



~ SKIP TO A GREAT START ~

(S.K.I.P.) Successful Kids = Involved Parents



FEBRUARY 2012

SKIP to a Great Start Newsletter



Genesee Intermediate School District
Health, Safety & Nutrition Services
Lisa Hagel, Superintendent

BENDLE PUBLIC SCHOOLS

Friel Early Childhood Center
4469 Greenly, Burton, MI 48529
John Krolewski, Superintendent

S.K.I.P. to a Great Start is Your Local Parents As Teachers Program ~ A Genesee County Parent Involvement Project for all parents who have children birth to 5 years ~ Get Involved Today!
Call your School District SKIP Contact at 810-591-3607

Love Your Family Shop for Health *and* Budget

The holidays may have challenged healthy eating choices and budgets. Here are some ways to shop and save money while purchasing healthy choices that are good for you and your family.

Bread

- HEALTH: Always buy 100% whole grain.
- BANK: Stock up and freeze when items go on sale

Canned Goods

- HEALTH: Try to choose items that say no added-salt or reduced sodium.
- BANK: Store brands, when on sale, are the best value - stock up when you see them!

Cereal

- HEALTH: Oatmeal is one of the healthiest choices because it is a whole grain and has no added salt, fat or sugar (ditto for shredded wheat).
- BANK: Stock up when items are on sale.
- BANK: Even though grits are not a whole grain, they are economical and low in calorie density.

Pasta

- HEALTH: Rice is a very inexpensive option that is also low in calorie density when cooked. Of course brown is best but white is not such a bad option either if that is all your family will eat.
- BANK: Look for sales on store brands and stock up when prices are good.

Produce

- HEALTH: MyPyramid calls for most people to eat about 4.5 cups of fruits and veggies each day.
- BANK: Farmer's markets and local stands often have the best prices.
- BANK: Watch local papers for grocery stores to offer sales on produce - you can get some great deals.
- BANK: Use items in season to get the best value and for a little change of pace each season.
- BANK: Don't buy too much unless you plan to use it before it spoils. An exception might be if you plan to cook and freeze soups or other dishes.

Protein

- HEALTH: Choose lean, cook lean and use portion control.
- BANK: One word helps here - sale!
- BANK: Use smaller quantities
- BANK, HEALTH: Of course the cheapest protein item is also the healthiest and highest in fiber - beans
- BANK, HEALTH: If you don't have a lot of time use lentils
- BANK, HEALTH: If you do have some time, consider cooking and freezing larger batches of dried beans

Beware of these pitfalls

- Expensive items include soda, chips, cereals, cookies, crackers and convenience meals. These are also calorie dense.
- Shopping without a list
- Shopping when hungry
- Shopping with other family members

© www.foodandhealth.com

Shopping for Health *and* Budget

Quick 5 Checklist to Save:

- ___ Look for store brands
- ___ On sale - good - stock up!
- ___ Compare unit pricing
- ___ Stick to your list
- ___ Use less meat, soda, cookies, crackers, chips, deli, bakery and convenience



Miss JoAnne is Coming!!

We are excited to announce that Miss JoAnne will be back for FYI. She will be facilitating an Introduction to Early Childhood Love and Logic.

There will be emphasis on

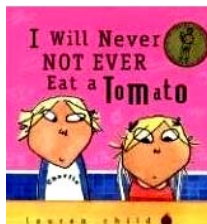
- ♦ stopping whining and bickering.
- ♦ potty training.
- temper tantrums.
- bedtime.
- ♦ time-out.
- ♦ taking the exhaustion out and putting the fun into parenting your little one.

FYI is Friday, February 3rd and 10th from 10:00-11:30 am at Friel. Child care will be provided. Registration is necessary to ensure proper materials and staff coverage. Call Tracy at 591-3607 to register.

LITERACY CORNER

I Will Never Not Ever Eat a Tomato

by Lauren Child



Lola is a fussy eater. A VERY fussy eater. She won't eat her carrots (until big brother Charlie reveals that they are really orange twiglets from Jupiter). She won't eat her mashed potatoes (until Charlie explains they are cloud fluff from the pointiest peak of Mount Fuji). There are many, many things Lola absolutely will not eat, including - and especially - tomatoes. Or will she?

Join two endearing siblings for a smorgasbord of fun in Lauren Child's witty story about the triumph of imagination over proclivity.

★★★★★

Make books a daily part of your children's lives. CHECK OUT THE LOCAL LIBRARY FOR A GOOD BOOK TODAY!! It is recommended that children are read to for *30 minutes a day.*

THE KID'S KITCHEN IS FEATURING: Sweet Potato Muffins

These muffins are sweet to eat and healthy, too! Made with fresh sweet potatoes and whole wheat flour, these are a great part of any preschooler meal or snack. Make them in mini-muffin pans and you've got the perfect portion size as well.

Ingredients:

- | | |
|---|---------------------------|
| 1 large sweet potato (2 cups cooked and mashed) | 2 cups whole wheat flour* |
| ¼ cup apple sauce | 1 tsp baking soda |
| ½ cup honey | 1 tsp cinnamon |
| ¾ cup low fat milk or yogurt | 1 tsp nutmeg |
| 2 eggs, lightly beaten | 1 tsp allspice |
| 1 tsp vanilla | ½ tsp salt |
| ½ tsp almond extract (optional) | |

Crumb Topping (optional):

- Skip the streusel to make these muffins healthy with no added sugar
- ¾ cup brown sugar
 - ¼ tsp ground cinnamon
 - 2 Tbs whole wheat flour
 - 2 Tbs softened butter



- Step 1:** Preheat oven to 375 degrees F. Prepare muffin pans by spraying each cup with non-stick cooking spray.
- Step 2:** Cut the sweet potato into quarters. Microwave on high for 8 minutes (it is done when skin pulls off easily).
- Step 3:** In a small mixing bowl mash together the cooked sweet potato and applesauce. Whisk in the vanilla, almond extract (optional), honey, low fat milk or yogurt, and eggs.
- Step 4:** In a medium mixing bowl, sift or mix together the flour, baking soda, salt, and remaining spices. Make a well in the center and pour in the egg mixture. Mix just until everything is moistened (lumps are okay).
- Step 5:** Spoon the batter into muffin cups, about 2/3 full. (For crumb topping: Use a fork to mix together all the ingredients until crumbly. Lightly sprinkle crumb topping onto each muffin.) Bake muffins for 18 - 22 minutes or until a toothpick inserted into the center of a muffin comes out clean. Serve warm for a toasty, tasty treat!

***SUGGESTIONS:** Worried about compromising flavor and texture by using whole wheat flour? Don't be! There are many types of whole wheat flours that are sweeter and lighter than the traditional kind. *Hard white wheat flour* creates similar results as all white but is much better for you. There are other choices, too, like *kamut flour*, *spelt flour*, *oat flour*, and *teff flour*. These are all healthier alternatives. So explore...discover...and ENJOY!

FIM

Join Mr. Glen, from Flint Institute of Music, on Tuesdays at Friel as he gets us moving through song and dance. Mr. Glen uses songs to incorporate body parts, colors and listening skills. Mr. Glen is at Friel on Tuesday, February 7th and 14th and starts at 10am sharp.



On Friday, February 24th, at 11 am, join us at the FIM for the instrument petting zoo. Children will get to a "hands on" experience with different instruments. Call Tracy at 591-3607 to sign up for Mr. Glen and/or the petting zoo.

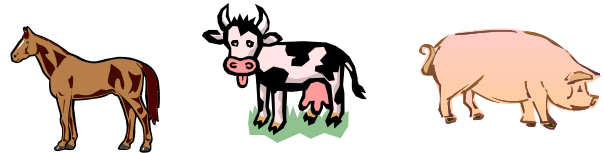
UnBirthday Party

Un-Birthday Party's Farm Animal Celebration

It's party time at Friel on Wednesday, February 29 from 1:00 p.m.—2:00 p.m. Join the fun by bringing your favorite stuffed barn yard animal., dressed in the color of your favorite barn yard animal! See how healthy your favorite animals eat.

There will be matching and lacing, a duck egg relay, and more. Don't forget to make a birthday hat! Decorate and create your special birthday treat to eat!

Everyone receives a special "surprise" to open. You'll find different activities throughout the building. Even babies will have fun at the Un-Birthday Party! Please call 591-3607 to RSVP for the party, so there are enough supplies for everyone.



BOX TOPS and TERRA CYCLE

Thank You to everyone who has brought in **Box Tops, diaper and wipe wrappers, cheese wrappers, juice containers and paper product wrappings**. We will be sending those in soon, so if you have some to contribute please continue to bring them in. Box Tops are sent in twice a year, however we can send the rest in as we fill boxes. Money from these items goes to fund off-site playgroups and materials not covered under our grants.






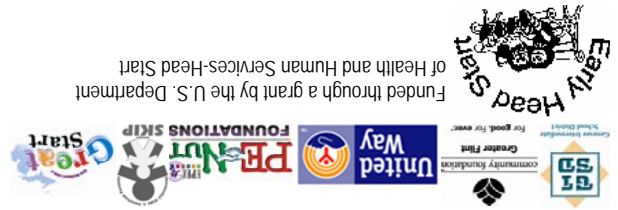
Looking Ahead

- MARCH 9TH - FYI-SCHOOL READINESS THROUGH MUSIC
- MARCH 12TH - OFF SITE FUN AT SAFARI PLAYGROUND 6-7PM
- MARCH 14TH - ROLLERS AND STROLLERS
- MARCH 21ST - KIDSIGHT WITH THE LIONS CLUB
REGISTRATION NEEDED
- APRIL 9TH - CANDLE SALE FUND RAISER KICKOFF
- APRIL 24TH - KINDERGARTEN ROUND UP AT SOUTH ELEM.
- MAY 16TH - STAR POWER

SKIP to a Great Start

FEBRUARY 2012 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Valentine's Day is coming up! Spend a special day sharing love and friendship with your preschooler. You don't have to go overboard with candy, though. Make a day full of healthy snacks and meals in a Valentine's Day theme. Then choose one special sweet treat. Use real food in the colors red, white and pink, heart shaped food, and friendship themes for a fun and healthy Valentine's Day.			1 Playgroup W/ Ms. Kathy 10-11:30am Friel	2 Lil Chefs 4-5pm Friel	3 FYI An intro to Early Childhood Love and Logic 10-1130 Friel	4
5	6 Playgroup W/ Ms. Kathy 10-11:30am Friel	7 Mr. Glen from FIM 10am Friel Lil Chefs 4-5pm Friel	8 Rollers & Strollers 10am-12pm Rollhaven	9 Lil Chefs 4-5pm Friel	10 FYI An intro to Early Childhood Love and Logic 10-1130 Friel	11
12	13 Playgroup W/ Ms. Kathy 10-11:30am Friel	14 Mr. Glen from FIM 10am Friel Lil Chefs 4-5pm Friel Valentine's Day 	15 Playgroup W/ Ms. Kathy 10-11:30am Friel	16 Lil Chefs 4-5pm Friel	17	18
19	20 President's Day 	21 Lil Chefs 4-5pm Friel	22 Playgroup W/ Ms. Kathy 10-11:30am Friel	23 Lil Chefs 4-5pm Friel	24 Musical Instrument Petting Zoo at FIM 11am	25
26	27 Playgroup W/ Ms. Kathy 10-11:30am Friel	28 Lil Chefs 4-5pm Friel	29 Play group 10-11:30 Friel UnBirthday Party 1-2:00pm Friel	 <h3 style="color: pink; font-family: cursive;">Happy Valentine's Day</h3>		



Funded through a grant by the U.S. Department of Health and Human Services-Head Start

This material for SKIP to a Great Start was funded by the State of Michigan with federal funds from the United States Department of Agriculture Supplemental Nutrition Assistance Program by way of the Michigan Nutrition Network at the Michigan Fitness Foundation. These institutions are prohibited from discriminating on the basis of race, color, national origin, sex, religion, political beliefs or disability. People who need help buying nutritious food for a better diet call the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH. SKIP to a Great Start is also funded through the Michigan Department of Education – Great Parents Great Start, United Way of Genesee County, Community Foundation of Greater Flint, Sunrise Rotary and Target.



Bendle Public Schools-SKIP to a Great Start
 4469 Greenly
 Burton, MI 48529



GENESEE COUNTY CHILDREN DESERVE THE BEST! GET INVOLVED!

Sometimes love is not enough to keep your family strong.

Come to the Valley Parent Café with the Great Start Parent Coalition

We all love our children, but it takes more than love to keep your family strong. At the Valley Parent Café, we share information and ideas to raise strong children, build relationships, and take care of ourselves through conversation and sharing.

February 6, 2012

February 13, 2012

February 20, 2012

February 27, 2012

6:30 p.m. - 8:00 p.m.

Genesee Valley Church

2035 Lambden Road, Flint, MI 48507

Registration is required and limited childcare is available

by contacting Karla Mancini at kmancini@geneseeisd.org or (810) 591-5126.

For questions regarding Genesee Valley Church, please call Pastor Tony Umber at (810) 733-5208.

