

Fun Fitness

Activities

- Play outside every day
- Walking every day with your family and friends is an easy way to be fit!
- Running and playing games like tag are great ways to get your body moving!
- It's so fun to hike with your friends and family.
- There are a bunch of ways to jump rope.
- Zip around your neighborhood on your bike.
- Rollerblading is a blast!
- Ice skating in the winter is fun to do.
- Martial Arts are really fun. Try Karate!
- Use your skateboard to get around.
- Gymnastics helps your balance, strengthens your muscles, and keeps your body flexible.
- Team sports like softball and baseball are fun to play.
- The goal of soccer is to get outside and have fun!
- Playing basketball really keeps you moving!
- Ask a friend to hit a few tennis balls with you.



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Day Nursery CACFP Staff Extensions

Staff Position Extension

Marsha Hearn-Lindsey, Director of Operations 226

Mindy Bennett, Director of Programs 224

Molly Manley, CACFP Coordinator 228

Larry Gist, Database Manager 249

DAY NURSERY HOME VIEWS

October 2010



CACFP Reminders

1. Remember that you need to attend Minute Menu training this month. Please check your August Claim Status form for your assigned training day and time.
2. Beginning with the October claim we will only accept claims that are turned in using either the **Minute Menu web program or Minute Menu scan able forms.**
3. If you have 12 or more children enrolled in your child care you **must** mark meals at point of service even if you have fewer than 12 children in attendance.
4. You must call our office in advance of any approved meal time that you are not going to be home for.
5. You must call our office in advance of any approved meal time that you are not going to be claiming for any reason. (IE children don't show up, you are having a party etc...)

Apple Fun-Do



1. Line up several different varieties of apples for children to see. Talk about the differences in each of them.
2. Introduce the different types of apples. Cut them in half and let the children smell and touch them.
3. Heat in a fondue pot or on the stove 1 can of cheddar cheese soup and 1/2 pound of Swiss cheese.
4. Cut the different types of apples into slices.
5. Give each child a cup of the cheese sauce and several slices of different apples.
6. Show the children how to dip their apples into the cheese.
7. Create a tasting chart to show which apple is each child's favorite.

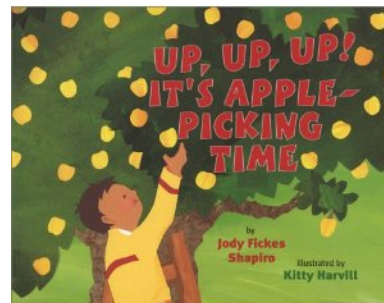
Book Review

Up, Up, Up!

It's Apple-Picking Time

By: Jody Fickes Shapiro

It's time to pick apples on Grandma and Grandpa's farm and then sell the fruit at the roadside stand. The family drinks in the apple aroma, "Apple smell is in the air- /apple perfume everywhere," and tastes the fruit, "The apple is cool and crunchy and sweet." Apples are described as big as softballs. At the end of the adventure, the family dances to old jazz records. The paper-collage, color illustrations highlight the warm and jovial interactions. The varying perspectives of the art nicely complement this sensory experience. A pleasant addition to harvest units and storytimes.



Incorporate Apples

into your Meals:

Breakfast

- Add sliced apples to low fat yogurt or cottage cheese.
- Add shredded apple to pancake batter.
- Top pancakes or waffles with diced apples or applesauce.
- Add shredded apples to low fat muffin or cake batter.
- Top hot or cold cereal with diced apples.

Lunch:

- Layer sliced apple in a turkey or ham sandwich.
- Add grated apple to a peanut butter or grilled cheese sandwich.
- Add sliced apples to chicken and tuna salad.
- Add shredded apple to cole slaw.
- Slice an apple in half, scoop out the core and add peanut butter.
- Eat sliced apple with low fat cheese and crackers.

Snacks:

- Make a smoothie or shake by mixing apples in a blender with bananas, 100% juice and ice.
- Top frozen low fat yogurt with sliced apple for a sweet and refreshing dessert.
- Core an apple, fill it with raisins and other dried fruit, and cook in the microwave or bake.