

Dear Family,

This week your child learned how dairy foods keep bones strong and bodies healthy.

Family Tips

Children love to count. Cooking gives them lots of opportunities to practice. Make a fruit and dairy smoothie with your child. Ask your child to count the pieces of frozen fruit that fit in a cup.

Get creative to get moving! Have your child put a paper plate on their head and walk across the room without it falling off.

Drink milk at meals and your children will too.

Rethink your drink!

- Switch to fat-free or low-fat (1%) milk for you and your preschooler.
- Choose water instead of sugary drinks.

Fun Activities

Create an obstacle course for your child

- Position pillows to roll over, open boxes to climb through, and place hula hoops to jump into.
- Offer your child water to drink after being active.



Try this healthy recipe with your child!



Fruit and Dairy Smoothie

- 1 cup of low-fat yogurt
- 1 cup of frozen fruit
- $\frac{3}{4}$ cup of low-fat milk
- 1 small banana

Put ingredients in a blender. Blend until smooth. With supervision, preschool children can cut the banana using a plastic knife.

Eat Well Play Hard in Child Care Settings



Department of Health

Child and Adult Care Food Program

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-855-777-8590.