



HERE'S THE NEWS

May- June 2017 Provider Newsie

Week of the Young Child

Thank you to all the Child Care Programs who shared artwork of the children in their programs. Also to our local libraries for displaying them and participating in "The Week of the Young Child". It was so nice to visit and see all the Pre-Schoolers and Toddlers who celebrated and participated in the special songs and activities that were offered at the library story times.



- ✓ June 1st, SUNY VC 6:30pm-9:15pm (Conference room #120)
- ✓ June 3rd, CPR/FA 9am-3pm (Conference Room #115)
- ✓ June 27th, Summer Slide Solutions 6pm-8:30pm (Conference room #115)

If you are interested in registering for any of these trainings please contact Kathy @ 535-6806



This is what's Happening in our Area!



The Village of Montour Falls is pleased to announce the 2017 season of the farmers market in the village, to benefit our community. It is an agriculture-based market, providing our community with healthy, fresh, local, and affordable food.

10 Ways to Enjoy More Fruits and Vegetables

1. *Keep a bowl of fresh, colorful, just ripe whole fruit in the center of your kitchen or dining table.*
2. *Use lots of different veggies as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushroom and zucchini.*
3. *Smoothies are a great way to add fruits and veggies to your diet. Any fruit smoothie recipe can be made "green". Add a little spinach or other leafy green veggies to your recipe.*
4. *Fruit on the grill: Make Kabobs with pineapple, peaches and banana. Grill on low till golden.*
5. *Add pureed, shredded or chopped veggies such as spinach, zucchini and carrots to lasagna, meat loaf, pasta sauce and rice dishes.*
6. *Keep cut veggies handy for mid-afternoon snacks or quick snacks while waiting for dinner.*
7. *Try crunchy veggies instead of chips with favorite salad dressing.*
8. *Omelets are great way to add lots of veggies. Broccoli, spinach, peppers, tomatoes or onions.*
9. *Make it a habit to add fruit to your morning. You can add it to your oatmeal, pancakes, yogurt or ready to eat cereal.*
10. *Make fruit your dessert. Slice banana lengthwise, top with frozen yogurt, and sprinkle with chopped nuts.*

***Banana-Strawberry Smoothie: Blend all ingredients for a delicious healthy smoothie!
1 Banana, 1 cup whole Strawberries, 2 cups fresh baby spinach, 1 small vine tomato and ½ cup water.***

Quality Investments for Children



Quality is about the future, as well as the present. Without Quality there will not be an educated, competent, and professional "next generation workforce" for tomorrow.

Please take a moment to watch this video.

<http://www.earlycareandlearning.org/quality-investments-for-children.html>

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