

Spring 2025 Newsletter

Nibbles & News

The Best of Kids' Cuisine Since 2005

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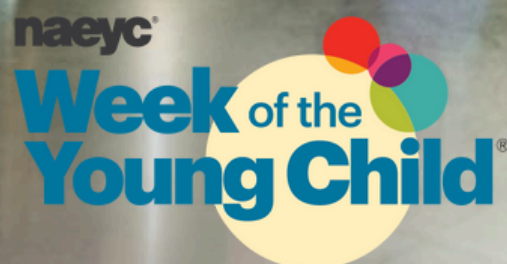
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MUSIC MONDAY

Celebrating Music Monday: The Joy Of Music!

In honor of Music Monday, we're sharing the beautiful story of *Zin! Zin! Zin! A Violin*, by Lloyd Moss and Marjorie Priceman, that introduces kids to various musical instruments and fosters a love for music. Written in elegant, rhythmic verse and illustrated with playful artwork, this Caldecott Honor winner sparks creativity and captures the magic of making music. Celebrate Music Monday by reading this lovely tale or watch the PBS video version here: [Zin! Zin! Zin! A Violin](#) (PBS video)!



TASTY TUESDAY

Health Oatmeal Cookie Smoothie!

It's Tasty Tuesday, a day to celebrate healthy eating and the fun of cooking with young children! Cooking together teaches kids important skills like counting, following directions and which ingredients go into foods they love. Our easy Oatmeal Cookie Smoothie recipe combines fiber-filled oats, bananas, cinnamon, milk and a drizzle of honey (for those 1 year and up) for a calcium-rich treat that tastes like a cookie - but is packed with healthful nutrients!

Ingredients

Makes 1 serving

- 1/4** cup old-fashioned oats
- 1** frozen (peeled) banana
- 1** cup milk
- 1-2** Tbsp. honey (for kids 1+ yrs)
- 1/2** tsp. ground cinnamon & pinch of salt
- 1/2** tsp. vanilla extract

Instructions

- 1.** Add oats to blender; pulse until finely ground.
- 2.** Add remaining ingredients and pulse until blended & smooth.
- 3.** Place 3 banana slices and a sprinkle of cinnamon on top of each serving.
- 4.** Serve immediately.



Photo: Eating Bird

Work Together Wednesday

"Hand-some" Handprint Masterpiece!

Work Together Wednesday creates opportunities for teamwork, cooperation and creativity - skills that help our little ones learn to share and solve problems together! Celebrate by creating a "Hand-some" Handprint Mural for the class. Kids will get a kick out of adding their colorful handprint to the masterpiece - and see first hand how each "helping hand" can make a big contribution. Working together, we can create something beautiful as a team! To start, tape mural-sized paper or poster board to the wall. To make the handprint "petals," have each child dip their hand in brightly colored tempura paint and place their print directly on the paper (guide their hands to form a circle for the flower). Keep plenty of baby wipes close for easy clean up. Fill in the flower blossom with additional handprints until it is a full and beautiful bloom.



Artsy Thursday: Get Creative with a Funny Bunny!

Let your creativity run wild for Artsy Thursday! Invite kids to hop into creative mode with this super simple art project that's guaranteed to make them giggle - and uses supplies you already have on hand. Gather paper plates, white cotton balls for the tail, white construction paper, a pink marker and glue. Help kids cut out the feet from construction paper and color one large and three small ovals for the toes and heel. Glue onto the paper plate and add the fuzzy bunny tail. Hoppy crafting!



FAMILY FRIDAY

Bloomin' Veggie Board

Wrap up the week by hosting a Family Friday charcuterie or snack board night! Keep it nutritious & delicious with our Bloomin' Veggie Board - or create your own colorful design. Kids will delight in snacks they help create and are a great way to encourage little ones to try new foods. To make, simply slice red & yellow peppers into thin pieces, use petite baby carrots whole. Arrange the veggie slices on a large cutting board or tray to form the petals, placing your favorite dips in the middle. Try hummus, onion dip or plain yogurt with chives. Place snap peas along the bottom for the leaves, and use chive leaves for each flower stem. Watch as it blossoms into a delicious treat!



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