



April 2016

Let's Celebrate Earth Day!

www.communitybridges.org

Earth Day 2016 – Trees for the Earth.

As Earth Day moves closer to its 50th anniversary, we are calling on you to help achieve one of the most ambitious goals proposed, by planting 7.8 billion trees throughout the world.

Planting trees is one of five goals that were undertaken in 2015 in honor of the five year countdown to Earth's 50th anniversary. On our own and together, these initiatives will make a significant and measurable impact on the Earth and will serve as the foundation to a cleaner, healthier and more sustainable planet for all.

Why trees?

Trees help combat climate changes.

They absorb excess and harmful CO₂ from our atmosphere. In fact, in a single year, an acre of mature trees absorbs the same amount of CO₂ produced by driving an average of 26,000 miles.

Trees help us breathe clean air.

They absorb odors and pollutant gases (nitrogen oxides, ammonia, sulfur dioxide and ozone) and filter particulates out of the air by trapping them on their leaves and bark.

Trees help communities.

They help communities achieve long – term economic and environmental sustainability and provide food, energy and income.



Source: www.earthday.org/earth-day/earth-day-theme/

Program Reminders/ Updates

Want to earn more money?

- MM WebKids can help you increase your reimbursement by decreasing your monthly errors.
- Web trainings happen every third Wednesday of the month at our office. Call to sign up for our next group training happening April 20th from 7pm – 7:30pm.

Are you going to be away?

- Spring is in the air, which means you might be planning more outside events / activities with the kids. If you plan to be away from your home during meal times; remember you must call your consultant ahead of time.

Menu Ideas

Breakfast

Oatmeal	Chex cereal	Corn tortilla	Granola yogurt parfait	WW Pancakes
Sweet potatoes	Bananas	Avocado	Strawberries	Blueberries
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Baked chicken breast	Baked Tilapia	Turkey w/ tomato	Stir fry beef	Chicken
WW corn tortillas	Quinoa	WW linguine	Spanish rice	Garlic bread
Squash & arugula wraps	Mixed salad	Snap peas	Bell peppers	Asparagus
Broccoli	Oranges	Corn	Grapes	Mandarines
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Toast	Peaches	Hard boiled egg	HM corn bread	Cheddar cheese
Mozzarella cheese	Cottage cheese	Cucumber	Milk	Apples

Creamy Crookneck squash and arugula wraps**



Ingredients:

- 3 medium crookneck squash (summer squash), diced
- Salt and pepper to taste
- ¾ cup low - fat Cream cheese
- ½ cup finely shredded Cheddar cheese
- 1 cup canned diced tomatoes with mild green chilies
- 8 whole - wheat tortillas
- 4 cups Arugula

Instructions:

1. Add the diced crookneck squash to microwave – safe dish and season with salt and pepper to taste. Cover with plastic wrap and microwave for four to six minutes on high, or until tender. Stir every two minutes. Drain any liquid from the bowl.
2. Mix in the cream cheese and cheddar cheese and stir until cheese is smooth and blended into the squash.
3. Drain the liquid from the canned tomatoes and stir tomatoes into bowl.
4. Spoon the mixture onto whole – wheat tortillas and top with arugula
5. Roll the tortillas into wraps, serve and enjoy.

Serving size: Serves 8. It meets the vegetable / fruit requirements.

Source: www.healthyeating.org

Activity Corner – Handprint Earth Craft

What you will need:

- Blue construction paper
- Green paint
- Paint brush
- Scissors
- Paper plate

1. Place the paper plate on the construction paper and trace it; then cut the circle.
2. Paint your hand green and press it onto the paper, then place your hand on the center of the blue construction paper circle.
3. Use the paintbrush to paint a few sections of green onto the blue construction paper circle, around the handprint.



Source: <http://www.dltkids.com/crafts/earth/mhandprintearth.htm>

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