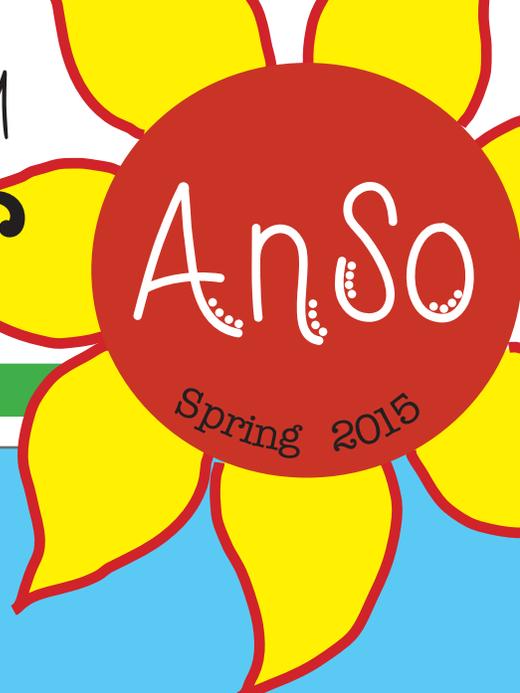


CHILD AND ADULT CARE FOOD PROGRAM

Newsletter



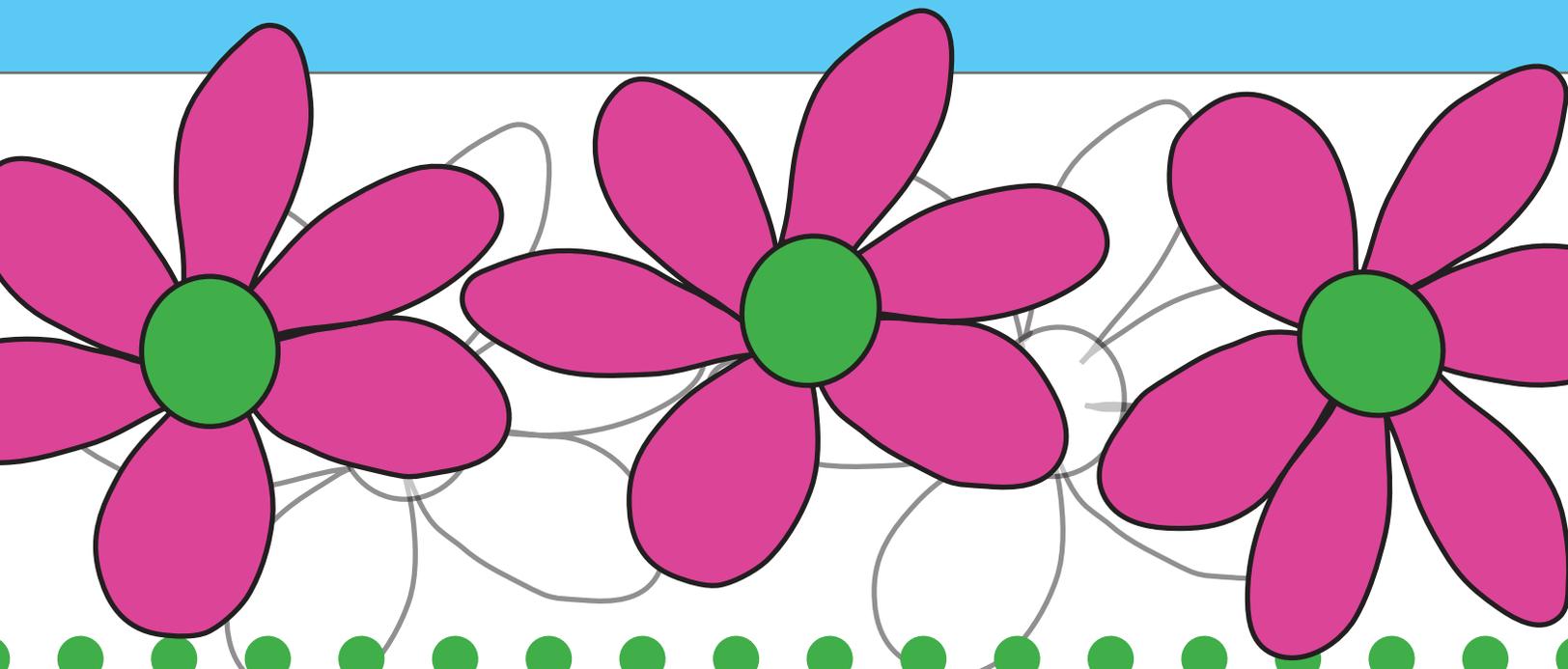
ansodev.com ansodev@yahoo.com

A WORD FROM THE DIRECTOR

Dear Providers,

Let's get excited for Spring! In this quarter's newsletter, we are going to talk about spring cleaning, fun Easter activities and a great way to take advantage of the nice weather coming up in the next few months. Also, send us some of the ideas you have for spring activities. Maybe we will share them in the next newsletter! We cannot wait to hear your plans. Have an awesome Spring, everyone!

Inez Moore



**CONTACT
US**

(773) 239-4433

MON-FRI

9101 S WESTERN AVENUE,
CHICAGO, IL 60643

FIND US ON **FACEBOOK**

SEARCH ANSO HEALTHY KIDS FOOD PROGRAM

TWITTER @ANSOHEALTHYKIDS

IMPORTANT DATES FOR SPRING 2015

MARCH 28 .. ANSO WORKSHOPS

MARCH 8 .. DAYLIGHT SAVINGS

MARCH 17 .. ST. PATRICKS SAY

MARCH 29 .. PALM SUNDAY

APRIL 3 .. GOOD FRIDAY

APRIL 5 .. EASTER SUNDAY

APRIL 24 .. ARBOR DAY

MAY 5 .. CINCO DE MAYO

MAY 10 .. MOTHER'S DAY

MAY 25 .. MEMORIAL DAY



FUN FACTS



Did you know the Chicago river flows backwards? Its flow was permanently reversed in 1900, saving thousands of Chicagoans from waterborne diseases.

<http://www.lib.niu.edu>

TREE FUN FOR ARBOR DAY



INEZ MOORE
DIRECTOR

MILDRED FREENY
ASSISTANT DIRECTOR/CLAIMS MANAGER

JUDY BYRD
PROVIDER ACCOUNT MANAGER/ TIERING MANAGER

DENISE MONIER
FIELD TEAM EVALUATOR/MONITORING SPECIALIST

MS. INEZ SHELLEY
PROVIDER CLAIMS AND OF FICE ASSISTANT

copyright© 2011-2012, Norbeck Kids

ARBOR DAY

Arbor Day is a great opportunity to teach the importance of trees!

Why are trees important?

- Trees provide oxygen
- Trees provide shelter
- Trees clean soil
- Trees control noise pollution
- Trees clean the air
- Trees shade and cool

forestry.about.com



Easter Basket Cupcakes

ingredients

1 cake mix (or your own scratch recipe)
white icing
green food coloring
coconut
licorice (red or black)
jelly beans
Optional: bunny or chick toothpicks

<http://www.dltk-holidays.com/easter/>

instructions

Make cupcakes according to package directions

Ice the cupcakes. You may want to color the icing green first.

Use dyed green coconut flakes to make 'grass' and sprinkle over green or white icing.

Then use a red (or black) piece of stick licorice, cut in half lengthwise to make the handle.

Bend it and stick ends into cupcake.

Put 2-3 Jelly Beans in the 'grass' and for even more festive cupcakes, get some bunny or chick toothpicks from a party store and insert into the cupcake as well!

Spring Cleaning hacks

1. Use lemon to remove water stains
2. A window squeegee can help remove hair from carpets
3. coarse salt can help clean cast iron
4. Putting a towel on the end of a broom can help you clean high, hard to reach places
5. Fold and stack vertically, not horizontally
6. Using a razor can help you remove lint

<http://www.viralnova.com/cool-cleaning-hacks>