



New Day News

CENTER HOURS are 7:00 AM to 5:00 PM

New Day Children's Center

APRIL 2024 NEWSLETTER HIGHLIGHTS

**Provider
Appreciation Day!**

**Parent
Reminder**

March Fun!

Eat Well Play Hard

**Our Ohio Elementary
Friends**



Week of the Young Child

The Week of the Young Child® is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with nearly 60,000 members and a network of 51 Affiliates.

The purpose of the Week of the Young Child® is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child® in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child® is a time to plan how we—as citizens of a community, of a state, and of a nation—will better meet the needs of all young children and their families.

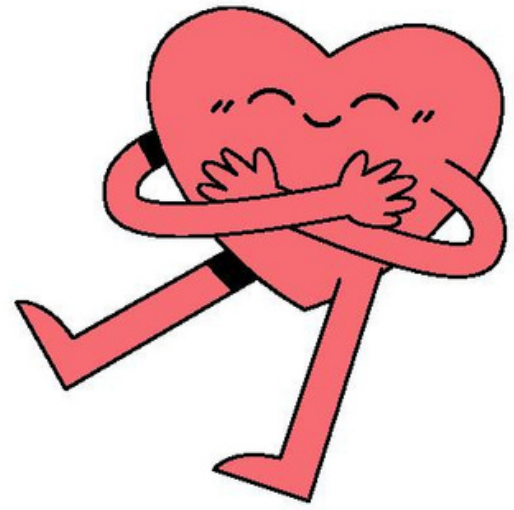
***This year the Week of the Young Child® will be
April 6-12, 2024.***

Why focus on young children and early childhood programs?

Today we know more than ever before about the importance of children's earliest years in shaping their learning and development. Yet, never before have the needs of young children and their families been more pressing.

The Week of the Young Child® is a time to recognize that children's opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences the type of early environment—at home, at child care, at school, and in the community—that will promote their early learning.

Let's Say Thank You!



Love your provider?

Want to show them how much you appreciate them?

Provider Appreciation Day is quickly approaching! Jefferson-Lewis Childcare Project would love to partner with you to show your provider just how much they mean to you.

There are some simple ideas to show them love, such as

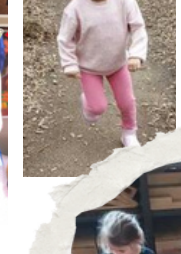
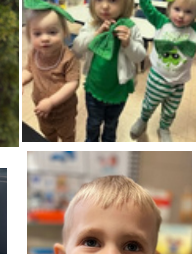
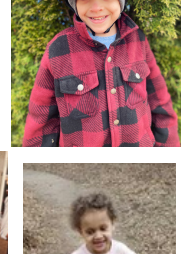
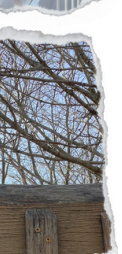
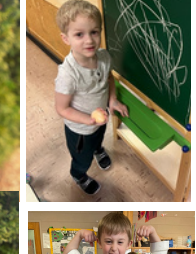
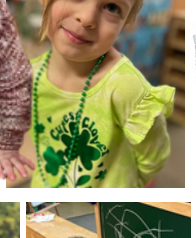
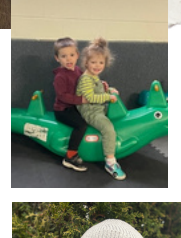
- talking to your provider about sponsoring them for our 2024 Provider Appreciation Day Celebration
- recording a video of you and your child saying thank you
- making a thank you card or art
- giving a small gift

Please scan the QR code to complete
a survey to support your provider!



Provider Appreciation Day May 10, 2024

March Fun!



TIPS

BEST BUYS FOR COST AND NUTRITION

BREADS AND GRAINS

Choose whole-grain breads. Look for bargains on day-old varieties.

Buy regular brown rice and old-fashioned oats and grits instead of instant varieties to save money and consume less sugar, salt, and calories.

VEGETABLES

Buy large bags of frozen vegetables.

When choosing canned vegetables, look for “low sodium” or “no added salt” on the label.

FRUITS

Buy fresh fruit in season - it generally costs less.

Frozen and canned fruits are available year round, can save you money, and have similar nutrition values to fresh.

LOW-FAT OR FAT-FREE MILK PRODUCTS

Buy low-fat or fat-free milk, yogurt, and cheese in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.

Ultra-pasteurized milk found on store shelves has a longer expiration date and won't spoil as fast.

MEAT AND BEANS

Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling.

Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.



Did You Know?

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you have a low income and are pregnant, breastfeeding, a new mom, or have children under 5 years old, you might qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is another Federal program that provides food to low-income people.

USDA Nutrition Assistance Programs Can Help Make Ends Meet

For more information on the following programs, contact:

Supplemental Nutrition Assistance Program (SNAP)

For: eligible low-income people and their families

Call: 1-800-221-5689

Visit: <http://www.fns.usda.gov/snap/snap-application-and-local-office-locators>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

For: eligible, low-income pregnant or breastfeeding women, new moms, and children under age 5

Visit: <http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>

School Nutrition Programs

For: eligible low-income, school-aged children.

Contact your local school or school district

The Emergency Food Assistance Program (TEFAP)

For: eligible low-income people

Visit: <http://www.fns.usda.gov/tefap/eligibility-and-how-apply>



RESOURCES FOR SNAP EDUCATORS, PARTNERS, AND THE COMMUNITY

The SNAP-Ed Connection is an online resource center which contains information on healthy eating and using your food dollar wisely. Visit the SNAP-Ed Connection at <http://snap.nal.usda.gov>

EAT RIGHT WHEN MONEY'S TIGHT

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes

Shop SMARTER!

BEFORE Shopping

- ▶ **Plan your weekly meals and snacks.** Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- ▶ **Use store circulars and go online to look for coupons, sales, and store specials.** Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- ▶ **For added savings, sign up for the store discount card or bonus card** at your local supermarket.

PLAN AHEAD

- Plan to prepare and eat foods you already have at home first.
- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend and what foods you will need.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

DURING Shopping

- ▶ **Have something to eat before you go shopping.** It's easier to stick to your shopping list when you are not hungry.
- ▶ **Try store brands.** They are the same quality and cost less.
- ▶ **Compare products for the best deal.** Use unit pricing and also the Nutrition Facts labels to get the best product for your money. For more on food labels go to: <http://snap.nal.usda.gov/resource-library/handouts-and-websites/using-nutrition-facts-labels>.
- ▶ **Check "sell by" or "use by" dates.** Buy the freshest food possible. For more on food product dating, go to: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>.



AFTER Shopping

- ▶ **Store food right away** in the refrigerator or freezer to keep it fresh and safe.
- ▶ **If you buy a large amount** of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- ▶ **Use foods** with the earliest expiration dates first.



MORE TO EXPLORE...

- MyPlate Healthy Eating on a Budget:* <http://www.choosemyplate.gov/healthy-eating-on-budget.html>
Basic Nutrition for Everyone: <http://snap.nal.usda.gov/basic-nutrition-everyone>
What's Cooking? USDA Mixing Bowl: <http://www.whatscooking.fns.usda.gov/>

OHIO ELEMENTARY UPK 4

