April 2021 Nutrition News

This month we will be learning about leafy greens! The USDA MyPlate recommends adults and children eat 2 cups of leafy greens weekly! Try to aim for darker leafy greens for an added nutritional punch.

Make leafy greens kid friendly. Let your child help make a smoothie and add a little kale. Kids enjoy dipping. Let your child dip each bite of their lettuce in ranch. Eggs are a great way to start the day. Consider adding some fresh spinach to your scrambled eggs and make green eggs and ham!

Build a Toddler Friendly Salad

- Use a mild tasting lettuce
  Good options are butter or ice berg.

- Cut your fruits and veggies
  Cut circular produce like cherry tomatoes or grapes in half to help prevent choking.

- Use a yummy dressing
  Good options include ranch, poppy seed and honey mustard.

- Serve it in a fun way
  If using skewers make sure to cut the sharp tips off.

Source: https://www.superhealthykids.com/recipes/how-to-build-the-perfect-toddler-salad/
As we approach the home stretch of this school year I want to thank all the family’s of Lily for being flexible as we transitioned back to in person learning. If I forgot to introduce myself, my name is Angela Syhlman. I am the interim Program Manager for Lily since Amanda moved to Oklahoma. If you need anything feel free to contact me or Natalie our Family Worker. We are in the process of hiring a new manager so you will see another new face in the future.

The staff here have been great at keeping the building clean and safe while we continue to endure this pandemic. Please let us know if your child will be gone. Thanks for being patient with us while we continue our health screens at drop off.

As the weather warms and when it doesn’t rain our classrooms are getting outside as much as they can. Remember to send jackets and extra clothes. The littles like to find the puddles and mud!

Happy Spring!!!

Angela Syhlman
Interim Program Manager, Lily Ferguson
April has arrived. We have had such a crazy winter; it almost feels like we would never get to spring. As the weather improves, take some time to get out and enjoy nature with your child. An important part of a child’s development is experiencing the world around them. We often focus on reading and math, but forget to enjoy science through exploration. So, get out there and smell the flowers.

April is a great month for rain. Be prepared for wet weather and storms. Jackets are easier to remove when not needed, so don’t forget them as the weather starts to turn.

Reading is vital to the growth of our little ones. Keep up the great reading at home. Our children’s future success depends upon it.

Dusty Olson, Program Manager for EMA
Early Childhood Health Services News

Head Start Health Services Staff: Pauline, Health Service Coordinator, Darcie and Abby Unity Point Contracted Nurses

**Tornado Safety**  Source: www.redcross.org May 29, 2019

The American Red Cross is on the ground in the Midwest, helping people impacted by the continuous onslaught of tornadoes and flooding as millions of people from Texas to New York face the threat of severe weather today. The Red Cross urges everyone in the path of these storms to get prepared now and offers the following safety steps they should follow:

**Tornado Safety**

Know the difference. A tornado watch means a tornado is possible. A tornado warning means a tornado is already occurring or will occur soon. Go to your safe place immediately. Watch for tornado danger signs: dark, often greenish clouds, wall cloud, cloud of debris.

- Know your community’s warning system. Many communities use sirens intended for outdoor warning purposes.
- Identify a safe place in your home to gather – a basement, storm cellar or interior room on the lowest floor with no windows. A small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
- If you have time, move or secure items outside that can be picked up by the wind.
- If you live in a mobile home, find a safe place in a nearby sturdy building. No mobile home is safe in a tornado.
- If you have access to a sturdy shelter or a vehicle, go there immediately, using your seat belt if driving.
- If you are outside, seek shelter in a basement, shelter or sturdy building.
- If you cannot quickly walk to a shelter, immediately get into a vehicle and try to drive to the closest sturdy shelter. Remember to buckle your seat belt.
- Stay away from bridge/highway overpasses.
- If strong winds and flying debris occurs while driving, pull over and park, keeping your seat belt on and engine running. Put your head down below the windows, covering your head with your hands and a blanket.
- Bring your companion animals indoors and maintain direct control of them.

**Download Red Cross apps.** Download the free Red Cross Emergency App to receive emergency alerts and information about what to do in case of flooding, as well as locations of shelters. Users can find it in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps. Parents can also download the Red Cross Monster Guard: Prepare for Emergencies App for a fun game to teach children what to do in case of a flood, hurricane and other disasters.
Unfortunately, disasters can strike at any time, and there is usually little warning and time to prepare. To help in the event of a disaster, create a Family Preparedness Plan. Teaching this plan to all members of the family will help increase family effectiveness and reduce stress in an emergency.

Below are steps to help your family be prepared in the event of a disaster or other emergency. These steps include how to educate yourself and your family, create a family emergency plan, create a family communication plan, make an emergency supply kit, be informed during and after an emergency, and practice. A Family Preparedness Wallet Card (Family Preparedness Card) for parents and caregivers to complete and carry is available on this Website (www.nctsn.org).

**EDUCATE YOURSELF AND YOUR FAMILY**

- Learn what disasters may strike your area (e.g., earthquake, hurricane, flood, fire)
- Learn what hazards are located in your area (e.g., dams, chemical plants, bridges)
- Learn where your evacuation shelters are located
- Learn your community’s evacuation routes
- Learn the disaster plan at your place of work
- Learn the disaster plan at your child’s school, including how the school plans to reunite children and families if a disaster strikes during school hours.

**CREATE A FAMILY EMERGENCY PLAN**

- Have a family meeting to create an emergency plan
- Make sure everyone knows the plan
- Identify two different routes to get out of the house in case you must leave to be safe
- Identify safe places in your home in case you must stay inside
- Identify places for your family to meet in case all of you are not in your home at the time of disaster
  - Pick one place in your neighborhood
  - Pick one place outside of your neighborhood
- Identify a family contact person (neighbor, friend, or relative) who the members of your family can contact in case of separation
- Identify a contact person outside of your state
- Write these contact names and phone numbers on your Family Preparedness Card.
- Make a plan to keep your pets safe
- Make an emergency supply kit for your home, car, and workplace
- Know how to turn off electricity, gas, and water

**HAVE A FAMILY COMMUNICATION PLAN**

- Fill out and carry the Family Preparedness Wallet Card
- Make sure family members know important phone numbers. These can include:
  - School, Afterschool Care, Child’s Cell Phone, Family/Work Cell Phone, Relative/Friend, Out of State Emergency Contact, Doctor, Hospital, Insurance, Fire, Police Information (non-emergency numbers – use 911 only in life-threatening emergencies), Pharmacy, Mental Health Agency, Veterinarian, Local Red Cross, Highway Road Conditions
MAKE AN EMERGENCY SUPPLY KIT

**Think Ahead.** Your family needs supplies to last at least three days. Pack them in containers that are easy to carry. You may need more than one kit if you have a large family. Store your supply kits in a secure place.

**Food and Water.** Have a gallon of water per person for each day. Pack foodstuffs that will not spoil and do not need to be cooked. For canned products, have a hand-operated can opener. Include baby food if needed, and food and water for any pets.

**Blankets.** Have one warm blanket for each member of the family.

**Tools.** Include a flashlight and extra batteries in your kit. Have a portable radio, with extra batteries. Include a wrench to turn off gas, water, and a fire extinguisher.

**First-aid Kit.** Pack a first-aid kit, including any prescription medications that your family needs. Include an extra pair of glasses for family members with prescription lenses.

**Sanitation supplies.** Have toilet paper or tissues, feminine products, wipes, and anti-bacterial hand gels. Consider plastic trash bags for used food containers and other items such as dirty diapers.

**Personal items.** Be sure to have an extra set of car and house keys. Have a credit card and cash. Have copies of important family documents (passports, social security cards, insurance information, etc.) in the kit.

**Extras.** In the event of an emergency, you may be staying in a shelter for several days, so pack a book, playing cards, or a pad with crayons or pencils.

BE INFORMED
During and after an emergency, keep informed about up-to-the-minute risk and safety information (e.g., hazardous conditions, school closings, updated evacuation plans) on radio, television, and hotline telephone numbers.

PRACTICE
Every six months:

- Update and refresh your emergency supply kit
- Review your disaster plan with the whole family

Once a year:

- Practice your family emergency plan
- Update your Family Preparedness Card
- Check your fire extinguisher

For more information about emergency kits as well as disaster preparedness in your area, contact your local American Red Cross Chapter or visit their website at: [www.redcross.org](http://www.redcross.org).

Other useful sites for emergency information are:

- [www.ready.gov](http://www.ready.gov)
- [www.NCTSN.org](http://www.NCTSN.org)
- [www.ready.gov/kids](http://www.ready.gov/kids)
- [www.cdc.gov/disasters/index.html](http://www.cdc.gov/disasters/index.html)
**Make a Family Emergency Plan**

- **Have a Family Communication Plan**
- **Make an Emergency Supply Kit**
- **Learn Your School’s Plan**

**Be Informed**

**Practice**

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**Important Web Sites:**
- www.ready.gov
- www.ready.gov/kids
- www.disasterassistance.gov
- www.emergency.cdc.gov

**Red Cross National #s:**
- 1-866-GETINFO (866-438-4636)
- 1-800-733-2767

**Key Phone #s**

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**Call:**
- Disaster Hotline 800-985-5990

**Text:** SHELTER to 43362 (4FEMA) To Find an Open Shelter

**Download:**
- Help Kids Cope nctsn.org/content/help-kids-cope
- MonsterGuard http://www.redcross.org/monsterguard

**Notes:**

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**Text: READY to 44422 (4FEMA) To Find Open Shelters**