



News You Can Use

Home Visiting April 2025

- Happy Birthday Head Start!
- Take Action!
- Recipe Feature
- Calendar & Snack Menu



Head Start is turning 60, and we're celebrating YOU—the heart of our success! Wish Head Start a Happy Birthday by scanning this QR Code and signing Head Start's birthday card and share your memories of how Head Start has impacted your life!

<https://birthday.nhsa.org/birthday-sign-form/?code=REF689267bc951aaf570>



HEAD START

Parents and Caregivers,
Teachers and Staff,
Friends and Neighbors!

We need your help.

Scan the QR code below on your
phone and fill out the form.

By doing so, you are letting your lawmakers
know **you believe** in Head Start's impact.



**go.nhsa.org/
take-action**



Take Action!

Tell our lawmakers
and representatives
that you believe in
Head Start!



Recipe Feature!

We will be sharing recipes from our families throughout the year. We hope you try them out and maybe learn something new!

Thank you to Sidney and Niella for sharing this month!



Peanut Butter Cheerios from Sidney

Ingredients:

- 1/2 cup peanut butter
- 1/2 cup honey
- 5 cups plain Cheerios

Directions:

1. Add the honey and peanut butter to a large, microwave safe bowl.
2. Microwave on high for 1 minute. Remove and stir until well combined.
3. Return the bowl to the microwave for another 30-45 seconds.
4. Add the Cheerios and stir until the cereal is well coated.
5. Drop portions onto a parchment-lined baking sheet (or into cupcake liners). Allow them to set. They should harden up enough to pick up within half an hour, but it takes a few hours for them to be more firm.

Note: The FDA says that "Honey is not safe for children less than a year old"
Try substituting maple syrup instead!

Bread from Niella

Ingredients:

1 teaspoon of salt

1 tablespoon of butter

8 tablespoons of honey

2 packets of active dry yeast

15 tablespoons of olive oil

1 ½ Cups of whole wheat flour

¾ cups all purpose flour

Water (As needed)

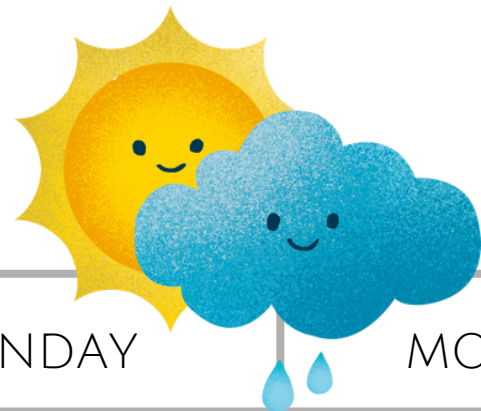
Soy milk (as needed)

Spray oil



Directions:

Mix all ingredients together in a bowl, adding equal parts water and milk til there is no visible powder and the dough is sticky. Works best if mixed with hands. Cover bowl with plastic wrap and leave on counter for 40 minutes. Preheat oven to 350 degrees. Use spray oil to spray down a bread pan. Put bread in pan in the oven for 20 minutes, then take out and flip the loaf over for another 20 minutes. Turn off oven and let bread sit in oven for 10 minutes, then take out and let bread sit while covered with tin foil. Serve when cooled.



APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Playgroup @ Sylvan Head Start 10am - 12pm	2	3	4 HS4KC is closed No Visits	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
In-home snack will be delivered by your Home Visitor						
20	21	22	23 Playgroup @ Sylvan Head Start 9:00 - 11:00 am	24	25	26
27	28	29 Family Engagement Event @ Sylvan Head Start 10:00 - 11:15 am	30	1	2	3



MENU REVIEWED BY:
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Head Start for Kent County

HV Snack Menu

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Playgroup: Sylvan @ 10:00 am - 12:00 pm Honeydew, Ritz Crackers	2	3	4
7	8	9	10	11
14	15	16	17	18
In- Home Snack Week Exploring Kiwi				
21	22	23 Playgroup: Sylvan @ 9:00 am - 11:00 am Soft Pretzel Rods; Bananas	24	25
28	29	30		

In-Home Snack Portions:
See Rebus Cards

Baby Food Available at Socialization
Whole & Skim Milk Available When Served