

Alphabet Soup

April, 2009

Nourishing ways to fill children's days.

broadreach
family & community services

Five Simple Steps to Better Family Health

See inside for:

- * Child and Parent Day/Healthy Kids Day Details
- * Last Minute Meal Recipe
- * Bring the Fun Outdoors in the Rain!
- * And More!



Increase whole grains

Make at least half of your grains whole. Provide your family with a portion of whole grain cereals, breads, crackers, rice or pasta each day.

Vary vegetables.

Serve more colorful veggies. Serve a dark green (broccoli, spinach, leafy green) veggie or orange vegetable (carrot, squash, sweet potato) every day. Eat more dry beans and peas like pinto and kidney beans and lentils.



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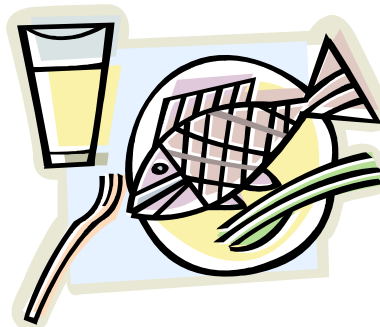


Focus on fruits.

Choose fresh, frozen, dried or canned fruit. Go easy on fruit juices. Try a new fruit this month!

Enjoy milk and other calcium-rich dairy foods.

Choose low-fat milk, yogurt and other dairy products.



Go lean with protein.

Choose lean poultry and meats. Bake it, broil it and grill it. Vary your family's protein routine- choose more fish, beans, peas, nuts and seeds.

Last Minute Dinner Recipe

Chicken Fettuccine with Grape Tomatoes

Here's a quick and healthy dinner. It takes less than 30 minutes from start to finish. This recipe makes four servings.

INGREDIENTS:

- 4 teaspoons olive oil
- 4 medium skinless, boneless chicken-breast halves (about 1 1/2 lbs.)
- 1/2 teaspoon coarsely ground black pepper
- Dash of salt (optional)
- 1 lb. package fettuccine
- 2 garlic cloves, thinly sliced
- 2 pints grape tomatoes, each cut in half
- 2 cups chicken broth
- dried Italian seasoning, such as oregano, etc.



DIRECTIONS:

1. In nonstick 10-inch skillet, heat 2 teaspoons oil over medium heat until hot. Add chicken; sprinkle with pepper and 1/2 teaspoon salt and cook 5 minutes. Turn chicken over and cook 5 minutes longer or until golden brown. Transfer chicken to plate to cool.
2. Meanwhile, heat large saucepot of salted water to boiling over high heat. Add fettuccine and cook as label directs.
3. In same skillet, heat remaining oil over medium heat. Add garlic; cook 30 seconds, stirring. Stir in tomatoes, broth, and oregano; cook 4 minutes. Cut chicken up into bite-size pieces and return to skillet; cook 4 minutes longer or until juices run clear when thickest part of breast is pierced with tip of knife.
4. To serve, drain fettuccine; place on dinner plates. Top with chicken and sauce. Serve with carrot sticks and a green salad.

ECIP Shutdown Reminder

This is a reminder to all families that the Belfast and Unity Early Childhood Inclusive Program and the Mid-Coast Children's Services classrooms will be closed for Spring Break April 20-24. The Administrative offices in Belfast and Rockland, including Mid-Coast Children's Services and Youthlinks will be closed on Monday, April 20 in observance of Patriot's Day. Enjoy your time off with your families.

Happy Spring!

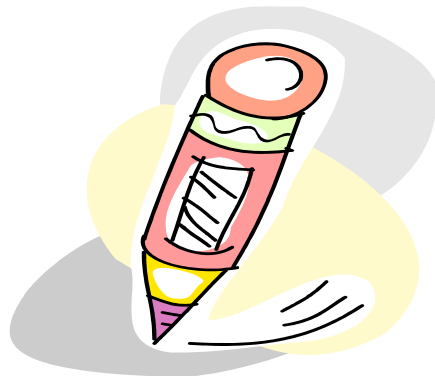


Leap into Learning!



Supporting Preschoolers in Reading and Language Success (SPIRALS) is a special initiative that is enhancing learning for preschoolers and their teachers in early childhood classrooms across Waldo and Knox County!

SPRING is in the air!



Warmer weather, lots of sunshine and mud are great reasons to go outside and play.

Now is the time to get moving again and see the changes in our world. Here are some ideas that are fun and will help with your child's learning.

Exercise and learning

Take a walk around your neighborhood. Talk about the changes you see. The melting snow, the budding trees, the birds, potholes, and things winter left behind. When you get home,

together draw what you saw and help your child write the words.

Take that same walk on a rainy day. Talk about the different clothes you need to wear in the rain. What was different and what was the same? Draw pictures and write the words together.

Writing and Rhyming

Before you go outside have your child write their name on a piece of paper. Talk about the sound the first letter in their name makes. Using a clipboard or other hard surface take the paper outside, and look around and see how many things they can add to the list that start with the same sound. Help them write the word or they can draw a picture.

Together make a list of four words that rhyme and see if you can find these objects in your yard. (cat, hat, bat, mat)

In the house

Too rainy to go outside, this is a good time to play library. Get out several books, paper, and pencils.

Talk about the books, why you like the book, "check" the book out, and read it together.

Sprinkle a small amount of flour on the kitchen counter, and then draw designs and letters in the flour.

Books to read together

The Puddle by David McPhail

Play With Me by Marie Halletts



Springtime Rhymes and Puddle Jumping



Springtime Song (Tune: Did you ever see a Lassie?)

My **eyes** can see it's springtime, it's springtime, it's springtime.

My **eyes** can see it's springtime, the grass is so green!
The green grass, the flowers, the sunshine and showers.

My **eyes** can see it's springtime, and I am so glad.

My **ears** can hear it's springtime, it's springtime, it's springtime.

My **ears** can hear it's springtime, the birds sweetly sing.
The birds sing, the lambs bleat, the frogs croak, the bees buzz.

My **ears** can hear it's springtime, and I am so glad!

My **body** can feel it's springtime, it's springtime, it's springtime.

My **body** can feel it's springtime, the air is so warm.
The warm air, the breezes, no frost and no freezes.

My **body** can feel it's springtime, and I AM SO GLAD!!!



Outdoor Fun on a Rainy Day

★ Puddles, Puddles, Puddles

Kids need no help figuring this one out, and all they need are boots and a rainy day! Or, if you don't mind a little clean-up afterwards, let your kids try puddle-hopping without shoes on. Squishing mud between the toes is a GREAT feeling, one your kids deserve to experience. We promise - it washes off!

★ Worms, of Course!

During rainstorms, worms are often drawn out of their waterlogged burrows and found squiggling about. Let your kids gently touch them, pick them up, practice moving like one, or follow one. Or take a walk together down the road looking for worms to "rescue": put them in the grass or a muddy spot so they don't get stepped on.

★ Gauge It!

You'll need an olive jar, or some other tall jar that is 1" to 1 1/2" in diameter. Use permanent marker to carefully make inch marks on the outside of the jar. Then tape the jar securely to a stick and push it into the ground. Make sure you select a spot that is in the open, not under a tree or part of the house. Check after each rainfall to see how much came down.

