



Solano Family & Children's Services, Child Care Food Program

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Nutrition Nuggets

Fun and Festive: 4th of July activities for Children

The 4th of July is right around the corner and we love to celebrate it with a little crafting. Here's a couple of fun projects all the kids will love. The Patriotic Slime will keep them entertained and the colorful rice will make great centerpieces displayed in jars at any party. They're both super easy to make too!

Red, White, and Blue Rice

Please use white rice for this project. Brown rice will not work. Rule of thumb is, 1 tablespoon of vinegar per cup of rice and however much food coloring you need for the shade you desire. This recipe is for 4 cups of colored rice. You can make these in zip lock bags. Pour the vinegar and food coloring in and add the cup of rice and shake (zipped closed) and swoosh to get the colored vinegar everywhere. Once the rice is mixed well with the coloring, spread it out onto the wax paper to dry. This should take about an hour.

Patriotic Slime

- Empty an entire 4 oz bottle of clear glue into a plastic bowl.
- Add one tablespoon of baking soda.
- Squirt in one tablespoon of saline solution. Stir for a minute or so until baking soda is dissolved and mixture starts to pull away from sides of the bowl. At some point, you will need to knead with your hands. If slime is still sticky, squirt in a little more saline solution until it becomes easier to pull.
- Pour in your desired amount of iridescent fine glitter, about 2 tablespoons for entire batch. Pour in your desired amount of star sequins. Mix until sequins and glitter are distributed evenly.
- Take 2 helpings of slime from the white slime batch and put into two small bowls (you'll be dividing the full batch into 3 parts to make red, white, and blue).
- Add 3-4 drops of red food coloring to one batch and 3-4 drops of blue food coloring to other batch. Knead with hands (you will get food coloring on your hands). Roll slime into a cylinder shape with hands and place in red, white, and blue order.



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4th of July Fruit Skewers

- 1 lb. strawberries, hulled and cut into 1 inch thick pieces
- 2 large bananas
- Lemon wedges
- ½ lb. blueberries
- 6, 8- inch bamboo skewers

Very lightly squeeze some lemon juice onto your banana slices to prevent them from browning. Thread half of your skewers starting with a strawberry, followed by banana slice; repeat until you have 9 pieces of fruit on each. For the remaining half of the skewers, start again with a strawberry, followed by a banana slice and repeat until you have 6 pieces of fruit. Continue by threading blueberries until you reach the end of the skewer. Arrange your skewers on a board or platter forming the US flag as shown. Serve immediately and enjoy!

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Nationwide Waiver of Area Eligibility in the Afterschool Programs and for Family Day Care Home Providers in School Year 2021-2022

The USDA has announced a Nationwide waiver of area eligibility requirements to support access to nutritious meals and snacks. This means all day care homes, regardless of their location, will receive the higher Tier I reimbursement rate for all meals and snacks. This waiver is effective July 1, 2021, and remains in effect through June 30, 2022.

Meals for July will be paid in September, so those of you who are currently receiving the lower Tier 2 reimbursement rate will see an increase then.

SFCS Food Program Update

Dear Providers,
Please welcome back Debbie Ramirez. Debbie worked on the food program for many years and retired about two years ago. She is back temporarily and will possibly be reaching out to some of you so if you hear from her, do not be surprised.

