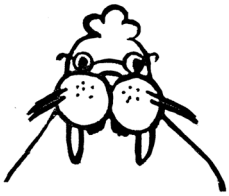

Polly's Post

Child Development Health & Nutrition, Inc. P.O. Box 1064 207 Bedford St. Suite 206 Lakeville, MA 02347

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New Providers

Hasna Belhaj of Malden
Carmen Infante of Lawrence
Laura Krouch of Belchertown
Blanca Llanos of Lynn
Juana Ramirez of Worcester
Jian Zhu of Quincy

Direct Deposit

For your convenience CDHN offers Direct Deposit to your checking account or savings account. For more information contact Beth at 1-800-232-7634.

Dear Educator,

Now that the weather is getting warmer and you will probably start taking some fields trips, please remember to call our office to notify us that you will be out of your daycare. Happy Spring to everyone.

Yours truly,
Nancy & your CDHN Staff

Mail/email your April claim at the end of your work day on Thursday, April 30th so it will reach our office by the deadline May 5th.

Remember to mail it to:

Child Development
Health & Nutrition, Inc.
P.O. Box 1064
Lakeville, MA 02347

There are no Holiday forms need for the month of April.

Freezer Pizza Bites

Ingredients:

- Whole wheat pizza dough
- Mozzarella cheese
- Favorite veggies toppings: pineapple, green bell peppers, mushrooms, black olives, mini pepperoni, onion

Instructions:

1. Let the dough rise until double in size.
2. Roll out very thin - about ¼" thick.
3. Use the circle part on the back of the press to cut out circles.
4. Stretch the circle on top of the press.
5. Use about 1 tsp of pizza sauce on the small circle.
6. Fill with your favorite toppings
7. Press the dough and place on a pizza stone or baking sheet. If you use a baking sheet, spray with cooking spray or a bit of oil first.
8. Bake at 400° F for 10-11 minutes or until golden.

To Freeze: Cool completely, and place in an airtight container for up to 3 months.

To Reheat: Remove desired number of pizza bites from the freezer and warm them individually in the microwave for about two minutes or until heated through. To bake, place on a baking sheet in a 350° F oven for 20 minutes, or until heated through.

Note: You can purchase 3 dough presses on Amazon for under $10.00.

Rainbow Sandwiches

Use colorful vegetables and cheese. Also don't be afraid to try some fruits.

Sweet Potato Tots

Ingredients:
2 large sweet potatoes
¼ cup all-purpose flour
¼ cup whole wheat flour
1½ tsp cinnamon
1 cup panko breadcrumbs
1 egg, whisked
cooking spray

Instructions:

1. Preheat oven to 375° F.
2. Boil sweet potatoes in salted water in a pot to 10-15 minutes or until you can stick a fork in the center.
3. Drain and cool.
4. Grate the potatoes into a bowl.
5. Place the flours, panko and cinnamon in a bowl and stir to combine.
6. Place the whisked egg in another bowl.
7. Take a small amount of the potato mixture and shape into a tot.
8. Roll the tot the whisked egg, then the flour/ panko mixture.
9. Place onto a sprayed baking sheet and coat evenly with cooking spray.
10. Bake for 15 minutes or until golden.
11. Cool and serve.

Pineapple-Raspberry Parfaits

4 parfaits (We love that these will only take minutes to assemble)

Ingredients:

- 2 8-ounce containers (2 cups) nonfat peach yogurt
- ½ pint fresh raspberries, (about 1¼ cups)
- 1½ cups fresh, frozen or canned pineapple chunks

Preparation:
Divide and layer yogurt, raspberries and pineapple into 4 glasses.

CACFP credit = fruit/vegetable & meat/alternate four serving and 109 Calories each

Stained Glass Art with Toilet Paper Rolls

Supplies:

- Sheets of paper or cardstock. Our sheet is an A3 size which is double letter.
- A toilet roll or tube per kid
- Black paint
- Water Paints

Instructions:
Put some black paint in a dish and let the kids get stamping! When they are done let the paint dry. When the black stamp art is dry give the children water colors and let them paint different colors in the black designs.

Crazy Deluxe Bubbles Recipe

Supplies:

- 1 cup warm water
- 2 tablespoons liquid dish detergent (Dawn works best)
- 1 tablespoon glycerin
- 1 teaspoon white sugar

How to make bubbles:
Gently stir all ingredients together and store in a airtight container. These bubbles have staying power! Given the right conditions you might lose sight of your bubbles before they pop!

Butterfly Craft

Materials:

- Non permanent markers
- White coffee filters
- Pencil
- Cups of water
- Black pipe cleaners
- String
- Scissors

Directions:

1. Take one coffee filter. Draw a thick circle around the center of the coffee filter where the ridged part meets the flat center.
2. Fold the coffee filter in half and then in half again, resulting in a cone shape.

3. Get a short glass of water. Pull apart the cone shaped coffee filter so it balances right on the glass with the tip of the cone just touching the water. (Be sure NOT to let the marker circle go in the water, just the uncolored tip of the coffee filter cone.)
4. Let it sit and watch what happens as the water begins to flow up the paper.
5. Repeat with different colored markers. Here are ours starting out… … and just about done!
6. After the water has reached the outer edge of the coffee filter, place it on a newspaper to dry.

To Make the Butterfly:

1. Cut your black pipe cleaners in half.
2. Take one coffee filter and scrunch it up in the middle.
3. Wrap a black pipe cleaner around the center.
4. Shape the ends to form antennae.
5. Tie a string to the center and hang!

Activity Corner

Bed Sheet Ping Pong

1. Players stand and hold a bed sheet on opposite ends.
2. A ping pong ball is placed onto the sheet.
3. The sheet is then raised or lowered.
4. The object of the game is to get the ping pong ball to fall off the other team's side of the sheet.

Recipe of the Month

Rainy-Day Kids Snack: April Showers

What You'll Need:
spinach tortilla
¼ cup shredded cheese
multicolor goldfish crackers
lunch meat
string cheese
sunflower seeds

To Make April Showers:
Warm a skillet over medium heat. Lay the spinach tortilla in the skillet, sprinkle the shredded cheese on one half and fold the tortilla in half. Once cheese is completely melted, put quesadilla on a plate. Slice string cheese crosswise and arrange on plate for the clouds. Arrange goldfish crackers into flower shapes, using green goldfish for the leaves. Cut strips of lunch meat for the flower stems. Arrange sunflower seeds on plate for the raindrops.

This report was prepared by the staff of Child Development Health & Nutrition, Inc. for the education and use of family child care providers. The recipes, crafts and activities have been collected from a wide variety of sources. Child Development Health & Nutrition, Inc. is not responsible for their content. Use of this report requires written permission from Child Development Health & Nutrition, Inc.