



# May 2018



## Recipe of the Month:

### HONEY & PEACHES YOGURT PARFAIT

#### What you need:

- 1 Cup Nonfat Greek Yogurt
- ¼ Cup Granola
- ½ Cup Peaches
- 4 tsp Nektar Honey Crystals

#### What to do:

Cut peaches into small chunks, set aside. Mix Nektar Honey Crystals with Greek yogurt and pour into bottom of serving glass, then layer granola, top with peaches and serve! Enjoy!

#### April 30 - May 4

3's and 4's: Gardening Discussion/ Growing Carrots  
 Toddlers and 2's: Gardening Discussion/ Growing Carrots  
 Infants: Growing Carrots/ Carrot exploration



#### May 7-11

3's and 4's: Moana Yoga  
 Toddlers and 2's: Moana Yoga  
 Infants: Rolling a ball, baby yoga



#### May 14-25

3's and 4's: What do plants need?  
 Toddlers and 2's: What do plants need?  
 Infants: Tunnel play ☺



#### May 28 - June 1

Happy Memorial Day  
 No Nutrition Expedition



- Nurse: Wednesday 9:30
- Toddlers: Wednesday 10:00
- Twos: Friday 10:00
- Threes: Monday 10:30
- Fours: Monday 11:45

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"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." - 1 Corinthians 6:19-20