

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

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Celebrate:

National Eat Your Vegetables Day



Vegetables are an important part of a healthy and delicious diet. Vegetables give us:

- Fresh flavors;
- Bright colors;
- Different shapes and textures;
- Fiber;
- Vitamins;
- Minerals;
- Low calories, fat, and sodium; and
- No cholesterol.

Eating vegetables can help prevent obesity and chronic diseases such as diabetes, heart disease, and cancer.

A large number of our calories should come from vegetables. Vegetables are naturally low in calories. We should eat many types of vegetables because nutrients vary. For example, dark green and orange vegetables have many key vitamins and minerals and it is recommend to eat several servings each week. To find out how many cups of vegetables you should eat each week, go to www.myplate.gov

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Let's Eat Sheet Pan Dinner



- 1 package of fully cooked turkey sausage, sliced
- 3 cups chopped vegetables such as onion, bell pepper, sweet potatoes, zucchini, carrots, and broccoli
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- Black pepper to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub all vegetables under cool running water before preparing them.
3. Preheat oven to 400 degrees F.
4. Place sliced sausage and vegetables on a baking sheet and drizzle with olive oil, garlic powder, and black pepper. Bake for 30 minutes or until veggies are fork tender.
5. Store leftovers in the refrigerator within 2 hours.

Tips:

Make this dish vegetarian! Omit the turkey sausage, and use one cup of chickpeas. This reduces sodium by 500 mg.

Source: 2022 KYNEP Food and Nutrition Calendar : Central District (1-4) Nutrition Education Program



Disabilities
 accommodated
 with prior notification.

COFFEE FILTER BUTTERFLIES

How to make a coffee filter butterfly

Materials Needed:

- Dollar Store Coffee Filters
- Dollar Store Washable Markers
- Dollar Store Chenille Stems
- Dollar Store Pony Beads
- Dollar Store Zippered Bags – Gallon Size
- Spray Bottle filled with water



Step One:

- Flatten out a coffee filter on top of a gallon size zippered bag. Draw random designs on the coffee filter with a variety of colors. Remember that color combinations next to each other on the color wheel will become muddy once blended – red and green; blue and orange; yellow and purple.

Step Two:

- Mist coffee filter with water from a spray bottle and then let dry completely. Set aside to dry but it's super fun to watch the colors mix and blend!

Step Three:

- Create two tie-dyed coffee filters for each butterfly.

Step Four:

- Fan fold two coffee filters to create each butterfly.

Step Five:

- Stack fan folded coffee filters on top of each other, as pictured.

Step Six:

- Fold chenille stem in half and place coffee filters one-third from base. Twist the bottom loop of the chenille stem. Twist once above the folded coffee filters, creating a tight section.

Step Seven:

- Leave a ½” loop and twist again to create the butterfly head. Leave the antennae straight.

Step Eight:

- Open and fluff out the wings of the butterfly. Pinch at the ends to retain the folds.

Step Nine:

- Thread a pony bead on the end of each antennae and curl unto a swirl.

And there you have it! So easy and colorful!

Keeping Kids Safe in the Heat of the Day!

School is out and so is the sun. With temperatures rising during the summer months, it is important to keep your child safe while enjoying the great outdoors. Here are a few reminders that can make sure you're having fun, not getting hurt.

Dress. Be sure to dress your children in loose, lightweight, light-colored clothing. If it is early in the summer months, try dressing your child in layers for cool mornings with the ability to easily slip off a long-sleeved shirt when the temperature rises.

Sunscreen. Taking the time to apply sunscreen before leaving the house is always worth the hassle. Make sure sunscreen is applied to all exposed skin. Using hats can help reduce sun exposure on the face as well. Drink water. Drinking liquids is extremely important, and there is no better thirst quencher than water. Avoid extremely cold drinks and those that contain a lot of sugar. Remind young children to drink water every hour or so.

Timing. If the weather looks extremely warm, plan to be outside in the mornings and evenings to capture the cooler, more comfortable parts of the day.

Remember. It is never safe to leave an infant or child in a parked car, even if the windows are open.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Reference: Center for Disease Control and Prevention. (2019). Heat and Infants and Children. <https://www.cdc.gov/disasters/extremeheat/children.html>

Sincerely,



County Extension Agent for Family and Consumer Science



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