



Let's Play, Eat and Grow

Supporting Healthy Child Care

In This Issue

- Healthy Eating
- Breastfeeding Support
- Sample Recipe
- Physical Activity
- Resources
- Provider's Corner
- Contact information

Breastfeeding Support

A hungry baby needs to eat. Anytime. Anywhere. You should not feel obligated to breastfeed in a bathroom stall or other confined space. In Minnesota, it is your right to breastfeed where and when your baby is hungry.

Minnesota Statute 145.905 states: "A mother may breast-feed in any location, public or private, where the mother and child are otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breast-feeding." Find out more information at www.mnbreastfeedingcoalition.org.

Healthy Eating

If you don't have written nutrition policies other than what is minimally required, consider putting your policies in writing. *Here are some examples:*

1. Beverages offered daily will be limited to water and milk (skim or 1% to children over 2 years old). 100% fruit juice will be served occasionally at celebrations. No sugary drinks will ever be offered. I recognize the importance of positive role modeling. I or anyone assisting in the care of the children will refrain from drinking soda or sugary beverages during childcare hours.
2. The following is a list of ideas for healthy party/birthday snacks:
 - Angel food cake topped with fruit
 - Berries with low-fat whipped topping
 - Apple slices yogurt dip
 - Low fat pudding of child's choice

A policy is not binding or written in stone, it is something that reflects your current practices. It is a good idea to periodically revisit and revise policies as needed.

Recipe

Fruit and Yogurt Parfait

Ingredients:

- 2 cups Low fat yogurt (your flavor choice)
- 2-3 cups Frozen fruits (your variety choice)
- 1 cup Cereal (optional)

Directions:

1. Have yogurt, fruits and cereal in separate serving bowls
 2. Start with 1 scoop of yogurt on bottom of individual bowls or cups
 3. Add 1 scoop of fruit
 4. Add another scoop of yogurt
 5. Top it off with another layer of fruit and/or cereal (optional)
- *Where appropriate, have the children self-serve and build their own parfait



Let's Play, Eat and Grow is a newsletter developed in partnership with MN Provider Collaborative, Saint Paul – Ramsey County Public Health and the Statewide Health Improvement Program (SHIP). This newsletter is intended to connect the child care environment to family homes and help parents continue practicing healthy eating, physical activity and breastfeeding with support. MN Provider Collaborative strives to create environments where young children will have a great start in life. For more information, contact Pa Shasky at pa.shasky@co.ramsey.mn.us

2015
February

Contact Us

MN Provider Collaborative
Ramsey County Liaisons
651-287-0552



Lisa Thompson
Saint Paul
lisa.thompson.ccptmn@gmail.com

Clarissa Johnston
Mounds View
cijohnston@comcast.net

Gwen French
Maplewood
gwen.french.ccptmn@gmail.com

Mary Albert
East Side Saint Paul
Motherlove1398@aol.com

Maria Thor
East Side Saint Paul
Ecocrittersllc@gmail.com

Faduma Arif
West Side Saint Paul
arifchildcare@hotmail.com

Sherrie Besser
Arden Hills
sherriebesser@yahoo.com

Resources

Twin Cities Mobile Market

Launched in December, the Twin Cities Mobile Market is stocked with high-quality meat, produce and other foods at affordable prices. Any form of payment used at a regular super market can be

used here. It stops at many Saint Paul locations including John A. Johnson Elementary, First Lutheran Church, Mt. Airy Community Center and Washington Tech Magnet School. For a complete list and details of when this mobile market will be in your neighborhood, please visit www.twincitiesmobilemarket.org.



Free Tax Preparation

Get your taxes prepared for free by an IRS-certified volunteer tax preparer. Prepare + Prosper (P+P), a nonprofit organization, offers free tax prep and financial services to low- and moderate-income families at 10 sites across the Twin Cities. Individuals whose income is \$30,000 or less and families with incomes \$53,000 or less and self-employed individuals with household incomes of \$53,000 or less are eligible. Financial services provided include savings accounts, prepaid debit cards, free credit reports, benefits screening and one-on-one help with planning your finances. Free tax prep is provided on **Tuesdays and Thursdays at 5:45 p.m. and Saturdays at 9 a.m. January 22 through April 15, 2015**. For more information and a list of what to bring to have your taxes prepared, visit www.prepareandprosper.org or call 651-287-0187.

Physical Activity

Fun Outdoors for Toddlers

- 1. Ice Makers:** When the temperature is below 32 degrees, blow bubbles and watch them freeze on the wand.
- 2. Snow Graffiti:** Give kids spray bottles full of water that is tinted with food coloring to decorate the white canvas in your back yard.
- 3. Ice and Easy:** Freeze colored water in ice cubes then hide them around the yard for a scavenger hunt.
- 4. Frosty Toss:** Make a line in the snow and challenge the children to toss a couple snowballs over that line.
- 5. Snow Castle:** Use bread pans, sand buckets and other empty containers to make a cool snow castle.

Provider's Corner | Training Opportunities

March 3, 2015 | The Wakanheza Project | 6:30 - 8:30 pm FREE!
Location: Plato Conference Center, 90 West Plato Blvd, Saint Paul, 55107.

Managing everyday meltdowns and creating genuine and caring relationships with people is the essential work of The Wakanheza Project. Participants will learn about and apply principles and strategies that create welcoming environments which are responsive to needs of children, parents and providers themselves.

May 7, 2015 | Family Transformation Model | 6:30 - 8:30 pm FREE!
Location: Maplewood Library Community Room, 3025 Southlawn Drive, Maplewood, 55109

Core health exists within all people. Family child care providers are invited to learn about and apply The Family Transformation Model tools and insights that will strengthen core health in our lives and in our families.

For all trainings: R.S.V.P. to Gwen French,
651-287-0552 or email
gwen.french.ccptmn@gmail.com