

Spring is Near!!!

Did you know that the first day of Spring is March 20th? As the weather gets warmer, your daycare provider will work to keep your child with indoor activities! Please take the time to share some of your child's favorite activities with your daycare provider so that your child can enjoy being active.

Fun Spring Recipe

Elmo's Strawberry Pops

Ingredients: 2 cups strawberries
1 cup Greek yogurt
 $\frac{3}{4}$ teaspoon lemon juice
 $\frac{1}{2}$ teaspoon vanilla

Directions: Puree strawberries and lemon juice in blender. Mix yogurt and vanilla together. Layer the strawberry puree and the yogurt into four popsicle molds or ice cube trays. Freeze until slightly set and then add the stick into mold or ice tray. Continue freezing until completely frozen.



Remember!

- ✓ Please be considerate of your daycare provider and let them know if your child will be late or absent from care.
- ✓ Please provide a *working* email address to your daycare provider if you have not done so already
- ✓ Please make sure your daycare provider has *current* contact information for you (address and telephone number)



Did You Know???

- You can check your provider's menus whenever you feel it is appropriate
- CASEWV Staff monitors the daycare providers regularly
- You do not have to take any food to your daycare provider (unless you have an infant that is using formula)
- CASEWV just completed Household Contacts on providers. If your daycare provider was selected, **Thank You** for taking the time to complete our questionnaire!



Scan for more information on **CASEWV Family Daycare Food Program!**

Working With Your Daycare Provider

You have entrusted your daycare provider with your most prized possession- your child(ren)! By participating in the CASEWV Family Daycare Food Program, your provider has committed to ensuring that your child eats delicious and nutritious meals. In addition to this, they are building healthy eating habits that can follow your child(ren) into adulthood. Your child will expand their tastes in food and learn that they actually enjoy foods that they may have declined previously. As you see your child's tastebud grow, work **with** your provider and continue healthy eating habits at home. Not only will healthy eating be reinforced, but your child(ren) can learn that they are sharing new things in the family and contributing to mealtimes. It is also a great way to introduce food choices and involvement in cooking at home!

Additionally, your daycare provider has scheduled meals and snacks for your child(ren). Please avoid snacking prior to arrival at daycare (if possible). This ensures that they will eat at the scheduled mealtimes and eat an appropriate amount of food. Please share your child's likes, dislikes, and allergies with your daycare provider as well.

CASEWV
C/O Family Day Care Food
Program 355 Bluefield
Avenue Bluefield, WV 24701


To the Parent(s)/Guardian(s) of:

Please confirm you have received this newsletter by sending a text message with your child(ren)'s name(s) and the name of your provider to 304-320-2855.

Website:
<https://www.casewv.org/familydaycarefoodprogram>

(304) 324-0452
(304)-320-2855

This organization is an equal opportunity provider.

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