

Early Childhood Parent Newsletter

*Spring
is
here!*



Spring brings a greater variety of in-season fruits and vegetables.

The weather is milder and many days are sunny.

It's a great time to try a new recipe and get outside.

Spring Vegetable Saute



From myplate.gov:

Bursting with delicious spring flavors, this delicious sauté is perfect with a side of roasted chicken, fish, or tofu.

Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)

Directions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.



Kitsap Moves Kick-Off is May 1st

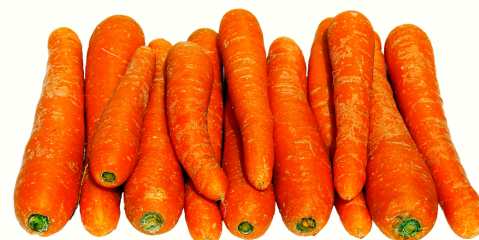
The Kitsap Moves campaign will kick-off in May 2022 for all of Kitsap County.

There will be FREE and FUN events throughout the spring and summer of 2022.

Let's come together as a community and move more.

Whatever your movement of choice is, we encourage you to be physically active and be part of *KITSAP MOVING MORE!*

For more info on planned events, please go to <https://kitsapheal.org/kitsap-moves>





SNAP Market Match WA



SNAP Market Match is a nutrition incentive program that helps families and individuals who use Supplemental Nutrition Assistance Program (SNAP)/EBT benefits increase their ability to purchase fresh fruits and vegetables from local farmers markets.

SNAP Market Match WA makes SNAP/EBT benefits go further by doubling benefits for fresh, local produce. Find participating markets: doh.wa.gov/SNAPMarketMatch

***A tip from Health and Human Services:
"Be a role model".***

**"Show off your dance moves,
model some yoga poses,
or teach them your favorite sport."**

**When kids see you enjoying physical activity,
they may want to try it, too".**

<https://health.gov/moveyourway/get-kids-active>



...for a giggle

What bow can't be tied?
A rainbow.

