



Physical Activity Time

Tower Tumbler:

Help your infant or toddler build a tower with building blocks, pillows, plastic cups, or other appropriate toys around the house. Let your child knock down the tower and pick all the pieces up together.


This can be done indoors if the weather is not pleasant, or make it an outdoor activity to get some fresh air!

This activity helps to improve and stimulate child's growth and development.



This institution is an equal opportunity provider.

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National Nutrition Month 2021 "Personalize Your Plate!"



French Toast

Ingredients:

- 1 egg
- 1 tablespoon milk
- 2 slices whole wheat bread

Directions:

1. In a small mixing bowl, mix together the eggs and milk; until fully mixed
2. Once fully mixed, dip both sides of the bread until completely coated.
3. Cook in a heated frying pan until golden brown and the egg is completely cooked.
4. Serve with favorite toppings, such as fruit!

Yield: 2 slices

Serves: 2 children



Easy-Peasy Trail Mix

Ingredients:

- 1/2 cup Raisins
- 1 cup Cheerios
- 1 cup Rice Chex
- 1 cup Corn Chex

Directions

1. Mix all ingredients in mixing bowl by spoon
2. Serve and enjoy!

Yield: 3 1/2 cups

Serves: 7-8 children



Very Berry Smoothie

Ingredients:

- 1 1/4 cup milk
- 3 cups of any frozen berries
- 1/2 cup yogurt

Directions:

1. Add all ingredients to blender, cover with lid and mix.
2. If needed, add more milk to make a thinner consistency
3. Serve!

Serves: 1/2 cup per 4 children

Variations:

- Try cup Greek yogurt to add some protein!
- For those vegetable pickiness, sneak some veggies in!

