

potpourri

AUGUST 2021



FEATURED RECIPES
Summer Lunch

HEALTHY HABITS
Fun with Fiber

HEALTH ISSUES
Amblyopia (Lazy Eye)



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LABOR DAY HOLIDAY NOTE

Labor Day is September 6th, 2021. If you are operating and caring for children on this day, or any other federal holiday, don't forget to submit a holiday note. All you need a signed note from the parent/guardian of the child(ren) receiving care. You can send your holiday notes to your prospective ACD State Agency.

SENDING ENROLLMENTS VIRTUALLY?

Providers are encouraged to submit enrollment information virtually. This allows ACD staff to receive and process information quicker, and avoids the potential for documentation to get lost in the mail. There are multiple ways to submit enrollments virtually. One of those ways is via email. If you are submitting enrollment virtually via email from your personal cellular device or tablet, please ensure that **when you are photographing a picture of any form, that you select to send those forms as "large or actual size."** This is critical for ACD staff when processing your information. Photos sent in sizes smaller than "large or actual size" are delivered pixelated making it difficult for staff to process information.

Lastly, when sending enrollments, please make sure you are inputting the correct enrollment date. If you are an Illinois provider, please send your enrollments to illinois@acdkids.org. If you are a Michigan provider, please send your enrollments to mifrontdesk@acdkids.org.

SERVING WHOLE-GRAINS

As you continue to integrate and serve whole-grains on your menus, please keep in mind that ACD can only do a **"one-time courtesy adjustment" for your menu reimbursement.**

FEDERAL REIMBURSEMENT RATES 2021-2022

Please take note of the annual adjustments to the Federal Reimbursement Rates for both homes and in effect from July 1, 2021 through June 30, 2022.

HOMES

Tier 1		Tier 2	
Breakfast	\$1.40	Breakfast	\$0.51
Lunch/Supper	\$2.63	Lunch/Supper	\$1.59
Snack	\$0.78	Snack	\$0.21

ON THE COVER: Ruby is three-years-old and loves being outside on the swings, in the sprinkler or riding her bike. She enjoys carrots, oranges, and salmon.

HERBS & SPICES FOR YOU

The Potpourri's Guide to Kitchen Herbs and Spices

CORIANDER SEEDS

Coriander is a dried seed that comes from the same plant as the herb cilantro. Cilantro is the leaves of the plant while coriander is the round, tan-colored seeds. While inherited from the same plant, the cilantro leaves and the ripened coriander seeds taste completely different. Coriander has a combination taste of lemon, sage, and caraway. To some taste buds, cilantro can carry a soap-like taste. Cilantro and coriander should not be substituted for each other in recipes.

NUTRITION

Coriander seeds are rich in vitamin K, vitamin C, and vitamin A. Vitamin K assists the body in clotting blood helps bones repair themselves. Vitamin C boosts the immune system, while vitamin A helps to build and protect your vision.

SELECTION AND STORAGE

Seeds should be kept in a sealed container away from any light or heat. Use the seeds within one year of purchase as flavor will diminish over time.

PREPARATION

Coriander tastes best when fresh. Consider purchasing the seeds whole then toasting or grinding before adding to your next dish.

CORIANDER SEED TIPS

- Use in curries, soups, pickling spices, and special drinks.
- Roll coriander into meatballs.
- Add to salsa or black beans.
- Rub coriander and other spices on chicken.
- Make coriander rice.

Sources: unlockfood.ca/en/Articles/Cooking-Food-Preparation/How-to-cook-with-Spices.aspx, <https://www.thespruceeats.com/vegan-carrot-coriander-soup-with-ginger-3377978>, <https://www.thespruceeats.com/cilantro-vs-coriander-695294>, <https://www.webmd.com/diet/health-benefits-coriander#1>



CARROT, GINGER AND CORIANDER SOUP INGREDIENTS

1 Tablespoon margarine or cooking oil
 1 onion, chopped
 1½ pounds carrots, peeled and diced
 1 teaspoon ginger
 2 teaspoons coriander seeds
 4 cups vegetable broth
 Salt and pepper to taste.

DIRECTIONS

1. In a large pot, cook the chopped onions in the margarine or oil until soft, about 3-5 minutes. Add carrots, ginger, and the coriander seeds. Cook for a few minutes stirring frequently.
2. Add the vegetable broth and bring to a low simmer. Cover and cook for 25 minutes, or until the carrots are soft and tender.
3. Transfer to a blender or food processor and puree until smooth.
4. Season to taste with salt and pepper.

Makes 4 servings.

SUMMER LUNCH

VEGETABLE WRAP

INGREDIENTS

- 1 cup ranch dressing*
- 1 teaspoon canola oil
- 1 teaspoon chipotle spice, salt-free
- 2½ cups tofu
- 1 cup romaine lettuce, chopped
- 1 cup green bell peppers, chopped
- 1 cup onions, chopped
- 1½ cups carrots, sliced
- ¾ cup cucumbers, diced
- 6 – 8" Whole grain tortillas



VEGETABLE WRAP

INSTRUCTIONS

1. Refer to the notes section for ingredients and directions to prepare ranch dressing.
2. Press firm tofu for at least 30 minutes. Drain pressed tofu and cut into small cubes.
3. Sprinkle chipotle spice over tofu pieces. Refrigerate for at least 20 minutes.
Critical Control Point:
Cool to 40°F or lower within 4 hours.
4. Over medium-high heat, heat oil in a medium-sized skillet. Add seasoned tofu. Sauté uncovered until tofu is lightly browned.
5. Remove from heat and set aside for step 7.
6. In a large bowl, combine ranch dressing, lettuce, bell pepper, onions, carrots, and cucumbers.
7. Add tofu to vegetable mixture. Stir well.
8. Warm tortillas to prevent them from tearing when folding.
9. Portion ½ cup vegetable mixture onto the center of each warm tortilla.
10. Fold the bottom of the tortilla up and over the filling
11. Fold in the outside edges so they nearly touch each other.
12. As you roll the burrito forward, use the tips of your fingers to tuck and press the sides into a tight cylinder.
13. Serve 1 wrap.

Makes 6 wraps

1 wrap provides ½ cup vegetable, 1 oz equivalent meat alternate, and 1 oz equivalent grains.

NOTES SECTION

Ranch Dressing Ingredients

- 10 oz buttermilk, low-fat
- ½ teaspoon lemon juice
- 1¼ oz plain yogurt, low-fat
- ¼ teaspoon sour cream, fat-free
- 1½ oz mayonnaise, low-fat
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon dried chives
- ½ teaspoon dried parsley
- ¼ teaspoon salt
- ¼ teaspoon sugar

Directions

1. In a large bowl, combine buttermilk, lemon juice, yogurt, sour cream, mayonnaise, onion powder, garlic powder, pepper, chives, parsley, salt, and sugar. Stir well.
2. Pour ranch dressing into a container.
3. Cover and refrigerate.

MACARONI SALAD

INGREDIENTS

- 2 cups water
- 1½ cups elbow macaroni, whole-grain
- ½ cup mayonnaise, low-fat
- 1 Tablespoon white vinegar
- ¼ cup sugar
- 1 Tablespoon mustard
- 1/3 cup red bell peppers, diced
- 1/3 cup green bell peppers, diced
- 1 Tablespoon pimientos, diced
- ½ cup carrots, diced
- ½ cup celery, diced
- 1/3 cup red onions, diced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon paprika



MACARONI SALAD

INSTRUCTIONS

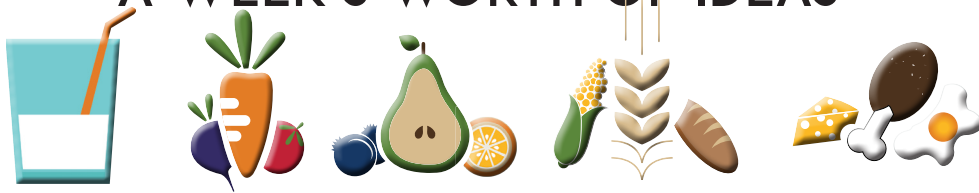
1. Heat water to a boil.
2. Slowly add macaroni. Stir constantly until water begins to boil again. Cook about 10-12 minutes stirring occasionally or until noodles are firm to taste. Drain well and set aside.
3. Dressing: in a small bowl, combine mayonnaise, vinegar, sugar, and mustard. Stir well.
4. In a large bowl, combine macaroni, bell peppers, pimientos, carrots, celery, onions, salt, and pepper. Stir well.
5. Pour the prepared dressing over the vegetable and pasta mixture. Stir well.
6. Transfer macaroni salad to a large salad bowl.
7. Keep salad refrigerated or store at a cool temperature of 40°F or lower until ready to serve.
8. Garnish with paprika.
9. Serve ¾ cup.

Makes 6 servings.

¾ cup provides ¼ cup vegetable, and 1 oz equivalent grains.

Sources: https://fns-prod.azureedge.net/sites/default/files/resource-files/Vegetable_Wrap_6_Servings.pdf; <https://fns-prod.azureedge.net/sites/default/files/resource-files/Macaroni%20Salad%206%20Servings.pdf>

A WEEK'S WORTH OF IDEAS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

1. Strawberries
2. Low-fat Yogurt
3. Milk

1. Mixed Vegetables
2. Omelet
3. Milk

1. Salsa
2. Tofu Scramble
3. Milk

1. Pears
2. WGR Muffin
3. Milk

1. Peaches
2. WGR French Toast
3. Milk

LUNCH/DINNER

CHICKEN ROTINI

1. Chicken
2. WGR Rotini
3. Tomato Sauce
4. Salad (Lettuce, Carrots, Tomatoes)
5. Milk

BROCCOLI TOFU

1. Tofu
2. Broccoli
3. Brown Rice
4. Red Peppers
5. Milk

PORK DINNER

1. Roasted Pork
2. WGR Bread Stick
3. Parsnips
4. Applesauce
5. Milk

CHICKEN AND DUMPLINGS

1. Chicken
2. WGR Dumplings
3. Corn
4. Spinach
5. Milk

BLACK BEAN & SWEET POTATO TACOS

1. WGR Tortilla
2. Black Beans
3. Sweet Potato
4. Salsa
5. Milk

SNACK

1. WGR Corn Muffin
2. Milk

1. Carrot Sticks
2. Hummus

1. WGR Cereal
2. Grapefruit

1. Cucumber Slices
2. Low-fat Yogurt

1. WGR Mini Bagel
2. Milk

1. Grapes*
2. String Cheese

1. Apples
2. WGR Crackers

1. Bananas
2. WGR Waffle

1. WGR Cranberry Orange Muffin
2. Milk

1. Strawberries
2. WGR Pretzels*

*This food is a choking hazard for children under 4 years of age.

WGR= Whole Grain-Rich Box= Part of a Combination Dish

KIDS IN THE KITCHEN



CHICKEN AVOCADO TORTILLA ROLLS

INGREDIENTS

- 2 avocados, cubed
- 1 lime
- 2 cups chicken, shredded
- 1 bell pepper, chopped
- ½ red onion, chopped
- ½ cup Monterey Jack cheese, shredded
- ½ cup Cheddar cheese, shredded
- 2 Tablespoons sour cream
- 2 Tablespoons chives, finely chopped
- 4 large flour tortillas

EASY AS 1, 2, 3!

DIRECTIONS

1. In a medium bowl, combine avocado and lime juice and mash until only small chunks of avocado remain. Add chicken, bell pepper, red onion, Monterey Jack, cheddar, sour cream, and chives. Stir until evenly combined.
2. On a large tortilla, spread a thin layer of the chicken avocado mixture leaving a small border around the edges. Roll the tortilla up tightly, then cut the edges and slice into 1" rolls. Repeat with remaining ingredients.
3. Serve cold or at room temperature.

Source: www.delish.com/cooking/recipes/a52540/chicken-avocado-roll-ups/

Makes 8 servings

ROUTINES IN EARLY CHILDHOOD

Washing hands, brushing teeth, nap-time, preparing meals, and even cleaning are all essential routines of our day-to-day lives. Likewise, for children, routines are essential to their growth and development. Routines have many positive benefits for children ages 0-12 including, but not limited to, creating a sense of security, building self-confidence and social skills in relationships, teaching moments and many more.

Routines are like instructions. They're meant to guide our actions towards a specific behavior or goal. As an adult, you may run into some challenges with building a routine and even starting a routine for yourself. Just like children, routines need to be predictable but have room for flexibility. When establishing a new routine remember to build your habits around these three structures: consistency, predictability, and follow-through.

Before implementing any routine, it's important to verbally identify with the children the routines they will be experiencing. When establishing a new routine, identify the daily activities and the order they should happen in to the children. This will establish a sense of security and stability for the child in their environment. Predictable routines allow for more flexibility with smaller challenging behaviors should the plans or routine need to be changed.

While establishing the routine, make sure to clarify exactly what you want or need the child to do. This understanding will help them learn self-control, be independent and grow socially. Use charts with pictures or other visual displays of the routines to assist the children.

As an adult, follow the routines and rules set to the best of your ability. You are the example the child is looking towards and mimicking in behavior. However, if a child does step out of routine, use these moments to teach them about the challenging emotions that they might be feeling or how their actions are affecting the other children around them. If the child continues to not follow the routine or rules establish negative consequences when needed. ,

Keep in mind that consistency, predictability, and follow-through are the key foundations for building routines with children. Routines assist the child in becoming more independent, growing comfortable in their environment, and even making the lives of the parent a bit easier when establishing routines at home.

Sources: www.kaplanco.com/ii/why-routines-are-important-for-infants-toddlers, www.zerotothree.org/resources/223-creating-routines-for-love-and-learning, www.cdc.gov/parents/essentials/structure/quicktips.html

Watermelon

CHILDREN'S FAVORITES: WATERMELON POPSICLES

INGREDIENTS

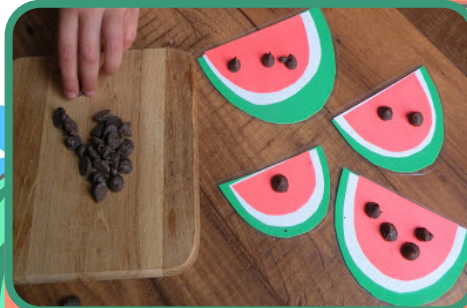
1 Watermelon, cut, seeded
Mini chocolate chips

SUPPLIES

Blender
Popsicle mold OR small paper cups

DIRECTIONS

1. In a blender, blend chunks of watermelon until they are smooth and juicy.
2. Pour into popsicle molds or small paper cups.
3. Place a small pile of mini chocolate chips at the top of the watermelon juice.
4. Place in freezer until frozen completely.



CRAFT CORNER: WATERMELON COUNTING CARDS

SUPPLIES:

Construction Paper (pink, green, and white)
Glue
Marker
Mini Chocolate chips

DIRECTIONS

1. With the construction paper cut out half circles in three different sizes. The pink should be large, the white medium, and the green small.
2. Once cut, glue the half circles together. Green should be glued to white, and white to the pink. Repeat until you have 10 watermelons.
3. When the glue is dry, number the individual watermelons 1-10.
4. Using the mini chocolate chips as "watermelon seeds" have the children place the number of chips on the watermelon associated with the number on the back of the watermelon.

CHILDREN'S FAVORITES: WATERMELON TRAIN

INGREDIENTS

Watermelon
Banana, sliced
Blueberries

SUPPLIES

Blender
Popsicle mold OR small paper cups

DIRECTIONS

1. Cut a train shape out of the watermelon (3 rectangles – long rectangle for the body, a tall skinny rectangle for the cab and a shorter one for the funnel)
2. Add two banana slices and two blueberries stacked on the bananas to serve as the wheels.
3. With any remaining banana, cut a square for a window and add to the cab.
4. Add remaining circled slices of banana to the top of the funnel as the steam.



Sources: <https://www.coffeecupsandcrayons.com/healthy-kids-snack-watermelon-popsicles/>, <http://simpleplayideas.com/watermelon-train-snack>, <https://toddlerapproved.com/2011/05/edible-watermelon-seeds.html>

Fun with Fiber

Fiber is like a sponge that absorbs water and keeps your insides squeaky clean. Fiber keeps food moving through the body and prevents constipation. Eating foods with fiber prevents excess weight gain because it helps children feel full. Most children and adults in the United States do not eat enough fiber.

GOOD SOURCES OF FIBER

Typically it is best to choose foods that are naturally high in fiber rather than taking fiber supplements, unless specifically recommended by a doctor. High-fiber foods include whole grains, fruits, vegetables, beans, dry peas, seeds, and nuts. Aim to serve five high-fiber foods each day.

- **Keep the peel.** Leave edible peels on fruits and vegetables such as apples, sweet potatoes, and cucumbers to keep them rich in fiber. Be sure to wash and scrub them well.
- **Replace refined grains with whole grains.** Simply serving whole wheat bread instead of white bread or brown rice instead of white rice can make a big difference.
- **Explore the word of dry beans, dry peas, and legumes.** They are some of the top sources of fiber and are inexpensive, good sources of protein. These foods can be credited as vegetables or meat alternatives.
- **Serve whole fruit instead of juice.** Fruit juice usually has much less fiber than fruit. Homemade smoothies are a good option because the fiber is merely blended rather than removed.



FUN WITH FIBER ACTIVITY

Teach children about the importance of fiber with this hands-on activity.

2 cups orange juice, divided
1 slice white bread
1 slice whole grain bread
2 small bowls

1. Add 1 cup of juice and a slice of each type of bread in each bowl. Let them sit for 5-10 minutes.
2. While you wait, explain that the orange juice represents stomach acid and talk about the importance of whole grains and fiber.
3. Ask a volunteer to pick up each slice of bread with tongs or their hands. Ask children about what happens. Typically, the white bread falls apart, and the whole grain bread stays intact.
4. Explain that this is what happens in the stomach. The fiber in the whole grain bread is not broken down by stomach acid, helps us feel full, and acts like a sponge that cleans out the body. The white bread becomes a dense clump that is very difficult to move through the body.



Sources: www.healthychildren.org/; <http://healthyfood-bankhub.feedingamerica.org/>

Amblyopia (Lazy Eye)

Did you know that amblyopia or "lazy eye" affects up to 3% of the population? In the United States alone, approximately 10 million children and adults have lazy eye. Throughout development (birth to age 8), a child's brain is forming vital connections with the child's eye. Anything that blocks or blurs vision in one or both eyes can slow down or prevent these connections from developing. When the brain and the eye don't cooperate as they should, this neuro-developmental vision condition occurs because one eye is unable to achieve normal visual development. When this happens the brain begins to ignore the images seen by the affected eye, and the eye becomes weaker, losing vision strength. The eye is then referred to as "amblyopic."

This *neuro-developmental vision condition* occurs because one eye is unable to achieve normal visual development... The eye is then referred to as "*amblyopic*."



SIGNS & SYMPTOMS

Most children who have vision problems, such as lazy eye, may not complain of them. In fact, over time, they can grow accustomed to good vision in one eye and poor vision in the other. It is recommended that children receive an eye examination between the ages of 3 and 5 to manage any possible vision conditions early. A child struggling with lazy eye may have these signs and symptoms:

- Frequent squinting, rubbing, and closing of one eye (both eyes may be a sign of vision difficulties in both eyes)
- An eye that wander inward or outward
- Head tilting
- Covering up one eye in an attempt to use the dominant eye
- Poor depth perception

TREATMENT

Early treatment is important and as easy as visiting the eye doctor. Waiting or not getting a proper diagnosis could lead to permanent vision loss later in life. The goal of treatment is to force the brain to pay attention to the images of the weaker eye so that the vision in that eye gets stronger. Upon visiting the optometrist (eye doctor), treatment may include wearing an eye patch over the stronger eye until the connection is formed, vision therapy, atropine drops, and in some cases surgery. Once the treatment is complete, the optometrist may suggest glasses or contact lenses for the child in the future to ensure that the connection of the brain and eye continues to thrive.

Source: www.mayoclinic.org/diseases-conditions/lazy-eye/symptoms-causes/syc-20352391, www.optometrists.org/vision-therapy/vision-therapy-for-lazy-eye/7-signs-your-child-might-have-a-lazy-eye/#, <https://kidshealth.org/en/parents/amblyopia.html?view=ptr&WT.ac=p-ptr>

BEDTIME ROUTINES

Brush, Book, Bed is a program of the American Academy of Pediatrics that helps families structure their child's bedtime routine. Kids and babies love routines. Follow a set pattern every night for about 30 minutes starting at the same time. Your regular nighttime routine should include brushing teeth, reading together, and then bed - Brush, Book, Bed.

BRUSH

- Each night help your child brush their teeth.
- Use fluoride toothpaste:
 - Children under 3 - Use a smear
 - Children 3-6 - Use a pea size amount
- A child's first visit to the dentist should be by age one.



BOOK

- Read a book with your child before bed. Reading aloud is important to help your child learn to read.
- Talking, signing, reading, and singing support early learning and development, and strengthen the parent-child bond.
- The more words your child hears when talking with you, the more connections their brain makes.
- Tun in, talk more and take turns... Talking is Teaching!

BED

- After brushing teeth and reading together, it is time to go to bed.
- Make daytime playtime. Talk, sing, and play with your child during the day.
- Keep lights dim and use a soft voice at night.
- Babies should sleep in a crib, bassinet or pack 'n play on their backs without pillows, blankets, or stuffed animals.

Learn more at [Brush, Book, Bed: How to Structure Your Child's Nighttime Routine.](#)



Brush



Book



Bed

August 2021 Potpourri Quiz





Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office. To print your own quiz answer sheet, visit www.acdkids.org, and click on the Training tab then "Potpourri Newsletter."

1. Coriander seed is also known as cilantro.
 - a. True
 - b. False
2. Coriander doesn't taste like _____.
 - a. Lemon
 - b. Sage
 - c. Soap
 - d. Caraway
3. Coriander seeds are rich in vitamin _____.
 - a. A, C, K
 - b. A, C, B
 - c. C, D, K
 - d. A, B, K
4. Coriander should be substituted with cilantro in other recipes.
 - a. True
 - b. False
5. What is the goal of routines?
 - a. To establish rules
 - b. To enhance predictability
 - c. To guide actions toward a goal
 - d. To control situations
6. Predictable routines allow for more _____.
 - a. Control
 - b. Comfort
 - c. Challenges
 - d. Flexibility
7. Which is a key foundation when building routines?
 - a. Consistency
 - b. Predictability
 - c. Follow-Through
 - d. All of the above
8. Eating foods with fiber prevents:
 - a. Constipation
 - b. Excess weight gain
 - c. Hunger
 - d. All of the above
9. Which of the following is not considered a "high-fiber food"?
 - a. Fruits
 - b. White bread
 - c. Seeds
 - d. Dry peas
10. Most children and adults in the U.S. do not eat enough fiber.
 - a. True
 - b. False
11. Which of the following are good sources of fiber?
 - a. Legumes
 - b. Dry beans
 - c. Meat
 - d. All of the above
12. Amblyopia or "lazy eye" affects up to ____ of the population.
 - a. 1%
 - b. 3%
 - c. 5%
 - d. 7.5%
13. Which of the following is a symptom of lazy eye?
 - a. Squinting
 - b. Head Tilting
 - c. Eye Rubbing
 - d. All of the above
14. Doctors recommend eye examinations between which ages?
 - a. 0-12 months
 - b. 12-24 months
 - c. 3-5 years
 - d. 5-8 years
15. The purpose of amblyopia treatment is to:
 - a. Restore brain connection to the eye
 - b. Establish glasses
 - c. Wear an eye patch
 - d. Start vision therapy

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This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Tag, You're It</p> <p>Go outside and play a game of tag.</p>	<p>3 Watermelon</p> <p>Enjoy some delicious watermelon to commemorate National Watermelon Day!</p> 	<p>4 Nature Collage</p> <p>Weather permitting, take a walk and collect items for a nature collage: flowers, grass, twigs - anything you can find.</p>	<p>5 Be A Builder</p> <p>With boxes, building blocks, and blankets, use your imagination to make a fort or even a city.</p>	<p>6 Vegetable Wrap</p> <p>Try the vegetable wrap recipe found on page 4.</p>
<p>9 Book Lovers Day</p> <p>Read your favorite book or books today!</p> 	<p>10 Tracing Shapes</p> <p>Have the children trace around stencils, or objects like a jar lid, cookie cutter, keys, or paper shapes.</p>	<p>11 Macaroni Salad</p> <p>Test out the macaroni salad found on page 4.</p>	<p>12 Elephant</p> <p>Educate the children on the elephant. Assist the children with cutting out and assembling their own paper-plate elephant.</p>	<p>13 Left Hander's Day</p> <p>Have the children try to write their names with their left hand.</p>
<p>16 Jokester Day</p> <p>Have each of the children share their favorite joke with the group.</p>	<p>17 Bubbles</p> <p>Weather permitting, go outside and play with bubbles.</p> 	<p>18 Write A Poem</p> <p>Have the children finish the poem for "Roses are red; Violets are blue."</p>	<p>19 Dry Food Art</p> <p>Glue different kinds of pasta or beans on a sheet of construction paper. What pictures can the children create?</p>	<p>20 Camping</p> <p>Set up a tent in the backyard for a pretend camping trip.</p> 
<p>23 Textures</p> <p>Using crayons and white paper, ask the children to rub different textures onto the paper, such as leaves, bricks, or wood.</p>	<p>24 Coriander Soup</p> <p>Try out the carrot, ginger and coriander soup recipe found on page 3.</p>	<p>25 I Spy</p> <p>Allow the children to take turns playing I Spy.</p>	<p>26 Women's Equality</p> <p>Celebrate women by reading a book about an influential woman.</p>	<p>27 A Bug's Life</p> <p>Draw pictures of bugs, then afterwards, watch the Pixar movie <i>A Bug's Life</i>.</p>
<p>30 Scavenger Hunt</p> <p>Plan an indoor or outdoor scavenger hunt for the children.</p>	<p>31 Picnic</p> <p>Weather permitting, grab a blanket and enjoy a meal or snack outside.</p>			