

A newsletter for ND Child Care Providers participating in the Heartland Child Nutrition USDA Food Program



June 2024

Summer Bucket List

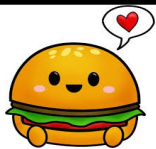
We know that summer is short in North Dakota! Help your daycare children make some fun memories this summer by enjoying some of these activities!

- *Go to the park
- *Have a scavenger hunt
- *Play with sidewalk chalk
- *Have a picnic (fun to do inside too!)
- *Play catch
- *Splash Pad



Providers will not have to mark "School Out" in KidKare while recording the attendance for their school aged children

starting at the end of May. Providers will not have to do this again until after Labor Day.



What did the burger name her daughter?
Patty



Banana Blueberry Oatmeal Breakfast Drops

- *2 ripe bananas, mashed
- *1 cup rolled oats
- *1/2 cup blueberries
- *1/4 cup honey or maple syrup
- *1 tsp vanilla extract
- *1/2 tsp cinnamon
- *Pinch of salt

Preheat oven to 350*. Line a baking sheet with parchment paper. In a large bowl, mash the bananas. Add the rolled oats, blueberries, honey or syrup, vanilla, cinnamon, and salt. Stir until well combined. Drop spoonfuls onto the baking sheet. Flatten them slightly. Bake for 15-18 minutes until the edges are golden brown. Allow them to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

[pinterest.com](https://www.pinterest.com)

Old McDonald Had an Ocean

Old McDonald had an ocean

E I E I O

And in his ocean he had a shark!

E I E I O

With a chomp, chomp here

And a chomp, chomp there

Here a chomp, there a chomp

Everywhere a chomp, chomp

Old McDonald had an ocean

E I E I O

*Crab—Pinch, pinch

*Whale—Spout, spout

*Fish—Swish, swish

*Octopus—Wiggle, wiggle



flannelboardfun.blogspot.com



Child Enrollment Forms (CEFs) must be renewed annually. Monitor KidKare for children whose enrollment paperwork is expiring soon. Have parents/caregivers update, sign, and date forms to avoid any gaps in enrollments.



Seasonal Fruits and Vegetables

Choose seasonal fruits and vegetables to help reduce food cost

Fall

- ◆ Apples
- ◆ Bananas
- ◆ Beets
- ◆ Broccoli
- ◆ Garlic
- ◆ Brussels Sprouts
- ◆ Carrots
- ◆ Cauliflower
- ◆ Cranberries
- ◆ Pears
- ◆ Ginger
- ◆ Grapes
- ◆ Mushrooms
- ◆ Parsnips
- ◆ Pineapple
- ◆ Pumpkins
- ◆ Sweet Potatoes
- ◆ Winter Squash

Winter

- ◆ Bananas
- ◆ Grapefruit
- ◆ Lemons
- ◆ Mushrooms
- ◆ Onions
- ◆ Oranges
- ◆ Pears
- ◆ Potatoes
- ◆ Yams
- ◆ Sweet Potatoes
- ◆ Turnips
- ◆ Winter Squash

Spring

- ◆ Apricots
- ◆ Bananas
- ◆ Broccoli
- ◆ Cabbage
- ◆ Green beans
- ◆ Honeydew
- ◆ Lettuce
- ◆ Mangos
- ◆ Mushrooms
- ◆ Onions
- ◆ Leeks
- ◆ Peas
- ◆ Pineapple
- ◆ Rhubarb
- ◆ Spinach
- ◆ Strawberries

Summer

- ◆ Apricots
- ◆ Bananas
- ◆ Beets
- ◆ Bell Peppers
- ◆ Blackberries
- ◆ Peaches
- ◆ Peas
- ◆ Radishes
- ◆ Blueberries
- ◆ Cantaloupe
- ◆ Cherries
- ◆ Corn
- ◆ Cucumbers
- ◆ Raspberries
- ◆ Strawberries
- ◆ Eggplant
- ◆ Garlic
- ◆ Grapefruit
- ◆ Grapes
- ◆ Green beans
- ◆ Zucchini
- ◆ Tomatoes
- ◆ Honeydew
- ◆ Kiwi
- ◆ Lima beans
- ◆ Mushrooms
- ◆ Watermelon
- ◆ Summer Squash
- ◆ Radishes

What do you give to a sick lemon? Lemon-Aid



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