



Badlands Head Start:

PRENATAL TO FIVE



September 2019 Newsletter

Activity:

These are a few common things grown in gardens. Help your child identify what they are.



Upcoming Dates

September 3rd	First Day of Centers
September 19th	Policy Council Meeting
September 20th	TREC Board Meeting
September 27th	Bison Preschool Screening

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Buffalo Office: 605-375-3179

Lemmon Office: 605-374-3134



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Message from the Executive Director

Friends,

We are about to embark on another year of Head Start in Western, South Dakota. So much has happened in the last year for our program, and we are excited for another great year helping kids and families in our local communities.



Over the Summer all our sites underwent changes to help improve the outdoor experiences children have at our sites. To be clear, we installed play houses and other outdoor elements to our Belle Fourche, Buffalo, Newell, Lemmon, and Bison sites to bolster the variety of playground activities for your children. Most notably, musical flowers were placed at all sites so children (and adults) can enjoy making music in a creative, fun way. In addition to these summer projects, we also finished the purchase process for our Belle Fourche Center-Based site. From application to close, the entire project took about 16 months. It was long and arduous, but we can rest assured that families in Belle Fourche will have a safe, stable center for their children to attend in the decades to come. We are very excited by the progress at all our sites, and think the outdoor improvements will really be noticeable.

In addition to these projects, TREC also started working on a wellness program for our staff. The program focuses on general wellness topics and techniques for our team to make their lives better and also be in a better position to provide top-notch services to children and families. In general, the program is a series of mini-courses and information available to our team to focus on topics like: healthy eating, work-life balance, financial literacy, sleep, and many others. We think this is a very good step in maintaining a positive culture at work and allowing our team to refresh and replenish. I am beyond excited to implement the program and gather feedback from our team as to how it is working in their lives. The hope is to offer similar courses and information to our families in the future!

Looking ahead to the upcoming year, we are getting ready for a very busy year. Not only will we be working on wellness, but we will also begin working on program goals for the upcoming 5 Year Grant application. It's an exciting time and allows us to refocus our efforts to meet the current needs of children and families. I'm sure the year will be filled with great successes and milestones!



I look forward to meeting your families and hope we can provide the education and care to help your child become school ready when they reach Kindergarten.

Best,

Marcus Bevier

Executive Director





Welcome Back!

Hello and welcome to a new school year! I hope everyone has had a fun and relaxing summer! This is a very exciting time for children and families! Some children will be returning to school for another year and others will be coming for the very first time! This may mean excitement but also some anxiety for children and even parents as they watch their littles go off to school! Change can often be stressful, even if it's a positive event. Here are a few tips to think about that will help your child (and you) adjust to the school year positively.

Be ready

It will be important for you to know what is expected for your child prior to school starting. This will help to avoid confusion. Know what your teacher and school is expecting to avoid your child getting mixed messages. Make sure they have anything the teacher or school has requested in advance to make their first day as smooth as possible. Know your child's school schedule, when school starts and ends each day. Make it a priority to pick your child up on time to help them feel less anxious and more secure. If you are running late, contact your teacher so they can let your child know what is going on. This will avoid feelings of anxiety and help your child know you understand they may be worried.

Develop a good routine

Make sure your child is rested and ready for school. This typically means adjusting bed time from their summer schedule and creating a new and earlier bed time for the school year. Giving your child enough time to wake up in the morning is important too. No one feels good about their day when they are rushed out the door and dropped off in a hurry. Children need enough time to wake up and mentally prepare for their transition from school to home. This will help to ensure your child has a successful school day both socially and academically.

Stay positive

It's important parents stay positive about the new school year. Children often take our lead and moods can be contagious, spreading like wild fire in families. If you are positive about school and their day, they likely will follow suit. Remember to avoid placing your own school experiences onto your child, especially if your experiences were negative.

Tell your child what you expect from them at school

Remember to tell your child specifically what you want them to do, such as "Listen to your teacher and share the toys" rather than "Don't hit and be good." This clearly tells them what you expect from them and gives your child a positive visualization about their school day and situations they will likely encounter.

Last but not least, remember you're the expert on your child! Should you notice any concerning changes or are hearing negative comments your child is saying about school, please visit with his/her teacher. This can help your teacher to better understand your child and clear up any misunderstandings or hurts that may have unintentionally occurred.

Again, Welcome! I look forward to meeting you and your child during the course of the school year!

Rebecka Funk MA., LPC-MH
Badlands TREC Mental Health Consultant

Parent Committee and Policy Council

What is Parent Committee?

A Parent Committee is made up of all the parents in each cluster. A cluster is everyone in the group served by the same home visitor/ teacher.

The Parent committee meetings are informal and friendly. They are held each month at a social. Come join us each month and be a part of your child's Head Start program.

Each Parent Committee has \$200 to spend for their cluster. In order to receive the \$200, your cluster must have an active Parent Committee and Policy Council Representative attending meetings.

What is Policy Council?

Policy Council is a group of representatives, and an alternate, from each cluster. They are voted in by the parents in their cluster at a Parent Committee Meeting. Policy Council typically meets the 3rd Wednesday of the month, unless otherwise specified, at the Belle Fourche administrative building.

Consider becoming part of Policy Council:

- ◇ *Work in partnership with staff and the governing body to develop, review, and approve or disapprove policies and procedures*
- ◇ *Enjoy a nice drive to Bell Fourche, we provide mileage reimbursement*
- ◇ *Get a welcome change in your daily routine, enjoy stimulating conversation with adults, we provide child care reimbursement*
- ◇ *Let someone cook for you, enjoy a free meal*



Wanda Dunn —Family and Community Partnership Specialist

Update from Butte County

The 2019-2020 program year has just started and everyone is excited. After a wetter than normal summer, let's hope this fall is a little drier. Fall can be a wonderful time to get outside and enjoy nature. No matter how young or old, a nice walk in the park or a trip to a farmers market can be fun for the whole family. If you take a walk you can pick up different objects found in nature. You can touch them and describe how they feel, do they have a smell then compare it



to other objects you have found. A farmers market is a great place to explore also, most have locally grown produce. Your child can explore different texture and smells. You might even find something new to try. The whole family can be involved in the cleaning and cooking process.

Listed below are several other activities you can try with your family while it is still nice to be outside.

Michele Kreuzer-Ranken — Butte Co. Area Service Manager

Activity Idea - Nature Sticky Picture

MATERIALS:

- Self-adhesive plastic
- Light-weight objects from nature

Take your child on a short nature walk. Let them collect small pieces of grass, leaves, seeds and wildflowers, and put them in a bag. When you get home, peel off the backing of a large piece of self-adhesive plastic and let children put their objects onto the sticky paper.



Activity Idea - Leaf Lotto

MATERIALS:

- Clear contact paper
- Matching pairs of leaves, at least three different kinds

Let your child find two each of several kinds of leaves. Sort them in to pairs. Cut contact paper into squares and peel the backing off. Place a leaf on the sticky side of one of the squares, spreading the leaf as flat as possible. Carefully place another square on top, sealing the leaf inside. When you are done doing this with all the leaves, let your child find the matching pairs.

Welcome to Head Start Year 2019 -2020 from the Badlands Head Start Center in Belle!

Is it really time to begin a new school year already? It seems we missed a big part of summer because it rained and was so cool for so many days. On the other hand though, the country-side is such a beautiful neon green and not so dry, which we all are thankful for.

We are really excited here at the Belle Head Start Center to begin our new school year. Our staff has been putting up bulletin boards, making home visits, and doing all the many things it takes to be ready for our first day on Sept. 3rd, for the children to arrive.

Some things we are super excited about here at our Belle center are the new facelift our building has gotten and our playground. Our building has new chocolate brown siding and new windows that make it really rock. The children are going to be so happy to see the new playhouse, try our new saddle spinner, play the musical flowers, and try the new seesaw.

With all of these exciting things happening here, we are most excited to see the children come so eager to learn and become part of our Head Start family.

Judee Wilson—Belle Fourche Center Area Services Manager

Message from Melissa

Yoga for Young Children

Benefits of Yoga

Yoga has many benefits, not just for adults but for children as well. Through yoga, young children can develop the following skills.

- 1. Manage stress and anxiety.** Many yoga strategies focus on breathing exercises and relaxation techniques. These can help teach children how to reduce their stress in a healthy way, which will help them not only as children, but as adults as well.
- 2. Improve emotional regulation.** Learning to regulate emotions is an important skill for young children to learn. Which if you have ever witnessed a 2-year-old child in the midst of a full-blown meltdown you can certainly attest too! Yoga can help children be in the present moment while relaxing, which in turns helps them manage their emotions more appropriately.
- 3. Increase body awareness.** Practicing different poses helps children learn about their bodies and become better at controlling their movements.
- 4. Enhance concentration and memory.** Many yoga poses and breathing exercises require children to focus and work on their memorization skills. Developing these skills can reduce impulsivity and help later on with being more successful in school.
- 5. Build strength and flexibility.** Young children's bodies are still growing and developing. Doing yoga can help with building their strength as well as being more flexible which can reduce the chance of injury.
- 6. Learn that physical activity can be fun.** Children today are much more sedentary than children from previous generations. This is due in large part to smart phones, tablets, video games, television and other screen-related activities. This has led to an increase in obesity in children. Doing yoga can help children learn that physical activities can be fun and lead to a healthy habit of incorporating movement into their lifestyles.

Simple Yoga Activities

- 1. Copy Cat Baby Yoga:** This is a fun activity for the whole family. Place your baby on the floor. Have other family members lay on the floor as well in the same pose as the baby. As the baby moves and changes positions, family members copy the baby's exact movements. For example, if the baby rolls over to the left, everyone else rolls over to the left as well.
- 2. Monkey See, Monkey Do:** With older children, let them take turns making up poses that other family members then copy. You can add animal sounds to go with the poses. Let your child get as crazy with the poses as they would like and you will all have a great time with this!
- 3. Smell the Flower, Blow the Petals:** With your child, pretend to hold a flower in your hand near your face. Inhale through your nose "smelling" the flower. Next, pretend to "blow the petals" by exhaling forcefully through the mouth. Do this three times. This activity can also help when a child is upset and you are trying to help them calm down.
- 4. Yoga story:** Tell your child you are going to go on a pretend trip. Have them pick a destination such as the beach, grocery store, zoo, etc. Stand up and together act out the motions to the story. For example, walking in place, pretending to pack for a trip, making hand and arm motions to simulate driving, arms out in the air for flying, digging in the sand, animal motions and sounds for different zoo animals, etc. The only limitation here is your own imagination.

With all of the activities above, let your child move in the way that feels most natural to him or her. Do not correct your child's movements. The purpose is to encourage your child to move and have fun, correcting your child can lead to frustration, which we want to avoid during these activities.

On the next page, we have included some simple poses for you to enjoy with your child.

OCEAN YOGA



I am a jellyfish.
STANDING FORWARD BEND



I am a shark.
LOCUST POSE



I am a dolphin.
DOLPHIN POSE



I am a crab.
TABLE TOP POSE



I am a turtle.
TORTOISE POSE

Greetings from Perkins & Harding County

Welcome back to the 2019-2020 school year! Time to get into new routines and re-learn schedules with center, socials and Head Start home visits starting back up. Some of you will be also transitioning siblings into the school routine, and with that comes after school snacks. A fun way to provide healthy after school snacks, while spending time with your preschooler is to make snacks together to have ready when the after school “I am starving” hunger pains kick in. Some simple suggestions are to serve fresh fruit, cut and ready to eat, yogurt and fruit smoothies, bagel pizzas, cheese and thinly sliced apples wrapped in lunch meat, carrots/celery with light ranch dressing, and graham cracker fruit pizzas! These are simply made by spreading a thin layer of cream cheese on a graham cracker and by adding fresh pieces of fruit! Another healthy favorite snack is to serve Peanut butter apple nachos which are quick and filling!

Ingredients:

- ◆ 2 apples, cut into wedges
- ◆ ¼ c. peanut butter (warmed)
- ◆ 2 tbsp. granola
- ◆ 1 tbsp. dried cranberries or raisins

Drizzle the apple wedges with peanut butter and top with granola and the dried cranberries or raisins. Enjoy!



Important upcoming social dates to remember are the following:

Harding County Head start/Early Head Start- September 10th from 9-11 and on the 24th from 1-3 pm.

Perkins Co. Early Head Start -September 12th and 26th from 5:30-7:30 pm

Lemmon and Bison Centers have yet to finalize their social dates, but the teachers will certainly be getting this information to each family.

This year I am going to dedicate a small portion of my newsletter section to introduce you to the wonderful staff we have in the northern county of Harding.

Hi everyone! I'm Cara Lei, the Head Start Home Visitor in Harding County for 3-5 year olds. This will be my second year here at Head Start. I love working with the families and seeing the growth in the children we serve. I think we have an amazing Team here at Badlands Head Start and have enjoyed getting to know everyone throughout this past year!

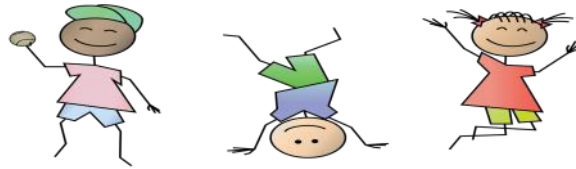
A little about me:

I grew up in the little town of Isabel, South Dakota. My family farms and ranches. I chose to attend college in Chadron, NE where I received a Bachelor of Science in Education. I focused my studies on Early Childhood Development and Special Education. I was a Full Time Special Education Substitute Teacher in Newell for a semester and then was the Preschool and Kindergarten Teacher in Faith, South Dakota for a year before getting married. My husband is from Buffalo, SD where we are calling home now. I was a stay-at-home Mom while also running a licensed in-home Daycare for 10 years. We have four children; Blaise (11), Blake (9), Baicyn (5), and Baylor (3). I decided my children were getting older and Daycare wasn't allowing me the freedom to get to all of their activities. So, I started looking for jobs outside of the home. I was thrilled to see this position open and even happier when I joined the crew here! I look forward to another great year!!

I am Ruth Adams and have lived in Harding County for 24 years now, moving here in 1994 after graduating from BH State University with a degree in Human Services. I was a case manager for 8.5 years at Sky Ranch for Boys before joining Badlands Head Start as a home visitor in 2003. In 2013, I accepted the position of Area Services Manager. In this position, I supervise staff in Harding and Perkins Counties, and fill in as needed in the centers. In 2017 I completed my masters in school counseling. My husband is a rancher and we have 3 kids and 2 son in laws. Our youngest is a senior in High school and our middle daughter just got married this summer! I am grateful for the awesome staff I get to work with and love getting to know the families in the program and watching the children grow and learn!

Ruth Adams—Area Services Manager

SEPTEMBER



Misty Wilbur
Health, Nutrition &
Safety Specialist

CHILDHOOD OBESITY AWARENESS MONTH

One in 5 children in the United States are obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, we encourage your family to make healthy changes together.

Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.

Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.



Ready to make some delicious, creative, nutritious goodies? Here are 12 ideas to get you started:

1. Use a small cookie cutter to cut fruit and cheese into fun shapes. Place on skewers to make kabobs.
2. Blend frozen fruits with low-fat yogurt. Pour into ice cube trays, put a popsicle stick in each cube and freeze.
3. Spread a dab on almond butter on thinly sliced apples or pears. Stack them from largest to smallest to build a tower.
4. Frozen peas and corn may sound weird to adults but some kids love them! Pair with string cheese.
5. Make a milkshake with a frozen banana, milk and peanut butter. Use whole milk for kids ages 1-2 and low-fat milk for older kids.
6. Cut carrots and apples into matchsticks, toss together for a salad, top with toasted almonds or walnuts.
7. Mix chunky salsa and black beans, sprinkle with cheese and serve with baked blue corn chips.
8. Mixed canned tuna, dried cranberries, a little mayonnaise and Greek yogurt. Spread on celery.
9. Serve guacamole with whole grain chips. Make this snack even more fun by letting your kids smash the avocado slices.
10. Have your kids top a pita with their favorite veggies, sprinkle with cheese and bake in the oven for a quick pizza snack.
11. Cut bananas into 4 pieces, dip them in plain yogurt and roll in crushed whole grain graham cracker, serve or freeze.
12. Slice apples and toss with oats, cinnamon, and a little brown sugar. Bake until crisp and serve with a dollop of low-fat yogurt.



Active Outdoor Hobbies

Active Outdoor Hobbies

Our area is uniquely set up to provide many active outdoor activities that could easily be converted into enjoyable long lasting hobbies. Provided below are some simple hobbies that are good start for the whole family.

⇒ Walking around the neighborhood

⇒ Hiking

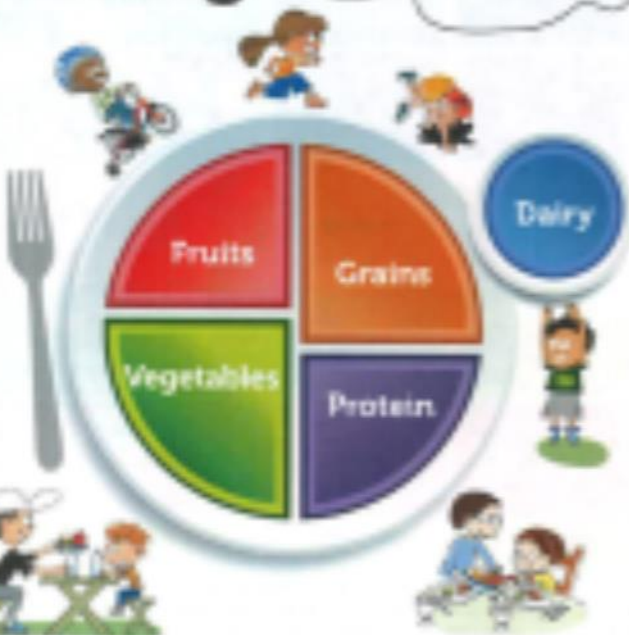
⇒ Biking

⇒ Fishing



United States Department of Agriculture

Healthy Eating for preschoolers



Choose **MyPlate.gov**

Get your child on the path to healthy eating.



Offer a variety of healthy foods.

Choose foods from each MyPlate food group. Pay attention to dairy foods, whole grains, and vegetables to build healthy habits that will last a lifetime.

Be mindful of sweet drinks and other foods.

Offer water instead of sugary drinks like regular soda and fruit drinks. Other foods like hot dogs, burgers, pizza, cookies, cakes, and candy are only occasional treats.

Focus on the meal and each other.

Your child learns by watching you. Let your child choose how much to eat of foods you provide. Children copy your likes, dislikes, and your interest in trying new foods.

Be patient with your child.

Children enjoy food when eating it is their own choice. Some new foods take time. Give a taste at first and wait a bit. Let children serve themselves by taking small amounts. Offer new foods many times.

Cook together.

Eat together.

Talk together.

Make meal time family time.



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Based on the Dietary Guidelines for Americans

PHS 2010
Revised December 2010

strawberry banana yogurt parfait



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oatmeal pecan waffles



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and Blood Institute

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classic macaroni & cheese



National Heart, Lung,
and Blood Institute

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Ingredients

4 cups light (no-sugar-added) fat-free vanilla yogurt
2 large bananas (about 2 cups), sliced
2 cups fresh strawberries, sliced (or use thawed frozen fruit)
2 cups graham crackers, crumbled
1/2 cup fat-free whipped topping (optional)

strawberry banana yogurt parfait

1. To make the parfait, spoon 1 tablespoon of yogurt into the bottom of each wine or parfait glass. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, and 1/4 cup graham crackers.
2. Repeat the yogurt, banana, strawberry, and graham cracker layers.
3. Top with a rounded tablespoon of fat-free whipped topping, if desired. Serve the parfait immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

Yield 8 servings, **Serving Size** 1 parfait (1 cup), **Calories** 179, **Total Fat** 2g, **Saturated Fat** 1g, **Cholesterol** 3mg, **Sodium** 190mg, **Total Fiber** 2g, **Protein** 6g, **Carbohydrates** 36g, **Potassium** 438mg

Ingredients

For waffles:

1 cup whole-wheat flour
1/2 cup quick-cooking oats
2 teaspoons baking powder
1 teaspoon sugar
1/4 cup unsalted pecans, chopped
2 large eggs, separated
1 1/2 cup fat-free (skim) milk
1 tablespoon vegetable oil

For fruit topping:

2 cups fresh strawberries, halved
1 cup fresh blackberries
1 cup fresh blueberries
1 teaspoon powdered sugar

All berries may be substituted with frozen, thawed

oatmeal pecan waffles

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter.
6. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside. (Or make pancakes.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

Tip: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.

Yield 4 servings, **Serving Size** 3 small (2-inch) or 1 large (6-inch) waffle (depending on waffle iron size), **Calories** 340, **Total Fat** 11 g, **Saturated Fat** 2 g, **Cholesterol** 107 mg, **Sodium** 331 mg, **Total Fiber** 9 g, **Protein** 14 g, **Carbohydrates** 50 g, **Potassium** 369 mg

Ingredients

2 cups macaroni
1/2 cup onions, chopped
1/2 cup evaporated fat-free milk
1 medium egg, beaten
1/4 teaspoon black pepper
1 1/4 cup low-fat cheddar cheese, finely shredded
nonstick cooking spray, as needed

classic macaroni & cheese

1. Cook macaroni according to directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350°F.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the rest of the ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Yield 4 servings, **Serving Size** 1 cup, **Calories** 200, **Total Fat** 4g, **Saturated Fat** 2g, **Cholesterol** 34mg, **Sodium** 120 mg, **Total Fiber** 1g, **Protein** 11g, **Carbohydrates** 29g, **Potassium** 119 mg

hawaiian huli huli chicken



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zesty tomato soup



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crunchy chicken fingers with tangy dipping sauce



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Ingredients

For chicken:

- 1/2 teaspoon reduced-sodium crab seasoning (or substitute)
- 1/4 teaspoon paprika and 1/4 teaspoon garlic powder for a sodium-free alternative)
- 1/4 teaspoon ground black pepper
- 1 tablespoon whole-wheat flour
- 12 ounces boneless, skinless, chicken breasts, cut into 12 strips
- 2 tablespoons fat-free (skim) milk
- 1 egg white (or substitute)
- 2 tablespoons egg white substitute)
- 3 cups cornflake cereal, crushed

For sauce:

- 1/4 cup ketchup
- 1/4 cup 100 percent orange juice
- 1/4 cup balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons deli mustard
- 1 teaspoon Worcestershire sauce

Ingredients

12 ounces boneless, skinless chicken breasts, cut into 1-inch cubes (24 cubes) (about 2 large breasts)

1 cup fresh pineapple, diced (24 pieces) (or canned pineapple chunks in juice)

8 6-inch wooden or metal skewers

For sauce:

2 tablespoons ketchup

2 tablespoons lite soy sauce

2 tablespoons honey

2 teaspoons orange juice

1 teaspoon garlic, minced (about 1 clove)

1 teaspoon ginger, minced

hawaiian huli huli chicken

1. Preheat a broiler or grill on medium-high heat.
2. Thread three chicken cubes and three pineapple chunks alternately on each skewer.
3. Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later.
4. Grill skewers for 3–5 minutes on each side. Brush or spoon sauce (from the bowl that wasn't set aside) onto chicken and pineapple about every other minute. Discard the sauce when done with this step.
5. To prevent chicken from drying out, finish cooking skewers in a 350°F oven immediately after grilling (to a minimum internal temperature of 165°F). Using a clean brush or spoon, coat with sauce from the set-aside bowl before serving.

Note: If you use wooden skewers, soak them in water for 30 minutes before using.

Yield 4 servings, **Serving Size** 2 skewers, **Calories** 156, **Total Fat** 2 g, **Saturated Fat** 1 g, **Cholesterol** 47 mg, **Sodium** 320 mg, **Total Fiber** 0 g, **Protein** 18 g, **Carbohydrates** 16 g, **Potassium** 255 mg

Ingredients

1 14 1/2-ounce can no-salt-added diced tomatoes

1 cup jarred roasted red peppers, drained (or substitute fresh roasted red peppers)

1 cup fat-free evaporated milk

1 teaspoon garlic powder

1/4 teaspoon ground black pepper

2 tablespoons fresh basil, rinsed and chopped (or 2 teaspoons dried)

1 slice whole-wheat bread, toasted and diced (for croutons)

zesty tomato soup

1. Combine tomatoes and red peppers in a blender or food processor. Purée until smooth.
2. Put tomato mixture in a medium saucepan, and bring to a boil over medium heat.
3. Add evaporated milk, garlic powder, and pepper. Return to a boil, and gently simmer for 5 minutes.
4. Add basil, and serve.
5. Optional step: Toast and dice one slice whole-wheat bread for the croutons.

Yield 4 servings, **Serving Size** 1 cup soup, **Calories** 94, **Total Fat** 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 231 mg, **Total Fiber** 2 g, **Protein** 5 g, **Carbohydrates** 16 g, **Potassium** 234 mg



crunchy chicken fingers with tangy dipping sauce

1. Preheat oven to 400°F.
2. Mix crab seasoning, pepper, and flour in a bowl.
3. Add chicken strips, and toss well to coat evenly.
4. Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.
5. Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)
6. Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165°F).
7. Meanwhile, prepare the sauce by combining all ingredients and mixing well.
8. Serve three chicken strips with 1/4 cup dipping sauce.

Yield 4 servings, **Serving Size** 3 chicken strips, 1/4 cup sauce, **Calories** 248, **Total Fat** 2 g, **Saturated Fat** 1 g, **Cholesterol** 47 mg, **Sodium** 422 mg, **Total Fiber** 1 g, **Protein** 20 g, **Carbohydrates** 36 g, **Potassium** 303 mg

Healthy ^{for} preschoolers

Daily Food Checklist



Use this Checklist as a general guide.

- This food checklist is based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.

- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Let your child choose how much to eat. Throughout a day, offer amounts shown below.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits Focus on whole fruits 	1 cup	1 – 1½ cups	1 – 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ small banana 4-5 large strawberries
Vegetables Vary your veggies 	1 cup	1 – 1½ cups	1½ – 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ¾ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole grains 	3 ounces	3 – 5 ounces	4 – 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked oatmeal, rice, or pasta 1 tortilla (6" across)
Protein Foods Vary your protein routine 	2 ounces	2 – 4 ounces	3 – 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free milk or yogurt 	2 cups	2 – 2½ cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ½ ounce cheese

Some foods are easy to choke on while eating. Children need to sit when eating. Foods like hot dogs, grapes, and raw carrots need to be cut into small pieces the size of a nickel. Be alert if serving 3- to 5-year-olds foods like popcorn, nuts, seeds, or other hard foods.

There are many ways to divide the Daily Food Checklist into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at www.ChooseMyPlate.gov/preschoolers-meal-and-snack-patterns.



Belle Fourche Administrative Office



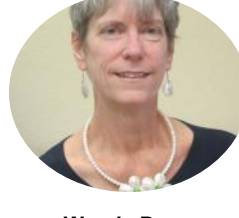
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