

# Alphabet Soup

March, 2009

*Nourishing ways to fill children's days.*

**broadreach**  
family & community services

## Think Spring!

### See inside for:

- \* Healthy Snack Strategies for your Family
- \* Snow Melting Activity
- \* Purchase Day Lilies to Support Waldo County TRIAD. See page 4 for more details.
- \* And More!

Looking for a fun way to wish the snow away with your pre-schooler? Science is exciting for children when they can see it in action. Preschoolers can learn about the properties of water by experimenting with some winter snow.

This simple experiment will allow preschoolers to see water transform before their eyes into ice, water, and vapor.

### What You Need:

Snow, a container that can go in the freezer, a pot to boil water

### What To Do:

Have your child collect snow from outside and put it in a small bowl or other container. As they collect the snow have them describe what the snow feels like when they touch it.

Bring the snow inside and talk to your child about what happens when snow gets warm. Leave the snow on a table for several hours while you do another activity then come back and ask them to describe what has happened to the snow.

Ask the preschoolers what they think will happen if you make the water cold again. Write all of their guesses down on a piece of paper. Put the container of water in the freezer and leave it for several hours.

When the water has frozen let them touch it and describe what it looks like after being cooled down again. Put salt on the ice and see if it melts faster than it did the first time.

When the ice has melted, pour the water into a pot and boil it. Be sure your little scientist stays far enough away from the stove that they will not be burned. Let the water come to a boil and point out the vapor that is coming out of the pot. Explain to the them that when water gets hot enough it turns into vapor and goes back into the air. Let the water boil until it all evaporates. *Source [www.busymommy.us](http://www.busymommy.us)*



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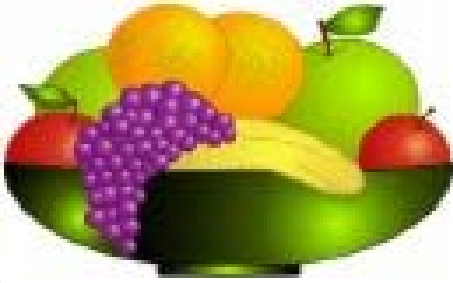
Visit us on the web at  
[www.broadreachmaine.org](http://www.broadreachmaine.org)

### Child and Parent Day

Looking for some family fun without spending a bundle? Come on out to the 22nd Annual Child and Parent Day Saturday, April 4 from 10am-2pm at the Waldo County YMCA. You and your child will enjoy craft projects, music, fitness activities including an obstacle course, play dress up or visit with a live owl. For more information please call 338-2200 ext 109 or 338-4598. As always, this is a FREE event!



## To Snack or Not to Snack?



Snacks are important for small children with very high calorie needs, who don't eat enough food at meals to grow, heal or perform. Before you offer any snack to your child, think about healthy alternatives. Smart snack choices can help your child to eat foods that we usually don't get enough of—mostly fruits and vegetables or low-fat dairy and whole grains. Smart snacks can also help you and your family bridge the time between meals so you don't come to lunch or dinner overly hungry and unable to make healthy choices.

### What are Healthy Snacks?

Snacks are foods and drinks we eat in between meals to satisfy hunger. Fruits and vegetables are excellent snacks for almost anyone. They are a nutritious substitute for high-calorie snack foods such as chips and cookies. Fruits and vegetables are good choices as they are low in calories and high in fiber, vitamins and minerals. Additionally, fruits and vegetables come in a variety of forms—fresh, frozen, canned and dried. Dairy foods and whole grains can also be healthy snacks. Look for those that are low-fat and low-sugar.

### Plan your Children's Snacks for the Day.

Smart on-the-go snacks include fresh fruits and vegetables, raisins or other dried fruit, whole-grain cereal and crackers, nuts in small portions, low-fat granola bars, baked chips and rice cakes. Planning ahead can help you make smart snack choices. Try these simple tips to help you plan and prepare snacks:

- Carry a snack bag with you when you leave home for the day. It is a good way to eat healthy and save money.
- Include seasonal fruits and vegetables on your shopping list. They will be less expensive and taste great.
- Find healthier options for the kinds of snacks that your child usually craves—sweet, sour, salty, savory, crunchy, chewy, etc. For example, to give your child something sweet, serve an orange or an apple. For something salty, grab a small portion of nuts or low-fat popcorn.
- Organize a healthy snack shelf or drawer at home.
- Keep healthy snacks in small portions at work or in the car.



*Source: Eat Smart Move More, North Carolina*

# 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!*

## COLORS! COLORS! COLORS!

You don't need a bag of tricks to help your child learn. You are your child's first teacher and your world is your classroom.



Need help with that laundry? Is your laundry basket always full? Make folding laundry a family time. Your child can help match socks and yes, they can even fold t-shirts. Laundry time is a great time to work on colors and patterns. Ask your child to help you sort the clean laundry. While you're sorting the laundry talk about how to decide which socks go together and have them find different patterns, like stripes and dots.



Grocery shopping can be a very stressful time. With your list in hand and a trick or two up your sleeve you can make the trip to the grocery store more enjoyable. Before you go to the store have your child help you make a list. Take the weekly flyer, go through it together and have your child circle the items you plan to buy. Have your child search the aisles to match your purchase to the picture in the flyer. When you're in the produce aisle you can talk about all the colors. "Look, blueberries, red strawberries, yellow squash."



Many of us spend a lot of time in the car. While you're driving take this time to work on colors and safety. Talk to your child about the shape of the sign and the color. "Red always means **STOP!**" "Look, a red stop sign up the hill, oh, there's a red yield sign at the bottom of the hill." Say the letters on the traffic sign with your child and show them that the words tell us what the sign means, but the shape and color of the sign also tells us what the sign means.

Books to share:

*A Color of His Own*, by Leo Lionni

*Brown Bear, Brown Bear what do you see?* by Bill Martin Jr.

Dear Parents,

Due to their similar beliefs in serving the residents of Midcoast Maine, Broadreach and Triad work in collaboration with one another. When Triad decided to raise money for services to older citizens through its Daylily Project, it seemed only fitting for Broadreach to share the news through its newsletter. Below is the information regarding this unique fundraiser. What an opportunity! Please join us by supporting this very worthy initiative. Thanks!



## Waldo County TRIAD

*A collaboration of citizens, public safety services, and community organizations dedicated to improving the safety of older residents through education and service*

P.O. Box 125 Belfast ME

1-866-928-7423



Waldo County Triad has teamed up with Bill Warman of the Maine Garden of Organic Daylilies in Waldo. Triad is selling gift cards for these world-class plants. If you buy a gift card from Triad, you pay one-half the face value of the card and redeem it for full value at The Maine Garden. For example, if you buy a gift card which says it is for \$10-worth of lilies, you will pay Triad \$5 for it and when you go to the garden, you can get \$10-worth of daylilies.

What about the plants?

- There are over 1,000 varieties from which to select.
- Plants are grown for 3 to 5 years without cover at the Waldo garden before they are sold to ensure that they are winter hardy.
- Many of the plants are hybridized at The Maine Garden and are grown for size, height, foliage, color clarity, attractiveness of the blossoms and length of blossoming time.
- The plants are guaranteed to be healthy and true to variety selected.

What about prices?

- Most of the daylilies cost \$10. A few are \$12 or \$20.
- Gift cards will be available from Triad for \$10, \$30, or \$50. These cards will be sold by Triad for \$5, \$15, and \$25.)

What about The Maine Garden?

- The garden is open from May 1 to September 15 from 9:00a.m. to 5:00p.m. The cards may be used between these dates and times only. (Plants are not available on days when it is raining.)
- The garden is located at 49 Old County Road in Waldo, just off Route 131. (At the intersection of Routes 137 and 131, turn toward Waldo and Swanville. The Old County Road is 1/2 mile on the left.)

What about purchasing gift cards for daylilies from Waldo County Triad?

- Contact a Triad board member.
- Visit Broadreach Family & Community Services (just across from the former Maine Chowder House on Route 1 in Belfast).
- Send a check to Waldo County Triad, PO Box 125, Belfast ME 04915. Include your name, mailing address, and the number and amount of gift cards you wish to purchase. (Remember to send 1/2 as much money as the face value of the gift card or cards you wish to purchase.)