

# Parent Provider Connections – December 2022

## KING OF THE JUNGLE

Children will paint the back of a paper plate tan for a lion. Assist as needed to attach tan ears and googly eyes. Use a black marker to draw the nose and mouth. Then turn the plate over and glue brown paper rectangles all around the edge to create the lion's mane.

## IT'S A JUNGLE

It really is a jungle out there and children will have so much fun going through an obstacle course. Run through hula hoops, go under a limbo stick, skip through the quicksand, rock hop through the water, leap over a canyon gorge. The possibilities are endless!

## MILK IS MORE

Each sip of milk is loaded with essential nutrients needed for growth and development. Milk is high in protein, calcium, potassium, and Vitamin D. These nutrients build strong bones, teeth, and muscles. Whole milk is only creditable for 1-year-olds. Low-fat and fat-free milk are only creditable for ages 2 and older. Lactose-free milk is creditable for all ages 1 and older. Remember, non-dairy beverages that are not nutritionally equivalent to cow's milk are non-creditable.

## SAFARI PASTA

1/2 lb whole grain-rich pasta, dry  
Olive oil  
3 cups broccoli florets  
Salt and pepper  
Parmesan cheese

In a large skillet, heat oil. Add bite sized broccoli florets and seasonings until al dente. Add cooked pasta and sprinkle with Parmesan.

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