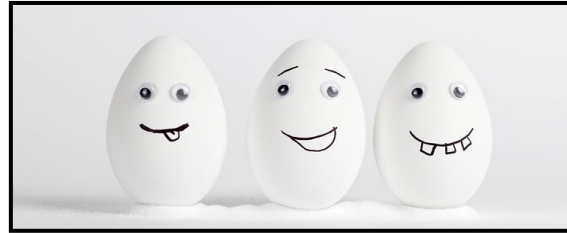


Quick Quiche Bites

Starting your day with a protein rich meal is the best way to make the most of breakfast. This warm and nutritious option can be made the night before and reheated in the morning. Quiche is as versatile as it is easy, you can fill it with just about anything you have on hand. Make this a fun activity by letting children help measure and mix.

Ingredients

- * 4 eggs
- * 1/4 cup 1% milk
- * 1/2 teaspoon mustard
- * Salt and pepper to taste
- * 1/4 teaspoon vegetable oil
- * 1/2 onion (diced)
- * 1/2 cup frozen broccoli
- * 1/2 teaspoon minced garlic
- * 1/2 cup shredded low fat cheese



Directions

- * Preheat oven to 375°.
- * Grease muffin tins (regular or mini muffins will work).
- * In a large bowl beat eggs, milk, mustard, and seasoning until foamy.
- * Heat oil in a medium pan, add the diced onion and cook until transparent.
- * Add broccoli and minced garlic and cook until tender. Take off heat and let cool.
- * Fill greased muffin tins 1/2 full with broccoli mix and sprinkle cheese over the top.
- * Pour egg mixture over cheese and broccoli to fill the tins (leave a little room at the top for the egg to expand when it cooks).
- * Bake for 12-14 minutes, remove from oven, and let cool slightly before removing (may need to loosen with a butter knife around the edges).



Newsletter created by: Amy Losee

Please contact Amy Losee or Maria Arnot, Head Start Dental/Nutrition Specialist, with any questions or comments at 607.433.8060

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This Agency is an equal opportunity provider

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.



Healthy Living With Head Start



Fall in Love with
a Healthy Lifestyle

Bushels of Benefits from Farm Fresh Eating

There are plenty of reasons to eat locally sourced fruits, vegetables, eggs, meats, and milk. Enjoy a leisurely morning as a family strolling through a local market and see what you can find. Most Farmers' Markets now accept WIC and electronic benefits, making fresh local foods much easier to get!

Fresher food: Local fruits and vegetables are hand-picked and only travel a short distance to farm stands and markets. Eating locally helps reduce the number of people involved in the transfer of foods from the farmer's hands to yours, promoting safer, fresher food.

Knowledge is power: Farmers' Markets are designed to give you a chance to talk to growers directly and learn about growing and harvesting plants. This helps you to know what you are putting into your body with each bite.

Environment and economy: Supporting local markets will help maintain farmland and green space in your community. In addition, when you spend money with small businesses, that money gets reinvested back into the community and encourages a thriving local economy.



Your Child's Healthcare Schedule

Preventative health care is key to maintaining a healthy lifestyle. Head Start and Early Head Start work closely with families to make sure everyone has access to medical care. This is what you might expect during health exams as your child grows:

Newborn: Height/weight, head circumference, hearing screening, developmental assessment, hemoglobin screenings, immunizations (HepB)

2-4 day well-baby visit: Height/weight, head circumference, developmental assessment

1 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations

2 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, HepB, Hib, PCV, IPV)

4 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, Hib, PCV, IPV)

6 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (HepB, RV, Dtap, Hib, PCV, IPV, Influenza)

9 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment

12 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, anemia screening, immunizations (MMR, Varicella, HepA)

15 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (DTap, HIB, IPV, PVC)

18 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment

24 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, immunizations (Influenza)

3 year well-child visit: Height/weight, blood pressure, vision/hearing screening, developmental assessment, immunizations (Influenza)

4 year well-child visit: Height/weight, blood pressure, vision/hearing screening, developmental assessment, immunizations (Influenza, Dtap, IPV, MMR, Varicella)

Individual health and immunization schedules vary - ask your care provider for your child's well-care needs

Making a Family Menu Board

It is easy to get overwhelmed as you start to navigate another year of school, sports, and activities. Make planning healthy meals more fun with a family menu board. Children will love being part of planning meals and you will love the extra help planning a menu.

Materials Needed:

- * Large (sturdy) piece of cardboard or foam board as a backboard
- * An assortment of small boxes
- * 7 Clothespins
- * Index cards
- * Construction paper or patterned paper
- * Markers, crayons, paint, pens, pencils, embellishments, decorative tapes
- * Scissors
- * Glue (you may want to use hot glue for larger items)

Directions:

- * Lay out your backboard, small boxes, and clothes pins to design your menu board. Add anything you would like to your board to customize it to your family's needs.
- * Paint, cover, or decorate your backboard, small boxes, and clothespins.
- * While everything is drying, sit down as a family and pick out some popular meals and recipes. Write the recipe names on each card with notes or the full recipe on the back.
- * Mark each clothespin for a day of the week and label small boxes with recipe categories, leaving one for blank cards.
- * Glue your clothespins on your backboard making sure to leave enough room to pin a recipe card to each day of the week.
- * Glue the small boxes and any other remaining embellishments onto the backboard.
- * Hang where all family members can easily interact with it.

