

News You Can Use

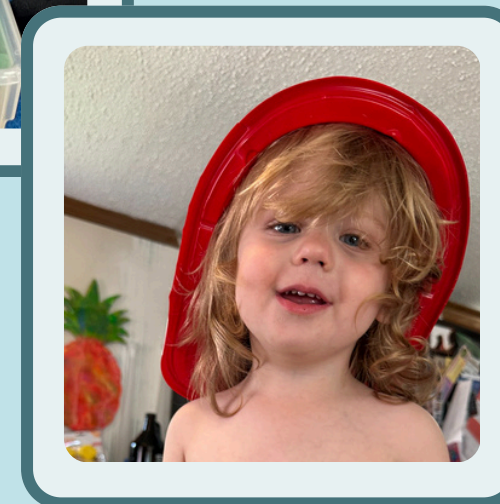
Home Visiting January 2025

Winter Safety

Recipe Features

January Calendar

January Calendar &
Snack Menu



Winter Safety

In addition to dressing for winter weather, like we discussed in November and December, there are other ways to keep you and your child safe when it's cold outside!

Tips

- Buddy System—always go outside with someone else
- Stay inside if the wind chill is 20 degrees or below
- Dress in layers, make sure no skin is exposed to the cold air

Car Seat Safety

- Don't put a heavy coat on your child when they are in their car seat. It causes the straps to not fit snug to your child's body which is what keeps them safe in a crash.
- Instead, use blankets, car seat covers, or put your child's coat on backwards once they are buckled into their seat.



Find more information about car seat safety at Safe Kids Worldwide:

<https://www.safekids.org/coalition/safe-kids-greater-grand-rapids>

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 Ancheli, Scarll, and Esteban for sharing this month!

From Cuba, Ancheli shared:
Moros y Cristianos:

Ingredients:

Black Beans (canned), Rice, Goya seasoning, and water.

Directions:

Add black beans to 2 cups of rice using a rice cooker and add Goya seasoning. Mix well.

Add 2 ½ cups of water to the rice and cook.



From Dominican Republic, Scarll and Esteban shared: Mangu

Ingredients: Plantain (green), butter, salt, coconut milk, water, and olive oil.

Directions: Bring 8 cups of water to a boil. Add green plantain -peeled. Add salt and olive oil. Check for doneness using a fork (plantain will turn yellow). Once fork goes through smoothly, drain.

After draining, smash the plantain in skillet, adding the butter and coconut milk or milk of choice.

Mangu is a popular breakfast side dish. It is typically paired with "tres golpes" and other side such as: sauteed salami, over easy eggs and fried cheese. The meal will then be Mangu con los tres golpes.

From Cuba, Ancheli shared: Ropa Vieja

Ingredients:

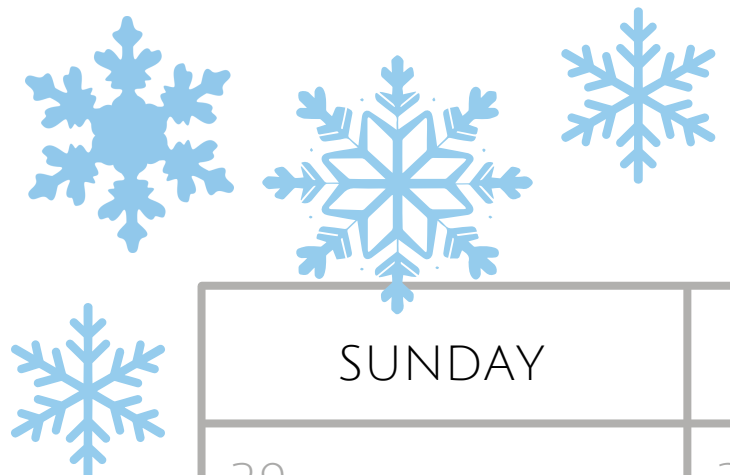
Flank steak 3 lb or Chuck roast, olive oil, Goya sazón seasoning, 1 red bell pepper sliced into strips, ½ onion sliced into half-moons, 1 tsp of cumin, 8 ounces of tomato sauce, 4 cups of beef broth, 2 dry bay leaves

Directions:

Tenderize the meat. Season with garlic & salt. Brown on both sides then boil or use slow cooker.

Shred when done then sauté and add ingredients.

JANUARY 2025



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



MENU REVIEWED BY:
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Head Start for Kent County
HV Snack Menu
January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7 Playgroup: Sylvan @ 10:00-12:00 pm Steamed Sweet Potatoes, Wheat Thins	8	9	10
13	14	15	16	17
In- Home Snack Week Exploring Mangos				
20	21	22 Playgroup: Sylvan @ 10:00-12:00 pm Cottage Cheese, Peaches	23	24
27	28	29	30	31

In-Home Snack Portions:
See Rebus Cards

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