

CAPMC HEAD START NEWSLETTER

This month, we will share some information on healthy eating for kids. As a parent, you play a crucial role in shaping your child's eating habits. Start by offering them a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options full of nutrients and limited in added sugars, saturated fat, and sodium. These substances can lead to health issues such as obesity, high blood pressure, and heart disease. Below are some tips you could start incorporating into your child's everyday meals:



• OFFER VARIETY

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks during each day.

• CONNECT AT MEALTIME

Eat meals together whenever possible. Turn off the TV and put away phones and tablets, so you can “unplug” and focus on healthy foods and each other.

• MAKE GOOD NUTRITION EASY

Designate a shelf or a drawer in your fridge for your kids. Stock it with cut-up fruits and vegetables, yogurt, nut butters, and whole-wheat mini bagels and crackers.

• THINK ABOUT THEIR DRINKS

Make water and low-fat or fat-free dairy milk or fortified soy alternatives easy options to grab in your home. Have ready-to-go containers filled and in the fridge to take on outings.

• GET KIDS INVOLVED

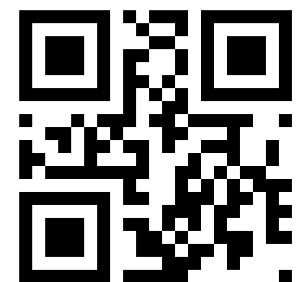
Depending on their age, kids can peel fruits, assemble salads, measure, scoop, and slice. Let them create and name their own side dish.

• HAVE A SHOPPING BUDDY

Let kids participate in grocery shopping online or in the store. Reward them by letting them choose their favorite fruit or maybe a new one.

“The benefits of healthy eating add up over time, bite by bite.”

For more information go to [MyPlate.gov](https://www.MyPlate.gov) or scan the QR code:



PARENT RESOURCES

PYRAMID MODEL - STRATEGY OF THE MONTH

This month, we will share some tips on how to help your child recognize & understand anger. Try the following at home:

Notice and label when you, your child or others are angry. You might say:

- About yourself: "I am feeling angry in my body. My heart is beating fast, and I feel like a volcano inside. I am going to take some deep breaths to calm down."
- About your child: "I can see that you are angry! Your hands are making a fist and your eyes are big."
- Encourage your child to move to help release stress.



For more information scan the QR code above.

8TH ANNUAL PARENT & COMMUNITY ENGAGEMENT CONFERENCE

Friday, September 27

Virtual at 9 AM

Mental Health & Today's Youth
Conflict Resolution & Interpersonal skills
Gift cards will be raffled

In-Person at 4 PM

Location: Matilda Torres High School Gym
Keynote Speaker, Resource Fair, Dinner and
Raffles. Childcare will be available.

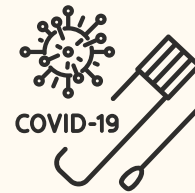
Register Now and Call MUSD (559) 416-5879

COVID-19 TESTING

Coming Soon!

Order your free COVID-19 Tests at the end of September 2024.

U.S. households will be eligible to order 4 free COVID-19 tests at COVIDTests.gov or scan the QR Code below to submit your order.



NATIONAL FARMWORKER JOBS PROGRAM

The National Farmworker Jobs Program (NFJP) is designed to help farmworkers and their family find a higher paying employment opportunity, stable employment and a better future. Packing workers may also qualify. The NFJP Program provides access to education services, job training, and other services such as:

- Vocational Classroom Training
- English-as-a-Second-Language
- General Educational Diploma Instruction
- Counseling and Case Management
- On-the-Job Training
- Direct Job Placement / Job Development and Referral
- Training-Related Support Services.



For more information scan the QR code above.