

FAMILY & CONSUMER SCIENCES

Pre-School Pages



A newsletter for parents of pre-schoolers packed with food, facts & fun from your local county extension office

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Playtime

Family Time Activities



If the weather is nice, go for a walk. You can listen for different bird calls or look for interesting rocks. Play catch or kick ball. Inside, play board games, card games, or word games. Tell stories, read a book together, or draw pictures. Bake bread or muffins together. Have a scavenger hunt or play charades.

Do-It-Yourself Bubble Solution:

- 1 tbsp Glycerine
- 2 tbsp Dish Soap
- 9 oz water
- Mix it all up (the glycerin added to the mixture is key)
- Pour it into small plastic bottles or a pie pan, grab your favorite wand and enjoy big beautiful bubbles.



Adapted by Megan O'Neil-Haight, The University of Maryland Extension, and originally published in Delmarva Youth Magazine, July/August 2006

Kids Care

What Can I Pack my Kids for Lunch?

Every fall, as school starts, many parents face the dilemma of what to pack for lunch.

Here are some tips to help you and your child select and pack a healthy, safe and tasty lunch:

- Make a list of all the food options your child will eat by food group, get the kids involved in making the list.
- Take kids shopping, or let them choose from the items you bring home to build their lunches. Provide a variety of whole grains and foods naturally low in fat and added sugar. Limit the number of salty, high fat and high sugar treats they pack to one a day. Children often eat these tasty foods first, instead of the other healthy foods in their lunch, making it hard for them to get all the nutrients they need each day.
- Have plenty of snack and sandwich size plastic zip bags or reusable containers on hand.



- Ask kids to pick and pack at least one serving from each of the five food groups.
- Have a few gel packs, 100% juice boxes or water bottles frozen and ready to use.

Letting kids help choose what goes into their lunch is a great way to start a conversation about nutrition and health. Encouraging them to choose at least one item from each of the major food groups helps them understand the concept of eating a variety of food everyday.

Don't worry if kids come home with food that was not eaten. Some days children will be hungry and focused on eating. Other days they might not be as hungry, perhaps they were distracted or had a food treat in the classroom before lunch, etc. Occasionally ask children if they think they're packing enough, too much, or want some different food choices.



Dollars and Sense

Back-to-school is a good time to inventory clothes closets. Identify clothes which have been outgrown or your children no longer wear.

Consider taking clothes which are in good condition and still in style to a local children's consignment shop. Selling clothes at a consignment store may earn you a few extra dollars and many consignment retailers offer buying discounts to sellers. Certain items can wait until later in the year. For example, you probably do not need to purchase a winter coat in August. By dividing school clothes shopping over several months, you spread out the expenses.



*Source: MoneyWise July 2011
Jennifer Hunter, Extension Specialist Family Financial Management*

Let's Eat

Frozen Fruit Cups



Serving Size: 1/18 of recipe
Yield: 18 servings

Ingredients:

- 3 bananas, mashed
- 24 oz yogurt, non-fat, any flavor
- 10 oz strawberries, frozen, thawed, undrained
- 1 can (8 oz) crushed pineapple, undrained

Preparation:

- Line muffin tin(s) cups with paper baking cups (18 total).
- In a large mixing bowl, add mashed bananas, yogurt, strawberries, and pineapple.
- Spoon into muffin tin and freeze at least 3 hours or until firm.
(Insert Popsicle stick if desired)
- Remove frozen cups and store in a plastic bag in the freezer.
- Before serving, remove paper cups.

Source: SNAP-Ed Connection



Sincerely,

Laure Het
County Extension Agent
for Family and Consumer Sciences