

## MAGIC FAIRY DUST JAR

Using a mason jar, glue the gasket and lid together with hot glue. Have children pour a bottle of clear glue into the jar and add iridescent glitter. Fill the rest of the jar with warm water and adults should shut tightly or glue the lid to the jar. Shake the jar and watch the fairy dust swirl.

## GOING GREEN

All vegetables are important, but green vegetables pack a powerful punch. They include fiber to aid in digestion, folate to help with red cell production, iron to oxygenate the blood, calcium for bone support along with the efficiency in muscular, nervous, and urinary systems. Vitamins A, C, E and K are also found in green vegetables and help to support the immune system, vision, provide antioxidants, and aid in blood clotting.

## ENCHANTED BRUSSELS

1 lb Brussels sprouts, trimmed and quartered  
2 tbsp olive oil  
Salt and pepper

Place Brussels sprouts on baking tray. Drizzle olive oil and mix to evenly coat. Sprinkle with salt and pepper to taste. Cook at 400°F until crisp and browned on the outside, but tender on the inside. Stir every ten minutes.

#CACFPCreditable

## PIXIE BOOT CAMP

Lead the children in strength exercises: right foot stand, left foot stand, leaping, spinning, arm circles, and reach far overhead with one hand and then the other.

