



### Healthy Recipe Corner

**Grilled Cheese with Cauliflower as the Crust:** Grilled cheese gets a healthy makeover. The secret? Cauliflower "crust".

#### Ingredients

- 1 head large cauliflower
- 2 large – egg
- 1/4 cup – Parmesan cheese
- 1 teaspoon – basil, dried
- 1/4 teaspoon – salt
- 1/4 teaspoon – black pepper,
- 2 slices – cheddar cheese



#### Directions

1. Chop cauliflower. Using a food processor, pulse in batches until well blended.
2. Scoop into a microwave safe bowl and loosely cover. Microwave for 4 minutes, then stir. Return to the microwave for 3 minutes. Allow to cool for a few minutes.
3. Meanwhile, preheat oven to 450 F and line a baking sheet with parchment paper. Lightly spray with cooking oil.
4. Place a cheese cloth or clean towel over a large colander. Pour cooked cauliflower into cloth that covers colander. Push as much water out of the cauliflower as possible using the flat side of a spoon and twisting the cheese cloth.
5. Once mostly dried of excess water, put the semi-dry cauliflower into a large bowl. Add eggs, Parmesan, basil, salt, and pepper. Mix well.
6. Scoop onto baking sheet in four separate and equal portions. Spread each into a 1/2 inch thick square piece of "bread."
7. Bake for 15-20 minutes, until tops are golden brown. Remove from the oven and make two sandwiches with a slice of cheese in each. Place back in the oven for one minute, until cheese has melted. Serve warm. Enjoy!

### Parenting Tips:

#### Gardening with Children

Spring is a perfect time to start your own garden. Gardening is a great outdoor activity that allows the whole family to participate. Children can learn new skills, have fun, play and develop self-confidence by spending time in the garden tending plants and growing their own food. Most children enjoy being outdoors and love digging in the soil, getting dirty, creating things and watching plants grow.

Here are some suggestions to get children involved and interested in creating a garden:

- Keep it simple.
- Give children their own garden space. (This does not have to be big. You can start with a large container or a few pots.)
- Involve older children in the planning and design of the garden.
- Use lightweight, easy-to-handle, correct-sized tools and garden equipment.
- Encourage children to dig in the dirt. (Younger children love making mud pies).
- Grow interesting plants such as sunflowers, corn, pumpkins, tomatoes and strawberries.
- Use a trellis or teepee to grow beans or sweet peas.
- Plant flowers that attract butterflies, ladybirds and other interesting insects or birds.
- Make a scarecrow.
- Install a water feature, a birdbath or a sundial.
- Set up a worm farm.
- Visit community gardens, children's farms or botanic gardens for ideas.



#### Fun Fact!

**Children who participate in gardening activities are more likely to eat fruits and vegetables.**

(Resource: Parents primer, 2015, KidsGardening, National Gardening Association, USA)



## Activities with children

### Dance Moves:

Playtime can become a dance party. Turn on some tunes and start doing a silly dance: shake a leg, wiggle your hips. Can your child copy your moves? Next song, it's his/her turn to lead. Go back and forth until you're danced out! Believe it or not, dancing games can be great brain builders! This one in particular teaches your child to pay attention to sounds and rhythm and to imitate you using his/her body. It also gives him/her the chance to be the leader and that's a good feeling.

(Resource: Joinvroom.org)



## Why Quality Child Care Matters

What do we mean when we use the term "quality" to describe early care and learning? Quality means "high quality early learning experiences."

High quality early care and learning programs are critical to the healthy development of children and to the economic health of communities.



**QUALITY IS HIGH QUALITY  
EARLY LEARNING  
EXPERIENCES WHICH HELP  
A CHILD TO THRIVE.**

UNITED TO PROMOTE QUALITY

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[earlycareandlearning.org](http://earlycareandlearning.org)

## Health and Safety Tips: Poisoning Prevention Tips

Let's face it, sometimes kids get into things that they probably shouldn't. Here are a few tips to keep little explorers from finding their way into household items that could be dangerous.

1. Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks.
2. Store poisonous items out of reach or use safety locks on cabinets within reach. These items also include liquid packets for the laundry and dishwasher. It only takes a few minutes, and it gives you one less thing to worry about.
3. Read product labels to find out what can be hazardous to kids. Dangerous household items include makeup, personal care products, plants, pesticides, lead, art supplies, alcohol and carbon monoxide.
4. Make sure that all medications, including vitamins and adult medicines, are stored out of reach and out of sight of children.
5. Check for lead-based paint. Remove any peeling paint or chewable surfaces painted with lead-based paint.
6. Put the toll-free number Poison Help Number (1-800-222-1222) into your home and cell phones. You should also post it near your phone or on your refrigerator for the babysitter. Hopefully you'll never need it, but it's nice to have just in case.

(Resource: Safe Kids Worldwide)



*Did you know that half of the 2 million calls to the Poison Help Number in 2011 involved children ages 5 and under? In fact, 9 out of 10 poisonings occur at home?*

Store all household products out of children's sight and reach.



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