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Nutrition Nuggets

Week of the Young Child



This year, Week of the Young Child is recognized April 1st - 7th. It's a fun-filled week celebrating early learning, young children, their teachers, families, and communities. There is so much that children learn as they sing, cook together, build together, create art, and celebrate with their families. Download the [2022 America for Early Ed + Week of the Young Child toolkit](#), which features resources, action steps, and sample social media posts as a guide for your 2023 WOYC celebrations.

Music Monday

Music Monday is more than singing and dancing, it's a way to encourage children to be active while developing their early literacy skills and having fun with friends and family!

Tasty Tuesday

Tasty Tuesday isn't just about eating your favorite snacks together. It's also about cooking together and connecting math with literacy skills and science while introducing ways to incorporate healthy habits into children's lifestyles. Gather ingredients from your kitchen for a Tasty Tuesday activity.

Work Together Wednesday

When children build together they experience teamwork and develop their social and early literacy skills. Grab some materials and create!

Artsy Thursday

Children develop creativity, social skills, and fine muscles with open-ended art projects that let them make choices, use their imaginations, and create with their hands.

Family Friday

Parents and families are children's first teachers. Family Friday focuses on engaging families to support our youngest learners.

From NAEYC



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Cheesy Ranch Corn

- 3 (15 oz) canned corn kernels, drained and rinsed
 - 1 cup plain Greek yogurt
 - 1 tbsp ranch seasoning
 - 1 lime, juiced
 - 2 tbsp butter
 - 1 cup shredded cheese
1. Place corn and butter in a medium microwave-safe bowl. Microwave until butter fully melts and corn is hot, about 4 minutes. Remove from microwave and mix until corn is coated in butter.
 2. Add yogurt, ranch seasoning, lime juice, and cheese to bowl. Mix until well combined with corn.
 3. Place 2/3 cup of cheesy ranch corn in a cup or bowl. Can serve as is or paired with vegetables or Whole Grain Rich crackers.



One serving provides 3/4 oz meat alternate and 1/2 cup vegetable for ages 3-5 years.

From CACFP Sponsors Association

Top Tips for Washing Leafy Greens



The first step in preparation of fresh greens, whether produced organically or conventionally, purchased from a farmers market or supermarket, served cooked or raw, is to wash them properly. Here's how:

- Always start with clean hands. Wash your hands for 20 seconds or more with soap and warm water.
- Cut away any damaged areas on leaves or stems before preparing or eating the greens. If something seems rotten, discard it. Avoid cross-contamination by using a clean knife to chop or shred the leafy greens after they have been washed and dried.
- If leafy greens *are not* labeled as "pre-washed" or "ready-to-eat," thoroughly wash them under running water *just before* chopping, cooking or eating. This will help reduce the presence of microorganisms. **Hint:** If you wash leafy greens before storing, you can potentially promote bacterial growth and enhance spoilage.
- If lettuce has a core, such as iceberg lettuce, remove it before washing.
- When you have loose leaves, such as mesclun, that can't easily be held under cold running water, use a colander or a salad spinner. Toss them around under the running water and repeat. Using a sink filled with water to wash produce is never recommended.
- Never wash leafy greens with soap, detergent or bleach, since these can leave residues that are not meant to be consumed. The U.S. Food and Drug Administration doesn't recommend using commercial produce washes because these also may leave residues.
- If leafy greens *are* labeled as "pre-washed" or "ready-to-eat," washing them is not necessary.

After washing fresh greens, pat them dry with paper towels or a freshly clean kitchen towel — or use a salad spinner — to help remove excess liquid.

From eatright.org