National Playground Safety Week is about focusing on children’s outdoor play environments. It is a time to pledge to use good judgment when playing and for gratitude for all the adults who work tirelessly on maintaining our playgrounds.

**Age-Appropriate Design**

Child development experts and parents agree play is an essential part of childhood. Outdoor play areas can help children develop physically, emotionally, socially and intellectually.

The national program for playground safety (NPPS) recommends that adults be proactive in selecting age appropriate equipment and requesting separate play areas for different age groups - 6 months through 23 months, ages 2 to 5, and 5 to 12. These areas should be marked by signs indicating the age-appropriate areas. Please consider the following factors when selecting equipment in order to help make America’s play areas developmentally appropriate, more enjoyable, and safer for children.

**Physical Development**

Children are developmentally different in size and ability. Outdoor play areas can facilitate physical development.

- **Ages: 6 months - 23 months**
  Play areas for children 6 months through 23 months should offer places where children can have space to move and explore. Appropriate play areas for this group should provide places to crawl, stand, and walk.

- **Ages: 2-5 years**
  Play areas for children ages 2-5 should offer areas with smaller steps and crawl spaces. Appropriate play areas for children ages 2 - 5 could include: areas to crawl; low platforms with multiple access such as ramps and ladders; ramps with pieces attached for grasping; low tables for sand, water and manipulation of materials; tricycle paths with various textures; flexible spring rockers; sand areas with covers; and shorter slides (usually no taller than 4 feet).

- **Ages: 5-12 years**
  Developmentally appropriate play areas for school-age children could include: rope or chain climbers on angles; climbing pieces; horizontal bars; cooperative pieces such as tire swings, slides and sliding poles; and open spaces to run and play ball.

*Source: www.playgroundsafety.org*

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**Program Reminders/ Updates**

**CIF/Notes:** Many school age kids will be out of school for spring break. Please be sure to note if you will have any school age kids in your care so that any lunches and AM snacks claimed may be reimbursed. If you will be closed, please be sure to notify your consultant ahead of time so visits will not be conducted during those times.

**New CACFP Meal Pattern:** The new meal pattern will be implemented on October 1st 2017. One change you can expect? Juice will be limited to once per day.
### Garbanzo Bean Burgers

**Ingredients:**
- 2 cups cooked chickpeas, drained and mashed
- 1 stalk celery, finely chopped
- 1 carrot, finely chopped
- ¼ cup small onion, peeled and finely chopped
- ¼ cup whole wheat flour
- Salt and pepper to taste
- 2 teaspoons of vegetable oil

**Instructions:**
1. Mix all ingredients (except the cooking oil) together in a large bowl.
2. Divide to form 6 burger shaped patties.
3. Fry in a lightly oiled nonstick skillet over medium high heat until golden brown on both sides.
4. Serve on a whole wheat roll with sliced tomato and lettuce.

**Yield:** 6 servings

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### Activity Corner – Lunch Sack Kite

**Paper bag kite:**

**Materials Needed:** Brown paper sack, Crayons/Marker/Stickers to decorate the bag, String/Yarn, Popsicle stick, Streamers (optional)

**Instructions:**
1. Decorate both sides of the brown paper sack. Add streamers with tape to the opening of the bag (optional, but fun!).
2. Cut a small hole in the middle of the bottom of the bag.
3. Tie the string or yarn to a Popsicle stick. Put the string through the hole in the bottom of the bag, from the inside. The Popsicle stick should be inside the bag, stabilizing the string.
4. Let it fly!

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### Menu Ideas – Meatless Mondays

#### Breakfast

<table>
<thead>
<tr>
<th></th>
<th>Pancakes</th>
<th>Pita bread</th>
<th>W/W tortilla</th>
<th>Kix</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream of wheat</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honeydew melon</td>
<td>Blood oranges</td>
<td>Jicama</td>
<td>Cactus &amp; potato</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
</tr>
</tbody>
</table>

#### Lunch or Dinner

<table>
<thead>
<tr>
<th>Garbanzo Bean Burgers*</th>
<th>Chicken salad</th>
<th>Mozzarella Cheese</th>
<th>BBQ chicken</th>
<th>Tuna Salad</th>
</tr>
</thead>
<tbody>
<tr>
<td>W/W Roll</td>
<td>Pita bread</td>
<td>Flat bread</td>
<td>White rice</td>
<td>Tostadas</td>
</tr>
<tr>
<td>Sweet potato fries</td>
<td>Carrots</td>
<td>Black beans</td>
<td>Avocado</td>
<td>Mixed veggies</td>
</tr>
<tr>
<td>Grape fruit</td>
<td>Mandarins</td>
<td>Raspberries</td>
<td>Guavas</td>
<td>Apples</td>
</tr>
<tr>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
<td>Milk 1 %</td>
</tr>
</tbody>
</table>

#### Snack Am or Pm

<table>
<thead>
<tr>
<th>Banana</th>
<th>Celery</th>
<th>HB egg</th>
<th>Whole grain waffle</th>
<th>Cucumber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut butter</td>
<td>Hummus</td>
<td>Multi-grain crackers</td>
<td>Pear</td>
<td>Greek yogurt</td>
</tr>
</tbody>
</table>

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