

## Small Hands Crafting

All you need are some pipe cleaners and yarn!

Use a pipe cleaner to form the shape of a heart and then tie a piece of yarn to it. Now loop it again and again and again to create a lovely heart-shaped dream catcher to keep or give away on Valentine's Day.



Photo: Johnny Miller

# Valentine's Day

## Did you know we participate in the USDA's Child and Adult Care Food Program (CACFP)?

Through this program we are able to provide more nutritious meals and snacks, and receive regular monitoring to make sure we're adhering to the program's high standards, all at no additional cost to our families. Research shows that child care providers who participate in the Food Program offer more fruits, vegetables, whole grains, and lean meats than those who do not participate in the CACFP. Parents benefit from knowing their children are getting the best when it comes to nutrition standards, meaning healthier kids and fewer missed days.

**... Because we are sweet on you and your children!**

## Music of the Heart: Movement on Valentine's Day

Have your kids put their hands on their hearts at a resting heart rate. Every time they feel their heart pump, they need to make a noise – encourage each kid to choose a sound similar to that of an instrument (“Beep!” “Lub-Dub”, “Psh! Psh!”, “Tap”) such as a drum or a flute. After you've made music together for a minute or two, tell your kids that you need the music to go a bit faster. Have the students do jumping jacks in place for 30–60 seconds. Now have them create the music again. They will notice that the music speeds up considerably. Use this opportunity to explain how exercising increases the heart rate.

## Whole Grain Strawberry Pancakes

- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz)
- 3/4 cup water
- 3 tablespoons canola oil
- 1 3/4 cups sliced fresh strawberries
- 1 container strawberry low-fat yogurt (6 oz)

Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating). In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended. Pour egg mixture all at once into flour mixture; stir until moistened. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Source: *What's Cooking?*  
USDA Mixing Bowl