

NUTRITION NEWS

LSF Child Care Food Program

Building a Healthier Generation

FEBRUARY 2019

February is American Heart Month

We can protect our heart and our overall health by eating a well-balanced diet full of fruits and vegetables, whole grains, low-fat dairy products, nuts and legumes, lean source of protein and reducing the amount of sugar we consume.



Valentine's day doesn't need to be surrounded around giving and receiving sugary treats. Here are some healthy and fun alternatives to candy for Valentine's day.

- Heart shaped cheese served with crackers
- Heart shaped peanut butter & jelly sandwiches
- Fresh or frozen fruit- get creative! Use a heart shaped cookie cutter to create fun shapes
- Heart shaped whole grain pancakes
- Dried fruit: small box of raisins, banana or apple chips
- Bubbles
- Berry smoothie made with strawberries & low-fat milk
- Pencils or other stationary items
- Go traditional! Create handmade cards with kind messages



5 years

Congratulations!

Ramonita Figuera, Manager, and Sara Sanchez, Monitor, are celebrating service anniversaries with LSF!

We appreciate their diligence and commitment with LSF's Child Care Food Program. Ramonita and Sara are dedicated and hard-working members of the LSF family!



10 years

Strawberry & Watermelon Kabobs

Total time: 10 minutes

Ingredients

1 small watermelon, cut into discs

3 cups strawberries, halved

* You can also use pineapple, honeydew, or cantaloupe

Directions

1. Cut the watermelon and strawberries with a heart-shaped cookie cutter.
2. Thread the watermelon and strawberries onto a skewer.
3. Serve as a fun to eat snack



HOW TO: Withdraw a Child

Reminder: Children who are **NOT** present and claimed for at least one meal during the month should be withdrawn.

1. From the menu to the left, click Home.
2. Click My Kids.
3. Click and ensure that Active is selected.
4. Click the name of the child to withdraw. The Child Information page opens.
5. Click Withdraw.
6. Click the Choose a Date box and enter the withdraw date.
7. Click OK.

KidKare

Home > Jack Beans > Child Information

Beans, Jack

Child Details

Name:	Jack Beans
DOB:	01/01/2009
Enrollment date:	01/01/2018
Participates in CACFP:	Y
Pay source:	Paid by County/State
Race:	American Indian or Alaskan Nat American
Ethnicity:	Hispanic or Latino
Gender:	M
Relation to provider:	Not Related / Day Care Child
Is child of migrant	...

Expiration date: 01/31/2019
Status: Active
Enrollment Form

WELCOME
TO OUR NEWEST
DAY CARE HOME PROVIDERS!

Kelly Crilly
Yeneilis Gort-Aponte
Madeline Pelaez-Garces
Pilar Rodriguez
Keila Cardona-Capella

Cristina Fernandez-Vazquez
Maria Perez
Joencys Sarria-Rodriguez
Yoslain Rodriguez-Fernandez