



Midwest Child Care Association

March 2024
Newsletter

Your Child Care Partner

Rainbow Fruit Parfait

- Strawberries
- Mandarin Oranges
- Pineapple
- Kiwi
- Blueberries
- Vanilla Yogurt

Layer yogurt and fruits to match the colors of the rainbow in a cup. Garnish with granola or Rice Krispies for some crunch.

A typical parfait is a dessert that has layers of fruit, cream, and other assorted items. We of course wanted to have a healthy version so this fruit parfait is loaded with bright fruits on top of some Vanilla Yogurt. Serve with a glass of milk and you have a fun St. Patty's Day breakfast that meets CACFP meal pattern.



Don't forget to let us know if you'll be out

Please mark planned vacations and days closed on your calendar in KidKare.

If you know you won't be home during a meal time, please text your Field Monitor.

It's also a good idea to send them your transportation schedule if it overlaps with your meal times. This saves us unnecessary trips to your home.



Welcome to our new providers



Cheri Davis
Elsie Rios
Cheree Ritter
Anitra Venable





Midwest Team



Kim Bassler is our Senior Field Monitor for our Homes department. and has been with Midwest for nearly 15 years! She originally began in our Centers department so Kim acts as a wonderful resource to both of our teams. She is currently working toward her NCA accreditation as a CMP (CACFP Management Professional).

What's your favorite part about working at Midwest?

"I love being out in the field seeing our providers - educating and helping them!"

Fitness is Fun

Children love to climb, crawl, run, jump, swing, tumble, twist, dance, stretch, and pedal. Try these tips to help your child enjoy active play time:

Take it outside.

Bring your children outside every day to play and explore. Children are more active when they play outside.

Bring it inside.

Fill the day in the home by dancing to music; acting out stories; doing fun exercises and yoga; playing tossing games with soft "balls"; creating obstacle courses and safe tumbling areas; and turning housework into a fun game.

Keep it free and simple.

- Plastic coffee can lids (flying discs)
- Empty plastic bottles (bowling pins)
- Pillows, cushions and large boxes (tumbling, obstacle course)
- Rolled up socks and a laundry basket (tossing games)
- Bandanas or dish towels (dance streamers)



Lack of physical activity and too much screen time can harm your children's health. Use your provider power to help your children grow to become their best.



Upcoming Trainings

- Mar 7 - The Grizzly Bear Who Lost His Grrrr!: Interactive Preschool - Webinar
- Mar 9 - Simple Gardening Ideas in a Childcare Setting - in person
- Mar 14 - HSI Pediatric First Aid
- Mar 14 - The Leprechaun Who Lost His Rainbow: Interactive Preschool - Webinar
- Mar 21 - The Thing About Spring: Interactive Preschool - Webinar
- Mar 25 - Nutrition and Brain Development - Webinar
- Mar 28 - HSI Pediatric First Aid
- Mar 28 - Plant the Tiny Seed: Interactive Preschool - Webinar

For more details and to sign up, go to midwestchildcare.org



Reminder

A whole grain is required to be served daily, but you're always welcome to serve more. If you're having trouble identifying if a food is a whole grain, snap a picture of the ingredients list and send it to your field monitor.

