



From the Desk of the Director ...

Dear Parents & Staff,

I can hardly believe another year of Head Start is coming to a close! It is so nice to finally see the sun and enjoy the warmer weather!

Last month we conducted our annual Self-Assessment and the results are included in this newsletter. We would like to thank the participants that helped us this year: Parent: Alex Gee, Community Members: Kim McCarthy and Mike Russell, SEVCA Staff: Margaret Atkinson and Carolyn Sweet, Head Start Staff: Denise Kingsbury, Ruby Tumanda, Fran Lynggaard Hansen, Lindsay DeCell, and Katie Murphy. A HUGE thank you to everyone who helped to make this process a great success!

We have been unenrolled all year and are focusing on meeting our funded enrollment of 83 children for next year. If you know of a child that will be three by September 1st, please let us know so we can do an application with the parents for next year! We will also be offering child care at Pine Street Preschool and Chester Community Preschool all year (including the summer months!) starting for the 2023-2024 program year. We are very excited to be offering this, so we hope families will be as excited as we are!

We want to thank everyone who attended the Week of the Young Child event on Saturday, 4/8/2023 and hope you had a great time!



A HUGE <u>Thank You</u> to all of the volunteers who helped to make this event possible and successful! Have a great month and enjoy the summer!

Lori Canfield SEVCA Windsor County Head Start Director

Important Dates to Remember:

<u>May 12, 2023</u>~ PTC #4 (Centers Closed)

<u>May 17, 2023</u> ~ Policy Council Meeting: 9:30-11:00 AM

May 19, 2023 ~ Early Release/Ed Meeting

May 24, 2023 ~ Last Day for Children

May 26, 2023 ~ Last Day for Staff

May 29, 2023 ~ Holiday/Closed

The March In-kind Winner (center-wide)



The following children had 100% attendance

<u>In March:</u> Chester Community Preschool: <u>CCP1</u>: Sofia G. and Kaylee T. CCP2: None

Pine Street Preschool:

<u>Daisy Room</u>: Raiden G. and Gavin P. <u>Willow Room</u>: Milo D., Gideon L., Storm L., Remi R. and Adalyn T.

Children's Place:

Lucas C., Penelope C., Declan C. and Liam C.

Northwoods: Zeven L.

The following children had 100% attendance

In April:

Chester Community Preschool:

<u>CCP1</u>: Andrew B., Amelia G., Sofia G., Kaylee T. and Asher U. <u>CCP2</u>: Jasper D., Lucas M., Autumn M.,

Maynard R., Wyatt R. and Harper W.

Pine Street Preschool:

<u>Daisy Room</u>: Raiden G., Ciaran L., Axel L., Gavin P. and Remi R. <u>Willow Room</u>: Joshua A., Milo D., Briella H., Gideon L., Storm L. and Emma T.

Children's Place:

Bentley A. and Brinley C.

Northwoods: Izalea B., Zeven L. and Iyla W.

was: Northwoods Preschool Way to go!

Classroom Updates...

Chester Community Preschool

<u>CCP1</u>

Ms. Jodíe and Ms. Bríana

We have been learning about Dinosaurs for the month of April! The kids have had so much fun learning about the different types of dinosaurs and the characteristics of each one. We turned our dramatic play area into a paleontologist's campsite with dinosaur fossils, bones, a tent and other campsite gear.

The kids created marble painted dinosaurs, painted with dinosaurs (put their feet in paint and stamped it on the paper). We learned that a T-Rex's head was 4.92 feet and the largest tooth that was discovered was 12 inches long! We painted a T-Rex head (4.92 feet long) and the added the features to make it look like a real dinosaur head!

The kids painted their hands and then put it on a paper dinosaur to represent the spikes.



We talked about the difference between meat eaters and plant eaters. We then played a fun math game with dice. The kids rolled the dice then added that number of teeth (triangle for meat eaters and square for plant eaters) to their dinosaur! We created a class book titled What Does Your Dino Like to Eat?

We finished up our big letter gallery by turning our D into a dinosaur! We discussed the different theories as to why the dinosaurs became extinct. The kids then voted on which theory they chose. We made a volcano erupt at the science center...the kids LOVED this!

The kids created their own dinosaur fossils with salt dough and plastic dinosaurs.

We filled up the jewel jar twice and celebrated with a pizza party and a popsicle party!

For the month of May, we will be wrapping up the year by learning about Bugs & Insects. It has been a pleasure getting to know all the kids in our classroom. We wish the kids good luck that are moving onto kindergarten and look forward to seeing those children that are returning in the fall. Enjoy your summer!

<u>CCP2</u>

Ms. Randí and Ms. Karíe

Spring is in the air! And here in CCP2 we have been outside and taking advantage of this nice weather! WE have been using our Hippity-Hops and doing bubbles outside. We are painting on the Easel outside, riding the bikes, and using chalk! We even had some fun with Miss Emily from the local Community Art Garden. She introduced different was to play with the natural elements we find outside. Miss Carrie from the local Whiting Library also came and read to us outside. She talked about how we can help keep our Earth clean and what it means.

During the month of April, we have learning about EVERYTHING Spring. From the different weather, what it does to the plants, different types of flowers, bugs, and insects! In class, we have been learning the letters G and V. We are even growing our own grass here in class. The children also made their letter G into grass and the letter V into a vase with flowers! We also had a nutrition project where we used different pieces of fruit to

make flowers!



We set up a

flower shop

in our Dramatic play area to sell flowers and arrangements to customers, and put together arrangements in our sand table! We have ladybug math match and a big butterfly puzzle in our math center, insects to look at and bug x-rays on our light table in science, and blocks and a barnyard in our block area! We have books in our library about spring time, flowers, insects, bugs, butterflies, and more! We have books set up about different types of feelings and how we can work through them, and have being learning about that in our second step curriculum as well!

We have had a wonderful year with the children, and will miss them so much! We hope that everyone has a fun Summer, and we cannot wait to see those who are returning next year and wish you luck to those that are transitioning into Kindergarten!

<u>Chester Community Preschool's</u> <u>Family Partner</u>

WOW! It is so hard to believe it's the end of the year already. Time has sure flown by. I want to thank of our families for your continued understanding and support throughout the year. It has been such a pleasure getting to know all of your children and all of you.

Some of you are moving on to kindergarten; though I am sad to see you go, I know you are all going to do great things and learn so much in kindergarten.

I am looking forward to seeing my returning families in the fall and hearing all about your summer!

I hope you all have a wonderful summer filled with new adventures and relaxation. Thank you for a great year! Make sure to get out in the sunshine and have some fun. Here is a fun Summer Schedule to try with your family!



If I can be of assistance, please do not hesitate to contact me with concerns, comments, or questions. Katie Murphy Family Partner

Pine Street Preschool

<u>Daísy Room</u>

Ms. Lauren, Ms. Nicholle and Ms. Sadie

Hello Families,

Wow! This year has flown by. We finished out the year learning more about spring and gardening. We started some seeds in the classroom that will hopefully grow. We have learned so much and we have seen the kids grow.

It was great to welcome all our families back into the classroom and to enjoy family breakfasts together.

It is sad to see the year end but at the same time exciting for our children transitioning to kindergarten. We are also excited to see our returning children this Fall.

Have a great Summer, Daisy Teachers

<u>Willow Room</u>

Ms. Ruby and Ms. Felícía

Hello Friends! It is incredible that we are at the end of another school year. In the month of April, we learned about spring. We learned about so many things that happen during this beautiful season, including weather changes, clothes to wear, how to plant seeds, parts of the plants, and how to take care of plants.





We got to observe and measure our plants' growth in our classroom, the daffodil and the tallest plant in the pot. Everybody was happy to see our plants grow and see their flowers bloom. We also planted seeds. It was really exciting. We made sure that our seeds get a drink every day to grow healthy. We've also read interesting books about spring. "Grow Flower Grow" by Lisa Bruce was everyone's favorite book. We also made a 3D parts of the plants craft.

We also learned a song entitled "Roots, Stem, Leaves, Flower" sung to the tune of "Head, Shoulders, Knees, and Toes". It was really cool. We love spring season. April was such an awesome month for all of us!

Next month, we will continue learning about spring and we will also learn about bugs and insects.

It has been a joy getting to know all the kids in our classroom. We wish the kids that are moving onto kindergarten good luck and we look forward to seeing the children that are returning in the fall. Enjoy your summer!



Pine Street Preschool's Family Partner

WOW, it's the end of the year already. I just can't believe how fast this school year has gone by. Thank you to all the families. I have enjoyed getting to know you and your family. To the families that are moving on to kindergarten next year; I wish you all the best and I will miss you. To my returning families; I look forward to spending more time with you next year! Please spread the word about our program to anyone that you may know with children 3-5 years old.

I hope everyone enjoys the summer. Make sure to get out in the sunshine and have some fun. Here is a fun Summer Schedule to try with your family!



If I can be of assistance, please do not hesitate to contact me with concerns, comments, or questions. Lindsay DeCell Family Partner

Children's Place Preschool

Ms. Susan, Ms. Deníse and Ms. Meagan

Exploring honey bees and their food, has been a meaningful month. Not only did we learn about their body parts, we learned about their food. Our dramatic play area became a bee hospital complete with a working pretend hive and bee antennae. We learned about a honey bee hive and how the colony works together to make honey and care for each other. We learned that honey bees do not sting unless they are threatened or afraid. Once a honey bee stings, it will die. The kids were surprised to learn this. We were lucky enough to have VINS provide new information and having some hands-on activities. We also had Brandy Connolly (parent) provide our class with real honey collection tools!!

A big thank you to Liam and Declan's Nonna for coming into our classroom and providing an amazing lesson on honey bees. Nonna brought an actual honey bee hive, with honey and

honeycomb!!



Each child got

to

taste the honey and the comb while trying on a bee suit! What was really cool, we got to see an actual queen bee that was developing in the comb. For children, to be able to touch, smell, taste and see the hive, supported the children's learning in the most valuable way possible. I know we won't forget this lesson.

After the honey bee, we moved onto bumble bees. These adorable creatures live in colonies with 50 to 400 others. The hive dies in winter while the queen winters over to start the colony again in the spring. Bumble bees can sting more than once if they have to. Their colonies are mostly found underground.

We also explored the life of a hornet and compared these insects to both the honey bee and the bumble bee. Their food includes nectar and insects. They are very good for a garden. Their life cycle is the same as honey bees and bumble bees. As we learned about all of these bees, we compared them to how they live together and how they are invaluable to our food chain.

One of our weeks, we focused on flowers! We learned about the parts of a flower, what the pollen is for and that different flowers produce different smells. These smells and color attract the bees. We took apart flowers to understand how they work. For something so beautiful, they have the perfect parts to create some of our food! We created some beautiful flowers made out of cupcake liners. straws, paper towel rolls, sponges, balloons and plastic bottle bottoms. We played a game called nectar relay where we worked together to see who could collect the most nectar. It was a lot of fun. We took walks to see the first blooms arrive and with those, searched for honeybees!

For the month of May, we compromised on a theme. The topic that had the most votes was pets. The second was owls. We decided to do two weeks of pets and two weeks of owls.

The pets we learned about included, cats, dogs, parrots, fish and turtles. We investigated why cats have whiskers and why their eyes work the way they do in the dark. These social animals have an interesting tongue just made to keep their fur clean. They have agile bodies to climb and twist and they are actually nocturnal. We made some adorable cat crafts!

We moved onto man's best friend! We learned that dogs have superior hearing than humans. They have a remarkable sense of smell much better than humans. Dogs can read our emotions, sweat through their paws and can help humans with simple tasks. Dogs are also a direct descendent of the gray wolf!!

We moved onto turtles and fish and incorporated some creative crafts. Owls came

right after pets. We learned that owls are nocturnal, quiet flyers, their eyes can't move around like ours and they have binocular vision. The fact that they swallow their food whole, and then cough up a pellet, with the left overs, is most interesting.

This has been a fantastic year. We have learned so much together, had fun and made wonderful friendships. To our dear kindergartners, Liam, Declan, Liam F, Brinley C, Bentley A and Penelope C, we wish you a kindergarten year that you deserve. Make new friends, play hard and love your family. Learn as much as you can. We will miss your laugh, your energy to learn and miss watching you navigate through your feelings. You all showed us why we are teachers.

To Livian F, Zeke M, Lucas C, we are over joyed that we will be joining us for another year. We have much to teach you!! We can't wait to play for another year.

To all the parents who have supported us this school year, we can't thank you enough. Your laughter, your kind words and patience made our program what it was. We admire you all. It was a year we will never forget. Happy Summer!

Northwoods Preschool

Ms. Jen, Ms. Beth and Ms. Michohn

WOW, I can't believe the school year has come to an end! We've had so much fun getting to know all of you, new and old!

Wishing our kiddos moving on to Kindergarten a smooth transition! They will be missed!! We've done so many exciting and new things throughout this school year!!

We were lucky to have VINS (Vermont Institute of Natural Science) come in once a month and teach us all about animals! We had Mr. Marv come once a week to share his book and stories with us and help us create our very own Dr. Seuss character!! Our last month at Head Start we learned all about the Ocean and what lives in the ocean!

Enjoy your summer and we look forward to seeing our returning preschoolers in the fall!!

From the desk of the practice-based Coach/Child Development Services Specialist

Fran Lynggaard Hansen

The school year flew by and we're approaching summer. What will your preschooler be doing this summer to continue their academic growth and physical development?

PLAY!

Fred Rogers once said, "Play is often talked about as if it were a relief from serious learning. But for children, play IS serious learning. Play is really the work of childhood." What does that mean for parents? In order to make time for play, that means that electronic devices and television should be kept at no more than an hour a day, broken up into two 30-minute segments.

I can imagine what you are thinking - but the T.V., the game console, YouTube, or my cell phone are all terrific babysitters, and I'm busy! I hear you.

The interesting thing is, if you turn off the devices, preschool and Kindergarten children quickly find other things to do. A cardboard box and some crayons can turn into a car or dollhouse, a worm out in the garden can be explored for 20 minutes. Kids are great at finding something to occupy their time, they just have to be given the opportunity.

If you'd like ideas about how to creatively, cheaply and calmly find ways to fill your child's time, here is a short list to start. If you want to shoot more ideas, give me a call, or speak with any of your child's teachers. We're full of ideas!

*Water - slather on the sunscreen, turn on the hose and let the play begin! This could also include play dishes in the sink and a step stool.

*Dirt - give your child some plastic pots and a dollar bag of seeds and let the flowers or vegetables grow! Your child will get hours of fun planting and watching plants change and blossom. Dirt is also great for playing in, so is sand in a plastic swimming pool.

*Art - finger paint, water colors, a can of shaving cream squirted on a tray to play in outside on the picnic table, these are all inexpensive ways to vary your child's play. A container with markers, crayons, glue, tape, child scissors and a quick idea from you can take off for artistic pleasure. "Can you make me a picture? "Can you make me a flower?" One idea and they're off!

*Nature - take a walk! It doesn't matter where you live, there are trees all around and your little ones are curious about anything they see. 20 minutes a day of wandering with your child and noticing what is around them will keep their minds open and curious.

*Library - this one requires a bit of your time up front, but once you have a library card, plan for story hour once a week, and then take books out from the library. They're free, and children are used to doing "book looks" at school by themselves. Plan a time to read a story at night before bed, and you'll see your children "reading" them themselves during the day as well.

Play is great for you too - it's relaxing, brings you and your child together and gives you lots of closeness to discuss your feelings. Join your child when you can in their play. Have a great summer and we look forward to seeing many of you back in the fall.

NEWS FROM THE EDUCATION/DISABILITIES SERVICES MANAGER

Jodi C. Farashahi

It is incredible that we are at the end of another school year! Final parent teacher conferences are scheduled for May 12th, and teachers should be informing families of children moving on to Kindergarten about registration days, and orientations.

Good luck to our transitioning fiends, and we look forward to working with our returning families and children next school year.

Have a wonderful summer!

Here are the Child Outcomes for the Spring Assessment:

Program Areas of Strength~ Social/Emotional Development and Cognitive Development

Program Areas of Focus~ Physical Gross Motor Development (large muscles) and Literacy Development

Transitioning Children Areas of Strength~ Social/Emotional Development and Language Development

Transitioning Children Areas of Focus~ Literacy Development and Mathematics Children on IEPs Area s of Strength~ Physical Gross Motor Development and Physical Fine Motor Development

Children on IEPs Area s of Focus~ Language Development and Cognitive Development

NEWS FROM THE HEALTH AND NUTRITION SERVICES MANAGER Heather Frye

WELCOME KATHLEEN & RHIANNON

As most of you know, we have been without a food service provider for Windsor and WRJ for almost a year now. The staff at those 2 centers have been amazing and have been wearing the teacher hat as well as the food service hat, and we are very grateful for that. We are also very grateful for our volunteer in WRJ, Crystal, who has been amazing all year!

At the beginning of March, we learned that our Pine Street food service provider would also be leaving us to pursue a new adventure and we wish her all the best. The managers have been covering that kitchen in hopes we would find someone to join that team.

We are happy to announce that we have hired Kathleen as our new cook for Pine Street Preschool. She joined our team on April 10th, 2023.

We are also happy to announce that Rhiannon, joined our Windsor team on April 3rd, 2023.



We are so very happy to have these 2 new smiling faces in our Head Start family. Please stop by to say hi if you are in the building, I'm sure they would love to meet you!

Fruit Salad

Ingredients:

Any fresh fruit you would like to add (pineapple, oranges, apples, grape halves, bananas, kiwi, peaches, pears, etc.) Yogurt

Directions:

- Cut up the fruit into bite size pieces. Remember that children easily choke, so pieces should be manageable for your child. You can even give your child a butter knife and have them cut some of the fruit up, while you observe to ensure that they don't get hurt.
- 2. Place a serving into a small bowl, top with yogurt and ENJOY!



Changes to Medicaid and CHIP Automatic Enrollment

Everyone on Medicaid and the Children's Health Insurance Plan (CHIP) must reapply for their health insurance.

The federal policy that kept people continuously enrolled in Medicaid and CHIP during the COVID-19 public health emergency has ended. Many children and adults may lose their coverage. Everyone enrolled in these programs will need to reapply for health insurance. It's important to understand that each state has its own process and timeline for deciding eligibility criteria for continuing Medicaid.

VT's Anticipated 2023 State Timelines for Initiating Unwinding-Related Renewals As of February 24, 2023

Initiated April	Procedural Reasons* June
6	Effective Date of First Anticipated Terminations for

* This is generally the first month that members who have not had their eligibility successfully renewed in the past 12 months may be disenrolled for procedural reasons, such as non-response to a renewal form, per CMS guidelines. Terminations for individuals the state has redetermined as ineligible for Medicaid and CHIP may occur on or after April 1, 2023.

Key Messages:

- You may need to update your contact information with VT's Medicaid program.
- Please check your mail for an official letter with information about completing a renewal form and to submit it as soon as possible.
- Please make sure you report any changes regarding your address, phone number, email, household, job, income, disability status, or pregnancy.

Here are some Resources that May Help:

Medicaid and CHIP Eligibility Renewals: A Communications Toolkit

 $\underline{https://www.medicaid.gov/resources-for-states/downloads/unwinding-comms-}$

toolkit.pdf?cid=a70d54130c47e0e69f840d13fa6ea56c

This 21-page toolkit includes strategies to help inform people about steps to renew their coverage or find other health care choices.

Preserving Medicaid and CHIP Coverage

https://www.aap.org/medicaidunwinding?cid=a70d54130c47e0e69f840d13fa6ea56c

Scroll down to the "State Unwinding Flyers" for state-specific posters in English and Spanish with phone numbers and websites for Medicaid and low-cost insurance options.

• No longer eligible for Medicaid? Need help finding other types of free or low-cost insurance? <u>https://www.healthcare.gov/?cid=a70d54130c47e0e69f840d13fa6ea56c</u>

SEVCA Windsor County Head Start Parent Survey RESULTS 2022-2023 (17 responses out of 60 families in March)

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Please complete this survey regarding your experience with SEVCA Windsor County Head Start this program year. The results of this survey will assist us with our program plans and services in the future.

Self-Assessment 2022-2023 Data Summary Report

March 17, 2023

This year the Self-Assessment process was held as an in-person, one day event to present, review and discuss the data sets the management team has worked on over the last several years. We are in year 3 of our grant cycle. The Self-Assessment Data Review was on Wednesday, March 17, 2023 from 9:00-2:30 We invited Head Start staff, SEVCA Staff, HS Policy Council, SEVCA Board, HS Parents and Community Members to join us for this data analyzing journey. The individuals that were able to attend and be part of the team to analyze the data consisted of: 9 Head Start staff, 2 people from SEVCA, 1 parent, and 2 community members.

The Head Start Management Team reviewed data from the following areas: Enrollment/Eligibility, Staff Turnover, Professional Development, Family Service PIR Data, Recruitment, Attendance, BMI, Dental/Medical, Immunizations, Outcomes for children, School Readiness Goals, IEP for children, Staff Qualifications, CLASS scores and information from our Practice-based Coaching and Child Development Support Specialist. Managers worked on a 106-page power point presentation that shows all of the data and "things to note" as well as the summary for some of the data sets. A Summary was also created from information shared by the participants to create areas of strength and areas that need to be improved for all data sets. The summary and areas of strength and areas that need improvement are stated below for each data set that was reviewed.

Data Topic:	Area of Strength:	Area of Improvement:
ENROLLMENT	Staff are dedicated to find new ways to recruit new families.	We know enrollment has been low due to the pandemic and parents not wanting to send their children to any public setting.
	Parents are finally able to go in and see the new buildings and loved seeing the new environments!	Windsor, WRJ and Springfield did not meet full enrollment, despite recruitment efforts.
	Chester Community Preschool is fully enrolled (17). Averaged 3 over for most of the program year	
	While we are still under-enrolled, we have increased enrollment numbers from previous years.	
	We served more 4 year old's than 3 year old's.	
	We had less children leave the program this year (6) then in previous years.	
STAFF RETENTION	Majority of staff have stayed with us for 5 or more years.	4 staff left: 1 lead teacher and 3 teacher assistants.
	Wages have steadily increased which has helped with keeping staff. Will continue to work on.	Unable to fill 4 positions for more than 6 months: 2 cook positions, 1 teacher associate position, and 1 family partner position.
	Summer COBRA payments were made for staff who took insurance.	
PROFESSIONAL DEVELOPMENT	Still meeting our training requirement.	Add sign language as a topic for training staff.

Self-Assessment Summary ~ March 17, 2023

COMMUNITY ASSESSMENT	Numerous strengths- see CA Summary	Still working on the following: Child care, transportation, mental health services.
PRACTICE-BASED COACHING	Every work place should have coaches!	Would be great if ALL staff could have access to a coach.
	Flexibility in goals,	
	Assistance in organizing thoughts and experiences.	
ATTENDANCE	Still tracking reasons and working with families as much as we can in making sure they are attending the program and meeting their own challenges/circumstances as well.	Attendance has not been where it needs to be at 85% for all months, mostly due to COVID and related symptoms and children staying home because of it. Hopefully as we come through the other end of COVID this will get better,
RECRUITMENT	Having Family Partners return in early August to focus on recruitment efforts.	Continue to seek marketing ideas to increase enrollment.
FAMILY SERVICES	Tracking Family Services on PIR Assessment form 5x each year to gather accurate services directly from the families we serve.	Increase mental health resources and support substance misuse.
HEALTH SERVICES	Most children are fully immunized by the end of their enrollment.	
	All children came to us with a medical home in 2021-2022.	
	All children who had a dentist home and were identified as needing follow-up care did so before the end of their time in HS. With the use of SDF and SMART treatments, this has decreased the number of children needing follow- up care.	While there was an increase in finding a dental home, there were still many children that needed a dental home. Many dentists are scheduling appointments many months out.
CHILD OUTCOMES/SCHOOL READINESS GOALS	Higher percentage of children meeting/exceeding expectations for 2022-2023 program year-attributed to the training of staff in the Pyramid Model, and coaching to fidelity with implementation; progress remains consistent from fall to winter for Physical Gross Motor Development; large amount of progress in Cognitive Development this program year, attributed to focus of Social Emotional Development at start of school year and less challenging behaviors seen;	Increases in children below expectations in physical gross motor development from 2020 on at the first developmental checkpoint each year; notices and discriminates rhyme is a consistent program goal from year to year, and we struggle to hit the target of 75% meeting/exceeding expectations

	consist progress from year to year with Literacy and Mathematics; meeting the Head Start requirements for lead teacher qualifications	
CLASS	Our program's scores exceed the National Average, and are within the Quality Threshold scores for Office of Head Start.	SEVCA Head Starts CLASS Observer should focus on both, teacher open ended questions, as well as how children complete activities and tasks within the classroom (they may not need teacher prompting anymore to demonstrate analysis and reasoning skills, and thus, higher Instructional Support scores.

Birthday News: May, June, July & August



Chester Community Preschool CCP1-, Cashel M. 5/18

CCP2- Evelynn G.5/1

Pine Street Preschool

Daisy- Kayleigh H. 5/4 **Willow**- Penelope C. 5/16

Northwood's Preschool None

The Children's Place

Penelope C. 5/16

Head Start Staff

PSP Family Partner-Lindsay 5/12 Ed/Disability Manager-Jodi 6/7, Willow Teacher-Ruby 6/8, CCP1 Teacher Assistant-Briana 6/30 Admin. Assistant-Rose 7/6, Willow Teacher Assistant-Felicia 7/7, Head Start Director-Lori 7/14, Fam/Comm./MH Manager-Barb 7/23 WRJ Teacher Associate-Beth 8/1, Safety/Maintenance- George 8/9

Family/Community/Mental Health By Barbara Vandenburgh

Wow, here we are at the end of another program year! Each year we are getting closer to what life looked like before COVID. We aren't quite there, but it was nice to have families back in our Head Start sites this year, having breakfast and lunch, doing a family night of activities and meals, and just coming into the building to drop children off and pick them up. We also had some opportunities to spend some time in the community, at events!

As the year-end approaches, please reach out to Teachers and Staff if you would like any assistance with summer programs, or registering your child for Kindergarten. We look forward to seeing everyone at the year-end celebration at each site. Happy Summer!













Family/Community/Mental Health By Barbara Vandenburgh

Vermont Department of Housing & Community Development Fair Housing Feedback: Join us at Springfield Town Library! What:

· Learn more about fair housing & your rights.

• Help shape statewide housing policies with your feedback.

• Connect with Springfield Supportive Housing Program and Health Care & Rehabilitation Services for housing resources & help.

When: Monday, May 15, 2023, 2:00-5:00 pm Where: Springfield Town Library, 43 Main Street, Springfield VT

Scan to take a Vermont Fair Housing survey!

Your feedback informs policy and spending decisions!!



Help us recruit for the 2023-2024 Program year! Share our postcard with your friends, family and neighbors!

We provide:

- A Safe, loving environment
- FREE breakfast, lunch and snack
- Family opportunities such as Parent Groups, Policy Council, and Fun Parent/Family Events!!
- Resources and Referrals for various family interests
- 16-30 hours of preschool at NO COST to families that are income eligible
- Hearing and Vision Screenings
 Universal Pre-K Program
 - 5 STARS Program
- Child Care available at select centers



SEVCA Head Start



- Head Start serves all children including those with disabilities and non-English speaking families.
- Transportation is not available, however we will assist with car-pooling information.

SEVCA Head Start serves all of Windsor County. With centers located in Springfield, Chester, Windsor, and White River Junction. For more information please contact the center closest to you.

NOW ENROLLING For Preschool/Pre-K Children Ages 3-5 (Children must be 3 by September 1st)

* Pine Street Preschool (Springfield): 802.460.1285 * Chester Community Preschool (Chester): 802.460.0297 * Children's Place (Windsor): 802.674.8008 * * Northwoods (White River Junction): 802.295.1952 * Main Office: 97 Park Street, Springfield, VT, 05156 802.460.1552



SEVCA Windsor County Head Start Menu

May 2023 Chester *

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Breakfast Cold Cereal Low Fat Yogurt Mandarin Oranges 1% unflavored milk Lunch Ham It Up Whole Wheat Pita Lettuce/Tomato Strawberries	Breakfast Whole Wheat Toast Burst of Blueberries 1% unflavored milk Lunch Turkey Tacos Pineapple 1% unflavored milk Snack	Breakfast Banana Bread Squares Pears 1% unflavored milk Lunch Chic' Penne Brussel Sprouts Grape Halves 1% unflavored milk	Breakfast Breakfast Whole Wheat Wrap, with Peanut Butter, Bananas and Blueberries (make your own) 1% unflavored milk Lunch Turkey and Noodles Whole Wheat Roll Strawberry Spinach Salad	Breakfast Whole Wheat Pancakes Applesauce 1% unflavored milk Lunch Egg Salad on Whole Wheat Crackers Broccoli Bites Honey Dew
1% unflavored milk <u>Snack</u> Cottage Cheese Apple Slices	Crazy Carrot Sticks Wheat Thins	Snack Veggiewiches (cucumber slices with ham and cheese in between) Greek Yogurt Ranch Dip 1% unflavored milk	Mangos 1% unflavored milk <u>Snack</u> Ants on a Log (celery, Peanut Butter, Goldfish) 1% unflavored milk	1% unflavored milk <u>Snack</u> Tootie Fruitie Salad Rice Cakes
8 Breakfast Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on Whole Wheat Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk Snack Whole Wheat Crackers 1% unflavored milk	9 Breakfast Whole Wheat Bagel Applesauce 1% unflavored milk Lunch Chicken Alfredo with a Twist Green Beans Cantaloupe 1% unflavored milk Snack Graham Cracker Yogurt	10 Breakfast Breakfast Burrito with Salsa Peaches 1% unflavored milk Lunch Beef Vegetable Soup Baking Powder Biscuit Pears 1% unflavored milk <u>Snack</u> Red Grapes Halves Cheddar Cheese Chunks	11 Breakfast Whole Wheat Toast with Peanut Butter Honey Dew 1% unflavored milk Lunch Chicken Fajitas Cauliflower Strawberries 1% unflavored milk Snack Sam-I-Am Eggs (deviled eggs) Pepper slices	12 CLOSED
15 Breakfast Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk <u>Lunch</u> Chicken Salad Sandwich on Whole Wheat Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk <u>Snack</u> Kale Chips Whole Wheat Crackers	16 <u>Breakfast</u> Mango Smoothie Bowl 1% unflavored milk <u>Lunch</u> Pizza with Ground Turkey Pizza Green Beans Grape Halves 1% unflavored milk <u>Snack</u> Peanut Butter & Apple Wraps 1% unflavored milk	17 Breakfast Scrambled Eggs Blueberries 1% unflavored milk <u>Lunch</u> Sloppy Joes on Whole Wheat Roll Garden Party (tossed salad) Peaches 1% unflavored milk <u>Snack</u> Whole Wheat Goldfish Pepper Slices	18 <u>Breakfast</u> Oatmeal Mixed Fruit 1% unflavored milk <u>Lunch</u> Oodles of Noodles Turkey Rolls Perfect Pineapple 1% unflavored milk <u>Snack</u> Cottage Cheese Celery Sticks	19 Breakfast Whole Wheat English Muffins Pears 1% unflavored milk <u>Lunch</u> Stir-Fried Green Rice, Eggs and Ham Cheddar Cheese Cubes Honey Cinnamon Carrots Strawberries 1% unflavored milk EARLY RELEASE
22 <u>Breakfast</u> Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk <u>Lunch</u> "Say Cheese" Grilled Ham & Cheese on Whole Wheat Tropical Bean Salad Pineapple 1% unflavored milk <u>Snack</u> Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)	23 Breakfast Whole Wheat Bagel Honey Dew 1% unflavored milk Lunch Vegetable Chili Boat Cheddar Cheese Chunks Whole Wheat Roll Grapes 1% unflavored milk Snack Strawberries 1% unflavored milk	24 <u>Breakfast</u> Whole Wheat Toast Burst of Blueberries 1% unflavored milk <u>Lunch</u> Cheese Quesadilla (cheddar cheese, black beans, corn, whole wheat tortilla) Corn Mandarin Oranges 1% unflavored milk <u>Snack</u> Apples Yogurt	This institution is an equal opportunity provider.	Have a great

This menu is subject to change

SEVCA Windsor County Head Start Menu

May 2023 Springfield * Thursday

Monday

Tuesday

Wednesday

Friday

			1	1
1	2	3	4	5
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
WGR Cold Cereal	Yogurt Parfaits (WGR cereal,	WGR Bagel with peanut	WGR Toast	WGR English Muffins with Peanut
Blueberries	fruit, yogurt)	butter	Applesauce	Butter
1% unflavored milk	1% unflavored milk	Strawberries	1% unflavored milk	Mixed Fruit Salad
Lunch	Lunch	1% unflavored milk	Lunch	1% unflavored milk
Tuna on WGR Pita	"Lunchables" (WGR	Lunch	Chicken & Cheese Quesadilla on	Lunch
Spinach/Tomato	crackers, deli meat, cheese)	Peanut Butter & Jelly on	WGR tortilla	Egg Salad on WGR Bread
Mandarin Oranges	Cucumbers	WGR Bread	Mixed Vegetables	Cauliflower Clouds
1% unflavored milk	Peaches	Cheddar Cheese Chunks	Pears	Watermelon
	1% unflavored milk	Broccoli	1% unflavored milk	1% unflavored milk
Snack Correct Sticks				
Carrot Sticks	<u>Snack</u>	Perfect Pineapple	Snack	<u>Snack</u>
1% unflavored milk	Banana	1% unflavored milk	Cantaloupe	Fresh Veggies & Ranch
	Hard Boiled Egg	<u>Snack</u>	1% unflavored milk	Honey Dew
		Cottage Cheese		
		Celery Sticks		
8	9	10	11	12
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	
WGR Cold Cereal	WGR Toast	WGR English Muffins	Breakfast WGR Wrap, with	
Mandarin Oranges	Burst of Blueberries	Pears	Peanut Butter, Bananas and	
1% unflavored milk	1% unflavored milk	1% unflavored milk	Blueberries (make your own)	
Lunch	Lunch	Lunch	1% unflavored milk	
Ham It Up Whole Wheat Pita	Turkey Tacos in WGR Pita	Chicken Salad with WGR	Lunch	
Cheese	Lettuce and Tomatoes	crackers	Tuna Salad on WGR Bread	CLOSED
Lettuce/Tomato	Pineapple	Snap Peas	Salad	
Strawberries	1% unflavored milk	Grape Halves	Mangos	
1% unflavored milk	Snack	1% unflavored milk	1% unflavored milk	
	Crazy Carrot Sticks			
Snack	WGR Wheat Thins	Snack Veggiewiches (cucumber	Snack	
Cottage Cheese	wGR wheat Thins		Ants on a Log (celery, Peanut Butter, WGR Goldfish)	
Apple Slices		slices with ham and cheese in		
		between) with Ranch	1% unflavored milk	
15	16	1% unflavored milk	10	10
15 Decision	16	17	18	19
	D	D	D 1 C 4	Desile
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
WGR Cold Cereal	WGR Bagel	WGR Toast	Yogurt	WGR English Muffins
WGR Cold Cereal Cottage Cheese	WGR Bagel Applesauce	WGR Toast Peaches	Yogurt WGR Cereal	WGR English Muffins Mixed Fruit
WGR Cold Cereal Cottage Cheese Burst of Blueberries	WGR Bagel Applesauce 1% unflavored milk	WGR Toast Peaches 1% unflavored milk	Yogurt WGR Cereal Honey Dew	WGR English Muffins Mixed Fruit 1% unflavored milk
WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u>	WGR Toast Peaches 1% unflavored milk Lunch	Yogurt WGR Cereal Honey Dew 1% unflavored milk	WGR English Muffins Mixed Fruit 1% unflavored milk <u>Lunch</u>
WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch	WGR Bagel Applesauce 1% unflavored milk	WGR Toast Peaches 1% unflavored milk <u>Lunch</u> Tomato Soup	Yogurt WGR Cereal Honey Dew 1% unflavored milk <u>Lunch</u>	WGR English Muffins Mixed Fruit 1% unflavored milk <u>Lunch</u> Lunchables (deli meat, cheese,
WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u>	WGR Toast Peaches 1% unflavored milk <u>Lunch</u> Tomato Soup Mixed Vegetables	Yogurt WGR Cereal Honey Dew 1% unflavored milk	WGR English Muffins Mixed Fruit 1% unflavored milk <u>Lunchables</u> (deli meat, cheese, WGR crackers)
WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u> Mac-n-cheese	WGR Toast Peaches 1% unflavored milk <u>Lunch</u> Tomato Soup	Yogurt WGR Cereal Honey Dew 1% unflavored milk <u>Lunch</u>	WGR English Muffins Mixed Fruit 1% unflavored milk <u>Lunch</u> Lunchables (deli meat, cheese,
WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk <u>Lunch</u> Peanut Butter & Jelly on	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u> Mac-n-cheese Ham Chunks	WGR Toast Peaches 1% unflavored milk <u>Lunch</u> Tomato Soup Mixed Vegetables	Yogurt WGR Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Quesadillas on WGR	WGR English Muffins Mixed Fruit 1% unflavored milk <u>Lunchables</u> (deli meat, cheese, WGR crackers)
WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk <u>Lunch</u> Peanut Butter & Jelly on WGR bread	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u> Mac-n-cheese Ham Chunks Green Beans	WGR Toast Peaches 1% unflavored milk <u>Lunch</u> Tomato Soup Mixed Vegetables WGR Roll	Yogurt WGR Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Quesadillas on WGR tortilla	WGR English Muffins Mixed Fruit 1% unflavored milk Lunchables (deli meat, cheese, WGR crackers) Celery Sticks
WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on WGR bread Cheddar Cheese Carrot Sticks	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u> Mac-n-cheese Ham Chunks Green Beans Cantaloupe	WGR Toast Peaches 1% unflavored milk <u>Lunch</u> Tomato Soup Mixed Vegetables WGR Roll Pears 1% unflavored milk	Yogurt WGR Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Quesadillas on WGR tortilla Cauliflower	WGR English Muffins Mixed Fruit 1% unflavored milk Lunchables (deli meat, cheese, WGR crackers) Celery Sticks Orange Smiles
WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on WGR bread Cheddar Cheese	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u> Mac-n-cheese Ham Chunks Green Beans Cantaloupe 1% unflavored milk	WGR Toast Peaches 1% unflavored milk <u>Lunch</u> Tomato Soup Mixed Vegetables WGR Roll Pears 1% unflavored milk <u>Snack</u>	Yogurt WGR Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Quesadillas on WGR tortilla Cauliflower Strawberries 1% unflavored milk	WGR English Muffins Mixed Fruit 1% unflavored milk Lunchables (deli meat, cheese, WGR crackers) Celery Sticks Orange Smiles
WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on WGR bread Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u> Mac-n-cheese Ham Chunks Green Beans Cantaloupe 1% unflavored milk <u>Snack</u> Graham Cracker	WGR Toast Peaches 1% unflavored milk <u>Lunch</u> Tomato Soup Mixed Vegetables WGR Roll Pears 1% unflavored milk <u>Snack</u> Red Grapes Halves	Yogurt WGR Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Quesadillas on WGR tortilla Cauliflower Strawberries 1% unflavored milk <u>Snack</u>	WGR English Muffins Mixed Fruit 1% unflavored milk <u>Lunch</u> Lunchables (deli meat, cheese, WGR crackers) Celery Sticks Orange Smiles 1% unflavored milk
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WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on WGR bread Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk Snack WGR Crackers 1% unflavored milk 22 Breakfast	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u> Mac-n-cheese Ham Chunks Green Beans Cantaloupe 1% unflavored milk <u>Snack</u> Graham Cracker Yogurt 23 <u>Breakfast</u>	WGR Toast Peaches 1% unflavored milk Lunch Tomato Soup Mixed Vegetables WGR Roll Pears 1% unflavored milk Snack Red Grapes Halves Cheddar Cheese Chunks 24 Breakfast	Yogurt WGR Cereal Honey Dew 1% unflavored milk Lunch Chicken Quesadillas on WGR tortilla Cauliflower Strawberries 1% unflavored milk Snack Rice Cakes	WGR English Muffins Mixed Fruit 1% unflavored milk <u>Lunchables</u> (deli meat, cheese, WGR crackers) Celery Sticks Orange Smiles 1% unflavored milk EARLY RELEASE
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WGR Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on WGR bread Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk Snack WGR Crackers 1% unflavored milk 22 Breakfast WGR Cold Cereal Applesauce 1% unflavored milk Lunch Chicken Salad Sandwich on	WGR Bagel Applesauce 1% unflavored milk <u>Lunch</u> Mac-n-cheese Ham Chunks Green Beans Cantaloupe 1% unflavored milk <u>Snack</u> Graham Cracker Yogurt 23 <u>Breakfast</u> WGR toast Mangos 1% unflavored milk <u>Lunch</u> Egg Salad on WGR bread	WGR Toast Peaches 1% unflavored milk Lunch Tomato Soup Mixed Vegetables WGR Roll Pears 1% unflavored milk Snack Red Grapes Halves Cheddar Cheese Chunks 24 Breakfast WGR Cold Cereal Blueberries 1% unflavored milk Lunch Peanut Butter and Jelly on	Yogurt WGR Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Quesadillas on WGR tortilla Cauliflower Strawberries 1% unflavored milk <u>Snack</u> Rice Cakes Pepper slices This institution is	WGR English Muffins Mixed Fruit 1% unflavored milk <u>Lunchables</u> (deli meat, cheese, WGR crackers) Celery Sticks Orange Smiles 1% unflavored milk EARLY RELEASE
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This menu is subject to change

WGR~ Whole Grain Rich

SEVCA Windsor County Head Start Menu Wednesday Monday

Tuesday

May 2023 Windsor * WRJ * Thursday

Friday

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1	2	3	4	5
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	Breakfast
Cold Cereal	Spiced Oatmeal	Whole Wheat Bagel with	Crunchy French Toast (whole	Whole Wheat English Muffins with
Blueberries	Mighty Mangos	peanut butter	wheat bread)	Peanut Butter
1% unflavored milk	1% unflavored milk	Strawberries	Applesauce	Mixed Fruit Salad
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Lunch	Lunch	1% unflavored milk	1% unflavored milk	1% unflavored milk
Tuna on Whole Wheat Pita	"Lunchables" (whole wheat	Lunch	Lunch	Lunch
Spinach/Tomato	crackers, deli meat, cheese)	Peanut Butter & Jelly on	Cheese Quesadilla on Whole	Egg Salad on Whole Wheat Bread
Mandarin Oranges	Cucumbers	Whole Wheat Bread	Wheat	Cauliflower Clouds
1% unflavored milk	Peaches	Cheddar Cheese Chunks	Turkey Roll Ups	Watermelon
Snack	1% unflavored milk	Broccoli	Mixed Vegetables	1% unflavored milk
	- / · · · · · · · · · · · · · · · · · ·			
Carrot Sticks	<u>Snack</u>	Perfect Pineapple	Pears	<u>Snack</u>
1% unflavored milk	Banana	1% unflavored milk	1% unflavored milk	Fresh Veggies & Creamy Dip
	Hard Boiled Egg	<u>Snack</u>	Snack	Honey Dew
		Cottage Cheese	Cantaloupe	
		Celery Sticks	1% unflavored milk	
8	9	10	11	12
° Breakfast		- •	Breakfast	12
	Breakfast	Breakfast		
Cold Cereal	Whole Wheat Toast	Banana Bread Squares	Breakfast Whole Wheat Wrap,	
Low Fat Yogurt	Burst of Blueberries	Pears	with Peanut Butter, Bananas and	
Mandarin Oranges	1% unflavored milk	1% unflavored milk	Blueberries (make your own)	
1% unflavored milk	Lunch	Lunch	1% unflavored milk	
Lunch	Turkey Tacos	Chicken Salad with Whole	Lunch	
Ham It Up Whole Wheat Pita		Wheat Crackers	Tuna Salad on Whole Wheat	CLOSED
	Pineapple			CLUSED
Cheese	1% unflavored milk	Snap Peas	Bread	
Lettuce/Tomato	<u>Snack</u>	Grape Halves	Strawberry Spinach Salad	
Strawberries	Crazy Carrot Sticks	1% unflavored milk	Mangos	
1% unflavored milk	Wheat Thins	<u>Snack</u>	1% unflavored milk	
Snack		Veggiewiches (cucumber	Snack	
Cottage Cheese		slices with ham and cheese in	Ants on a Log (celery, Peanut	
Apple Slices		between) with Ranch	Butter, Goldfish)	
Apple Slices				
		1% unflavored milk	1% unflavored milk	
15	16	17	18	19
Breakfast	D 1. 6	Dava a lafa at	D 1 C 4	Desile
DICAMAN	Breakfast	Breakfast	Breakfast	Breakfast
Cold Cereal	Whole Wheat Bagel	Whole Wheat Pancakes	Yogurt	Breakfast Muffins
Cold Cereal Cottage Cheese	Whole Wheat Bagel Applesauce	Whole Wheat Pancakes Peaches	Yogurt Cereal	Breakfast Muffins Mixed Fruit
Cold Cereal Cottage Cheese Burst of Blueberries	Whole Wheat Bagel Applesauce 1% unflavored milk	Whole Wheat Pancakes Peaches 1% unflavored milk	Yogurt Cereal Honey Dew	Breakfast Muffins Mixed Fruit 1% unflavored milk
Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk	Whole Wheat Bagel Applesauce 1% unflavored milk Lunch	Whole Wheat Pancakes Peaches 1% unflavored milk Lunch	Yogurt Cereal Honey Dew 1% unflavored milk	Breakfast Muffins Mixed Fruit 1% unflavored milk <u>Lunch</u>
Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch	Whole Wheat Bagel Applesauce 1% unflavored milk	Whole Wheat Pancakes Peaches 1% unflavored milk <u>Lunch</u> Beef Vegetable Soup	Yogurt Cereal Honey Dew 1% unflavored milk <u>Lunch</u>	Breakfast Muffins Mixed Fruit 1% unflavored milk
Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk	Whole Wheat Bagel Applesauce 1% unflavored milk Lunch	Whole Wheat Pancakes Peaches 1% unflavored milk Lunch	Yogurt Cereal Honey Dew 1% unflavored milk	Breakfast Muffins Mixed Fruit 1% unflavored milk <u>Lunch</u>
Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch	Whole Wheat Bagel Applesauce 1% unflavored milk <u>Lunch</u> Chicken Alfredo with a Twist	Whole Wheat Pancakes Peaches 1% unflavored milk <u>Lunch</u> Beef Vegetable Soup	Yogurt Cereal Honey Dew 1% unflavored milk <u>Lunch</u>	Breakfast Muffins Mixed Fruit 1% unflavored milk <u>Lunch</u> Lunchables (deli meat, cheese,
Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on Whole Wheat	Whole Wheat Bagel Applesauce 1% unflavored milk <u>Lunch</u> Chicken Alfredo with a Twist Green Beans Cantaloupe	Whole Wheat Pancakes Peaches 1% unflavored milk <u>Lunch</u> Beef Vegetable Soup Whole Wheat Roll Pears	Yogurt Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Fajitas Cauliflower	Breakfast Muffins Mixed Fruit 1% unflavored milk <u>Lunch</u> Lunchables (deli meat, cheese, whole wheat crackers) Celery Sticks
Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on Whole Wheat Cheddar Cheese	Whole Wheat Bagel Applesauce 1% unflavored milk Lunch Chicken Alfredo with a Twist Green Beans Cantaloupe 1% unflavored milk	Whole Wheat PancakesPeaches1% unflavored milkLunchBeef Vegetable SoupWhole Wheat RollPears1% unflavored milk	Yogurt Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Fajitas Cauliflower Strawberries	Breakfast Muffins Mixed Fruit 1% unflavored milk Lunchables (deli meat, cheese, whole wheat crackers) Celery Sticks Orange Smiles
Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on Whole Wheat Cheddar Cheese Carrot Sticks	Whole Wheat Bagel Applesauce 1% unflavored milk Lunch Chicken Alfredo with a Twist Green Beans Cantaloupe 1% unflavored milk Snack	Whole Wheat Pancakes Peaches 1% unflavored milk Lunch Beef Vegetable Soup Whole Wheat Roll Pears 1% unflavored milk Snack	Yogurt Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Fajitas Cauliflower Strawberries 1% unflavored milk	Breakfast Muffins Mixed Fruit 1% unflavored milk <u>Lunchables</u> (deli meat, cheese, whole wheat crackers) Celery Sticks
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Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk <u>Lunch</u> Peanut Butter & Jelly on Whole Wheat Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk <u>Snack</u> Whole Wheat Crackers 1% unflavored milk	Whole Wheat Bagel Applesauce 1% unflavored milk <u>Lunch</u> Chicken Alfredo with a Twist Green Beans Cantaloupe 1% unflavored milk <u>Snack</u> Graham Cracker Yogurt	Whole Wheat Pancakes Peaches 1% unflavored milk <u>Lunch</u> Beef Vegetable Soup Whole Wheat Roll Pears 1% unflavored milk <u>Snack</u> Red Grapes Halves Cheddar Cheese Chunks	Yogurt Cereal Honey Dew 1% unflavored milk <u>Lunch</u> Chicken Fajitas Cauliflower Strawberries 1% unflavored milk <u>Snack</u> Rice Cakes Pepper slices	Breakfast Muffins Mixed Fruit 1% unflavored milk <u>Lunch</u> Lunchables (deli meat, cheese, whole wheat crackers) Celery Sticks Orange Smiles 1% unflavored milk
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- Fruits contain vitamins and minerals that help your child grow and stay healthy.
- Fruits can be fresh, frozen, or canned.
- Choose canned fruits packed in water or 100% juice.

Smoothie Recipe

Ingredients

- 1 banana, small, ripe
- 1 cup Frozen fruit (you choose your favorite)
- 8 ounces yogurt (you choose your favorite)
- ¾ cup milk; 1% or skim

Directions

- 1. Peel banana. Using cutting boards and butter knife, cut banana into 1-inch chunks. Place the banana chunks in the blender.
- 2. Place the frozen fruit, yogurt, and milk in the blender with the banana.
- 3. Cover the blender and blend on high speed for about 1 minute or until the mixture is smooth.
- 4. Pour smoothie into cups, and enjoy!

WIC APPROVED ACTIVITY

Today your child learned about fruits and colored this picture for you to post on your refrigerator.

To get credit for this WIC Approved Activity, call your WIC Office at **289-0600/295-8820** and let us know the recipe on this page.