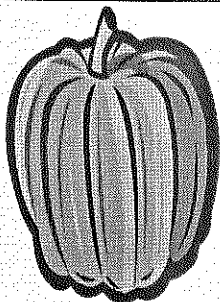




Program Updates

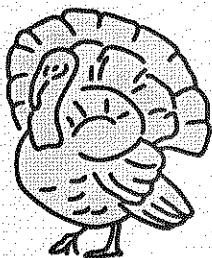
Oct/Nov 2011



October 2011

Days to Remember...

- 1 - Mail In/Submit Your Claim
- 3 - Child Health Day
- 10 - Columbus Day
- 15 - Nat'l Grouch Day
- 28 - Plush Animal Lover's Day
- 31 - HALLOWEEN



November 2011

Good Nutrition Month

Days to Remember...

- 1 - Mail In/Submit Your Claim
- 11 - Veteran's Day
- 13 - World Kindness Day
- 17 - Take a Hike Day
- 18 - Mickey Mouse Day
- 24 - Thanksgiving

Remember...

- All new Licenses and Enrollment Forms need to be IN our office by the last day of the month you begin claiming. Otherwise your claim may be disallowed. If you use the scannable claim form you can send them with your claim.
- If you claim dinner, night snacks and/or weekends you need to submit your sign in/out sheets, with the parents' full signature not initials. This includes your own children. These are due in the office by the 5th day of each month. Don't forget to put your name on them as well.
- Remember everyone is required to have sign in/out sheets for all children in their care signed by the PARENT, including your own children.
- Please remember claims are due in our office by the 5th of each month. This has become a problem. Claims submitted or mailed after the 5th of the month, will be considered late and will not be reimbursed until the end of the following month.
- You need to be serving the meals during your approved meal times. If you need to change your meal times, call the office.
- Claims need to be up to date or paperwork up to date.
- Remember not to call the office about your check until after the 25th of the month.

REMEMBER: SCHOOL FORMS WERE DUE IN THE OFFICE BY 9/9. If they aren't here, it may result in meals being disallowed.

Dear Aunt Bee:

I am confused as to why some months I get my check on the 17th and other months it is the 24th. Why the discrepancy?

Confused Connie

Dear Confused Connie:

You are right the checks arrive on a different day each month. The discrepancy comes with the amount of time it takes for the information to leave our office and make it's way to USU controllers office. Remember if you don't have your check by the 25th of the month, call us. Otherwise, realize it may take until the 25th for your check to be deposited in your account.

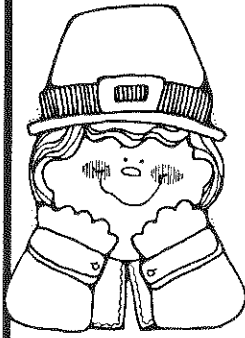
Good Luck and remember we appreciate all you do!

Aunt Bee

This Institution is an equal opportunity provider.

You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

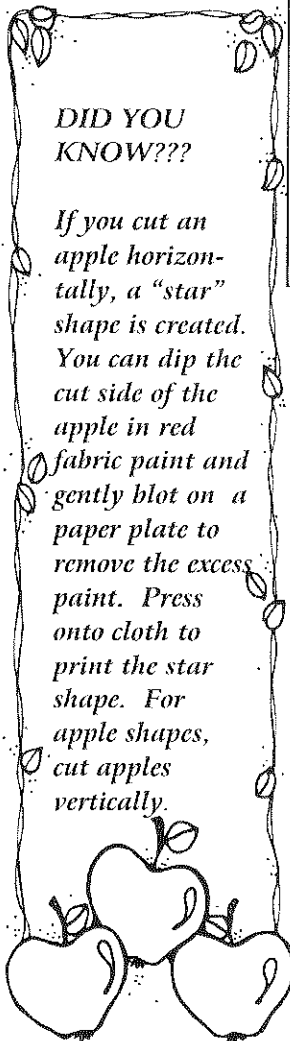
ACTIVITY IDEAS



Five Little Pilgrims

Five little pilgrims on Thanksgiving Day
The first one said, "I'll have cake if I may"
The second one said, "I'll have turkey roasted."
The third one said, "I'll have chestnuts
toasted"
The fourth one said, "I'll have pumpkin pie"
The fifth one said, "Oh, cranberries I spy"

But before they ate any turkey and dressing,
All of the pilgrims said a Thanksgiving blessing.

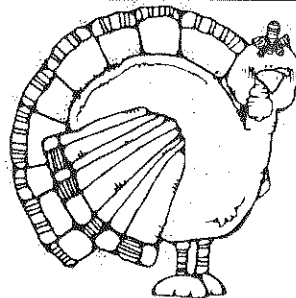


DID YOU KNOW???

If you cut an apple horizontally, a "star" shape is created. You can dip the cut side of the apple in red fabric paint and gently blot on a paper plate to remove the excess paint. Press onto cloth to print the star shape. For apple shapes, cut apples vertically.

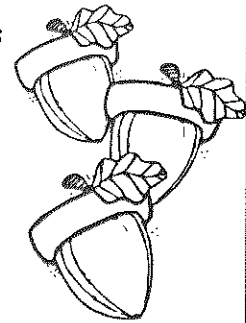
The Turkey is a Silly Bird
His Head goes Wobble
Wobble

All he says is just one
word:
Gobble, Gobble, Gobble



Mr. Oak Tree

Finger Play: Sung to
the tune of "Where is
Thumbkin"



Mr. Oak Tree-(Hold
your arms above your
head and sway)

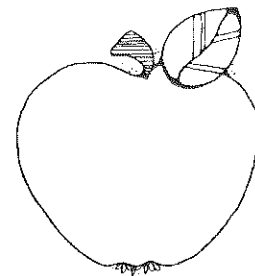
Mr. Oak Tree,
Leaves float down-
(Extend hands over
head and flutter down
To the ground)

Acorns dropping plip (clap) ploop (clap)
Squirrels a scanp'ring-hip, hop
All around (move hands in front of your-
self from left to right)
On the ground

Do You Know the Apple Man

Sung to: "The Muffin Man"
Oh, do you know the Apple Man,
The Apple Man
The Apple Man
Oh, do you know the Apple Man
Who Likes to play with me?

Oh, he has a great big smile,
A great big smile,
A great big smile.
Oh, he has a great big smile
And likes to play with me.



Following you will find the notes from our last class "The Two Bite Club" when we reviewed the "Team Up At Home, Team Nutrition Activity Book"

Pg 12. . . . Learning the Lessons of MyPyramid

Pick two foods from each food group. Choose More / Less

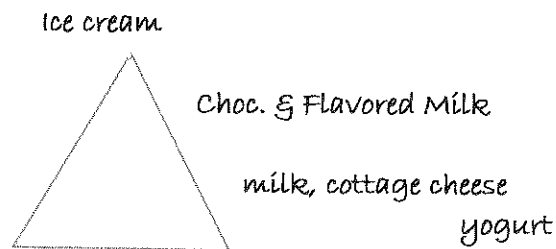
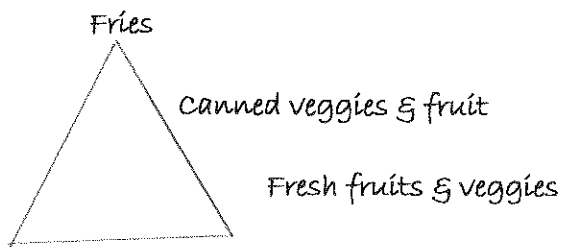
Example: Oatmeal. . . . Cookies

Hot Dog . . . Fish

Egg Bologna

Orange Orange Juice

Pick the most healthy foods.



have kids make juice with oranges to show how many oranges it takes to make juice.

*Small kids 2 years -- colors of food cards

*3-5 yrs making patterns of colors - like a rainbow with cards

*Cut foods from magazines & glue on paper plates

*Match real food with pictures on cards

*Put different foods on paper to show how some leave an oily spot on the paper and some don't

Make a poster of what things different foods do

Example: Orange veggies help the eyes

Pg 18-19 . . . Whole Grains

Give them wheat or corn . . . have them grind it with a grinder or a rock
Examples of whole grain foods, Pick your favorites

Make whole grain pizza dough
Make bread, let them knead it, Read Little Red Hen.

Treasure Hunt. . . hide things , give them a picture of something to match to the picture.
(Example: Rice, Wheat, Corn) when they have a match try the grain.

Sugar in Cereals. . . Have older kids look up different grains on the labels, try different grains.
Look at different grains from different countries, try new versions from other countries.
Play fruit basket but use different grains.
Instead of musical chairs, play musical grains

Pg. 20-21 Focus on Fruits and Vary Your Veggies

Matching game fresh fruits to processed

Example apple applesauce

Orange. Orange Juice

Squash. Mashed squash

Potatoes. French Fries

Teach names of fruits & vegetables in sign language then pull pictures from a basket and have them sign the names of the fruits or veggies.

At lunch time color picture of the pyramid & use for placemats for the meal.

Make fruits & veggies out of play dough. Or Draw & color pictures

Group pictures into veggies & fruits groups

Group into colors

Things we eat raw, things we cook

Favorites ect.

Make faces or animals with food.

cut

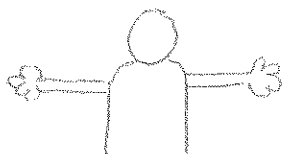
Find foods in the fridge and pantry, choose different kinds of fruits & veggies to try during the week.
(Continued on next pg.)

Read the book Eating the Alphabet

Have pictures of fruits & veggies, sort which are fruits which are veggies

Pg. 22-23 Test Your Milk Group IQ

Stand up and take the test on pg. 22 use your arms for T & F



True



False

What are some foods made with milk, taste some, can you taste the milk?

Cheese, cottage cheese, yogurt,

Make smoothies. . . try different flavors

What does milk do for our bodies?

Who has the strongest bones in their legs. . . . relay race

Who has the strongest bones in their arms. . . Pick up the most toys

Show broken bones and talk about osteoporosis

Pg. 16-17 Enjoy Moving

Activity Ideas

Make graphs to show progress on Activity

Let them earn stars for a field

(More activities listed on next page)

Water play

Park

Relay races

Sit & Spin

Music, dancing / Musical Instruments & marching

Sing if you're happy and you know it & use different movements

Dancing & dancing with Scarves

Hopping / Hopscotch

Exercise time / Aerobics

Outside play

Running / Freeze Tag/Racing

Relay race/Relay between two marks (Roll, wriggle like a snake, Stomp like a dinosaur ect)_

Crawling

Pretend to be animals

Wee games or videos with physical activities

Summersaults

Jumping jacks / Jump Rope

Follow the leader

Obstacle Course or Olympics (Crawl under chairs, over stools, between legs of the table, thru a tube or hoola hoop.)

Limbo

Hokie Pokie

Red light / Green Light

Help with Chores

Ride bikes

Do fun Activities like hop/skip/jump/ on a tape line on the floor

Build a snowman

Sledding

Make tunnels out of blankets for them to crawl through

Bean bag balance

Parachute

Aerobics

Freeze tag / races

songs If you're happy and you know it, turn song into movement