



**Nurturing Families
Building Communities**

**“Nurturing and Empowering
Families to Help Build Stronger
Communities.”**

**Serving Flagler and Volusia
Counties**

The House Next Door

March 2022







www.thehnd.com

Administrative Office
804 N. Woodland Blvd.
DeLand, FL 32720

March is National Nutrition Month

The House Next Door is contracted with the Florida Department of Health as a sponsor for the Child Care Food Program (CCFP) working with licensed child-care homes and centers in Volusia, Marion, Brevard, Flagler and Putnam Counties.

Some of the benefits of CCFP for licensed child care providers are: reimbursement for meals served to children, monthly direct deposit into your bank account and ongoing technical support. Programs must keep attendance records, daily meal counts, menus and cost documentation to qualify for reimbursement. Meals and snacks served to children must meet specific U.S. Department of Agriculture

meal pattern requirements. To qualify for reimbursement, meals and snacks must include, at a minimum, food components in amounts specified by age.

Research shows that well-nourished children are healthier, more attentive, and have better mental performance than children who are under-nourished. Findings also indicate that children served by the Child Care Food Program (CCFP) eat healthier food than children who bring food from home. The CCFP helps child care facilities implement "best practices" to ensure children have access to a variety of nutritious foods for healthy growth and to reduce obesity risk.

**The #HND5K annual fundraiser will be on
March 26, 2022 at Gemini Springs.**

**There's still time to register for our
annual 5K fundraiser! In honor of
National Athletic Training Month, you
can get 15% off your registration by
using the code: AthleticTrainingMonth15
at checkout! Info at the link below.**

runsignup.com/Race/FL/DeBary/HND5K



SAVE the DATE
March 26, 2022
#HND5K at Gemini Springs

The House Next Door Family 5K Fundraising event will be a hybrid event offering both in person and virtual options! This is our largest annual fundraiser and we greatly appreciate your support!

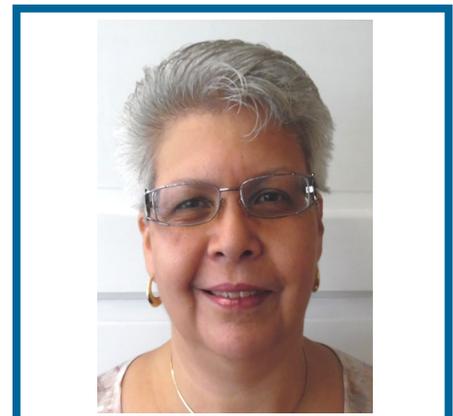
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**Thank you to our HND5K
in kind sponsors WaWa and
RRhoulhac Entertainment!**



Our February Employee of the Month is someone who always greets you with a smile. She goes out of her way to help not only her clients, but also her peers. She approaches every task with a gentle sense of humor and efficiency. She has shown great flexibility and a willingness to work for the good of the agency. Please join me in congratulating our February Employee of the Month, Carmela Moreno.

**February 2022
Employee of the Month
Carmela Moreno
Health Card Specialist**



March 2022



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How You Can Help

To give a secure online donation, learn about our amazon smile and scrip card programs, help fulfill our wish list, or view current volunteer or career opportunities, please visit our website at: thehnd.com

The House Next Door Family Foundation

Established in 2002, governed by local leaders, committed to the preservation of family services at The House Next Door. Be a part of ensuring a healthy future for our community. Contact Tom Robertson, Foundation President, at tomrobertsonrai@gmail.com for further information.

March is National Nutrition Month

Good nutrition is important for the entire family, but especially so for children since they are growing. Research shows that well-nourished children are healthier, more attentive, and have better mental performance than children who are under-nourished.

This month we would like to share some recipes and resources for you to help your children eat healthy.

FamilyDoctor.org has some great nutrition tips including making mealtimes a priority, getting kids involved in shopping and meal preparation, limiting sugar, and a lot more. You can read more on their website at familydoctor.org/nutrition-tips-for-kids

Do your kids like Sesame Street? The Sesame Street in Communities website has a whole section dedicating to healthy eating! There's lots of articles, printable activity pages, videos, and more! sesamestreetincommunities.org/topics/eating

Sesame Street in Communities also partnered with the National CACFP Association for some Sesame Street themed recipes including Veggies First Cookie Monster, Grover's Banana Oat Squares, Snuffy's Snack and more. You can find those recipes on the CACFP website at cacfp.org/recipes-menus/recipes www.myplate.gov/life-stages

10 tips
Nutrition
Education Series

kid-friendly veggies and fruits

**10 tips for making healthy foods
more fun for children**



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

