting some fresh air! Look for these items around your yard or neighborhood.

- ◆ Rock
- ◆ Stick
- ◆ Leaves
- ◆ Grass
- ◆ Pick up any litter
- ◆ Flowers
- ◆ Spider web
- ◆ Dirt
- ◆ Ants

momontheside.com



Supplies needed:

- ◆ Cardboard egg carton
- ◆ Scissors
- ◆ Pink washable craft paint
- ◆ Paper plate
- ◆ Paint brush
- ◆ School glue
- ◆ Jumbo popsicle stick
- ◆ White tissue paper
- ◆ Pink tissue paper

Carefully separate each section of the egg crate. Squirt a small amount of pink paint onto the paper plate. Paint the inside and outside of an egg carton piece. Before the paint dries completely, cut a small square of each colored tissue paper, scrunch it up with your hands and place it inside the "cherry blossom" so it will dry in place. Repeat the steps for the remaining egg carton pieces. Next, grab one jumbo popsicle stick. Glue two egg carton pieces to the popsicle stick. Let them dry completely before you display them! If your children make enough of these, they can be arranged to look like an actual tree!



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.