

# Making Mealtime Memories

## Fresh Veggies + Homemade Dip

With the end of the garden season comes A LOT of tomatoes, peppers, cucumbers and carrots. Check out this home-made duo recipe to pair with your fresh veggies! This simple yet flavor-packed veggie dip is ready in just 5 minutes.



### Ingredients:

- 1 cup light mayonnaise
- 1 cup light sour cream
- 1 Tbsp. dried parsley
- 1/2 tsp. salt, or to taste
- 1/4 tsp. ground black pepper, or to taste
- 1/4 tsp. paprika
- 1/2 tsp. garlic powder
- 1/4 tsp. dried onion powder
- 1 Tbsp. fresh dill, finely chopped (or 1 tsp dried dill)
- 2 tsp lemon juice
- Your favorite fresh veggies

### Directions:

1. Finely chop fresh herbs
2. In a bowl, whisk the mayo, sour cream, dried parsley, salt, pepper, paprika, garlic powder, dried onion, lemon juice, and fresh dill until well combined.
3. Place dip in a serving bowl and set on a platter surrounded with your favorite fresh veggies.

**Note:** This dip can be kept in the refrigerator for up to five days, and can served with crackers, pretzels, tortilla chips or with sandwiches! Switch up the amounts/ varieties of herbs to experiment with different flavors!

## Peanut Butter Banana Sushi

This snack has become a fan-favorite at Early Head Start. It is easy, delicious AND healthy!

### Ingredients:

- 1/2 cup of colorful, multigrain circle cereal (of your child's favorite cereal!)
- 2 Tbsp. of peanut butter
- Banana




### Directions:

1. Place cereal in a Ziploc bag and tap lightly to make smaller bits. Transfer to a shallow plate.
2. Trim ends from banana. Spread peanut butter over banana and roll in crushed cereal. Cut into small pieces and serve!

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The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.



# Healthy Living With Head Start

## Welcome Back Head Start/ Early Head Start

Good nutrition and health helps kiddos show up at school prepared to learn and grow! As the new school year gets into full-swing, and schedules change, don't put healthy practices on the backburner! Check out these practices from to stay healthy in order to have a great school year!



**Wash your hands.** While many COVID-19 restrictions have been lifted in the centers, germs are still everywhere! Handwashing with soap and water is one of the best ways to remove germs, avoid getting sick, and prevent the spread of colds, flu, and other diseases to others.

**Eat well and be active.** Being physically active can help reduce anxiety and help a child focus in school. Limit screen time and make sure that your child is getting 60 minutes of physical activity each day. Before, during and after school—running, walking, biking and playing outside all count! Additionally, while children get many of their daily calories during program at Head Start, make sure you reinforce healthy eating habits at home!

**Limit sugary drinks and drink water.** Sugary drinks add extra calories to your diet and replaces sugar with nutritious foods they could be eating.

**Connect with kids at home.** According to the CDC, how connected children feel to school and family can have a strong influence on their lives that continues well into adulthood. Making sure that children have a sense of belonging and that they are being cared for and supported by parents, teachers and other important people show that during their teenage years, they are less likely to experience negative health outcomes!

# Get a Healthy Head Start

At Head Start/ Early Head Start we work hard to give you the tools and resources you may need to make the best decisions for a happy and healthy family. Here are a few ways we work to help give your child a good head start in health:

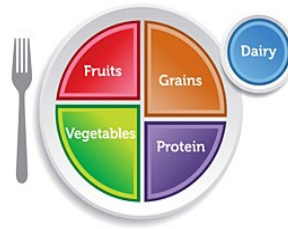
**Growth Screenings:** At Head Start, we will help track your child's growth patterns throughout the school year. At the beginning of the year, staff will measure your child's height and weight to determine their Body Mass Index (BMI). A high BMI can indicate high body fatness, which can lead to weight-related diseases and other health issues. Being underweight can also put you are at risk for health issues. Six months after the first screening, we will document your child's height and weight for a second time, to see how they have grown!



**Oral Health:** At Head Start/ Early Head Start, we prioritize your child's oral health. In the classroom, staff dedicate time daily for tooth brushing. Remember, your child should brush their teeth twice a day for at least after the eruption of the first tooth. Staff will also support you by helping you find a dentist for your child and by helping you to keep up with dental visits. Remember, your child must have receive an oral health exam within the first 90 days of program. Check out the **oral health provider list**, and contact us if **you need help finding**

**transportation to or from an appointment!** Also, can contact the Dental/ Nutrition specialist any time at 607-433-8060 or marnot@ofoinc.org for information/ resources on nutrition or oral health.

**Meal Times:** Meal times are very important. This year, teachers will once again be able to enjoy meals with students in the centers, and masks will not longer be required through the day. We will serve nutrition meals and snacks that are designed to meet the nutritional needs of growing bodies! Meals will feature whole grains, proteins, fruit and vegetables, and dairy. Children will learn to serve themselves, and social and emotional well-being is encouraged through conversation and a by promoting meal-time expectations. Your child will also learn about and try new foods as we make meal times an exciting adventure!



# Wellness timeline: What to Expect

**Newborn:** Height/weight, head circumference, hearing screening, developmental assessment, hemoglobin screenings, immunizations (HepB)

**2-4 day well-baby visit:** Height/weight, head circumference, developmental assessment

**1 month well-baby visit:** Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations

**2 month well-baby visit:** Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, HepB, Hib, PCV, IPV)

**4 month well-baby visit:** Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, Hib, PCV, IPV)

**6 month well-baby visit:** Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (HepB, RV, Dtap, Hib, PCV, IPV, Influenza). COVID-19 vaccines are also now available for children once they are 6 months of age

**9 month well-baby visit:** Height/weight, head circumference, vision/hearing screening, developmental assessment

**12 month well-baby visit:** Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, anemia screening, immunizations (MMR, Varicella, HepA)

**15 month well-baby visit:** Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (DTap, HIB, IPV, PVC)

**18 month well-baby visit:** Height/weight, head circumference, vision/hearing screening, developmental assessment

**24 month well-baby visit:** Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, immunizations (Influenza)

**30 month well-baby visit:** Height/weight, developmental assessment , vision/ hearing screening, update immunizations,

**3 year well-child visit:** Height/weight, blood pressure, vision/hearing screening, developmental assessment, immunizations (Influenza).

**Individual health and immunization schedules vary - ask your care provider for your child's well-care needs**