Shippensburg Head Start Program and Pre-K Counts

News To Know...

Health Insurance Marketplace Enrollment Begins November 1

If you haven't applied for insurance on HealthCare.gov before, find out what you need to know about the Health Insurance Marketplace (sometimes known as the health insurance "exchange"). The 2018 Open Enrollment Period runs from November 1, 2017 to December 15, 2017. This is a shorter enrollment period than previous years, so it's important to act quickly. If you don't act by December 15, you can't get 2018 coverage unless you qualify for a Special Enrollment Period. Visit Healthcare.gov to see if you're eligible to use the Marketplace, and dates and deadlines for 2018 health insurance.

UPCOMING EVENTS:

Smiles Program- Mobile Dentistry

The PA Smiles Program will be visiting the Shippensburg Head Start Program St. Paul’s Lutheran Church Location at 201 West Louther Street, Carlisle on December 5, 2017.

Please contact your teacher or home visitor if your child needs a dental exam.

“Education is the most powerful weapon which you can use to change the world.” - Nelson Mandela
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FINGER PLAY TO TRY AT HOME

Five Fat Peas
Five fat peas in a pea pod pressed
(children hold hand in a fist)
One grew, two grew, so did all the rest.
(put thumb and fingers up one by one)
They grew and grew
(raise hand in the air very slowly)
And did not stop,
Until one day
The pod went POP!
(children clap hands together)

KEEPING SUPERHEROES IN CHECK

Television and movie themes feature many superheroes who are irresistible to children. In these stories there is a stark distinction between good and evil characters, and it seems that they always resort to fighting to settle problems.

Parents have to decide how to respond to this kind of programming. As you sort through your feelings, you should realize that children probably will invent good and evil characters, even without the influence of the Ninja Turtles or the Power Rangers. Remember, long before television, children played cops and robbers, Robin Hood and the sheriff, and the like.

The impact of superheroes depends a lot on how much time children spend watching television and videos. Viewing one half-hour program a week may have little effect on a child, but there hours is another matter. If you watch programs with your child and talk about the characters and their actions, you can help keep superhero tactics in perspective.

You also may find it helpful to read about peaceful real-life heroes like Martin Luther King Jr., Helen Keller, and Johnny Appleseed. Talk about their courage and determination and how they overcame obstacles without resorting to violence.

When children play superheroes, keep an eye on their play to make sure aggression does not get out of hand. Whatever your family decides about superhero play, you should communicate with your child how you feel about violence and how to stand up for beliefs.

With careful adult guidance and lots of discussion, children can understand the difference between superhero fantasy battles against the bad guys and how we ordinary human beings deal with the evils we encounter in the real world.
LEARNING GAMES

IN THE KITCHEN
- Talk with your children about the size, taste, texture, and color of foods. Help them recognize the differences between rough and smooth surfaces, salty or sweet tastes, and the odors of certain foods.
- Ask them to talk about changes in foods as you cook them ("How did it look when it was raw?... when we started to cook it?... how does it look now?"). Help your children to compare the before and after.
Talk with your children about any foods that have special meaning to your family.

Look for shapes or colors around the kitchen, in and on the cabinets, and on the refrigerator and stove.
- Ask your children to find circles, triangles, or squares.
Play the game, "I see something you don’t see and the color (or the shape) IS." Your children can name the items or foods that are in the kitchen and that fit the description until they get to the item you have in mind.

In the Community
Talk about all the things you and your children see in the sky, near the house or apartment
Colors, bright sun, moon, neighbors, cars, shapes, dark clouds, stars, snow houses

Talk about:
- The names of the animals and insects they see and hear.
Where your children think the animals live, how insects build their homes, and where they get their food.

In the Bathroom
- Make faces in the mirror with your children: move your tongue, make a kiss, wiggle your nose. Talk with your children about all of the things they can do with their eyes: blink, stare, wink.

Use mirrors to name body parts.
Look for ways to use different senses in the bathroom.
- Feel and talk about different textures: soft cotton, hard soap, smooth wall, slippery sink
Smell different things: toothpaste, soap.

In the Bedroom
- Tell a story or read a book to your children at bedtime
- After you've finished reading, ask your children to tell you all they remember about the story. Encourage your children to make up and tell stories or repeat a story you have read.

Let your children know that books are special.
- Make a library shelf or book area with your children.
Use different print materials often: borrow from the library, make homemade books, and look at junk mail, greeting cards, newspapers, or magazines.

For more information or any concerns in reference to your child’s educational experience, please contact your home visitor, teacher, or an Education Coordinator at 717-477-1626.
FUN DAY AT PETE'S ORCHARD!
Parents,

Remember no cell phone use while class is in session / all bags are to be hung in the hallway at your child’s name tag.

Crust Less Pumpkin Pie

Ingredients:
1 ¼ Cup Sugar
3 Eggs
2 Cups of Canned Pumpkin
¾ Evaporated Milk
1 ½ Vanilla Extract
¼ Teaspoon ground cinnamon

Directions:
In a Small Mixing Bowl combine the sugar, flour and eggs and mix well. Stir in the pumpkin, Milk, Vanilla and cinnamon and mix well. Pour into a greased 9 in. pie plate.

Place pie plate in a 15-in. baking pan, add ½ water to the pan and bake at 350 degrees for an hour or until knife inserted near the center comes out clean.

Snacks will be:
November 7
Spaghetti with chicken in marinara sauce
Mozzarella, basil & Tomatoes salad.
November 24th
Grilled cheese with tomato slices

On the corner of Safe / Health:

- Ways to be active
- Importance of good nutrition
- Pumpkin – (winter’s miracle Medicine)

The winners from October’s raffle baskets were:
- Constance Seymer from Mongul II
- Sara Faust from Mongul II
- Kara Weaver from Mongul I

Congratulations to the winners!
Countdown to the Thanksgiving Holiday

As Thanksgiving approaches, cooking the traditional turkey dinner gives rise to anxieties and questions. What kind of turkey should I buy? Should I buy a frozen turkey or a fresh one? How do I store my turkey? A few simple steps will not only ease your holiday fears, but will ensure a delicious and safe meal for you, your family, and your friends. The following information may help you prepare your special Thanksgiving meal and help you countdown to the holiday.

Plan Ahead

Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension for your Thanksgiving meal. Ask these questions to help plan your meal. Do you want a fresh or frozen turkey? Do you have enough space to store a frozen bird if purchased in advance; if not, when should you purchase a turkey? What size bird do you need to buy?

Fresh or Frozen

If you choose to buy a frozen bird you may do so at any time, but make sure you have adequate storage space in your freezer. If you buy a fresh turkey, be sure you purchase it only 1-2 days before cooking. Do not buy a prestuffed fresh turkey.

Use the following chart as a helpful guide:

<table>
<thead>
<tr>
<th>Type of Turkey</th>
<th>Pounds to Buy</th>
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<tbody>
<tr>
<td>Whole bird</td>
<td>1 pound per person</td>
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<tr>
<td>Boneless breast of turkey</td>
<td>1/2 pound per person</td>
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<tr>
<td>Breast of turkey</td>
<td>3/4 pound per person</td>
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<tr>
<td>Prestuffed frozen turkey</td>
<td>1 1/4 pounds per person -- keep frozen until ready to cook</td>
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<table>
<thead>
<tr>
<th>Size of Turkey</th>
<th>Number of Days</th>
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<tr>
<td>4 to 12 pounds</td>
<td>1 to 3 days</td>
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<tr>
<td>12 to 16 pounds</td>
<td>3 to 4 days</td>
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<tr>
<td>16 to 20 pounds</td>
<td>4 to 5 days</td>
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<tr>
<td>20 to 24 pounds</td>
<td>5 to 6 days</td>
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Thawing

In the refrigerator

Place frozen bird in original wrapper in the refrigerator (40 °F or below). Allow approximately 24 hours per 4 to 5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1-2 days.

THAWING TIME IN THE REFRIGERATOR

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<td>20 to 24 pounds</td>
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In cold water

If you forget to thaw the turkey or don’t have room in the refrigerator for thawing, don’t panic. You can submerge the turkey in cold water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey. The following times are suggested for thawing turkey in water. Cook immediately after thawing.

THAWING TIME IN COLD WATER

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<tr>
<th>Size of Turkey</th>
<th>Hours to Defrost</th>
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<tr>
<td>4 to 12 pounds</td>
<td>2 to 6 hours</td>
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<td>12 to 16 pounds</td>
<td>6 to 8 hours</td>
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<tr>
<td>16 to 20 pounds</td>
<td>8 to 10 hours</td>
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<td>20 to 24 pounds</td>
<td>10 to 12 hours</td>
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The Food Safety and Inspection Service (FSIS) is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged.

USDA Meat & Poultry Hotline
1-888-MPHotline
(1-888-674-6854)
Countdown to the Thanksgiving Holiday

In the microwave
Microwave thawing is safe if the turkey is not too large. Check the manufacturer’s instructions for the size turkey that will fit into your oven, the minutes per pound, and the power level to use for thawing. Cook immediately after thawing.

Preparation

The day before Thanksgiving
Make sure you have all the ingredients you need to prepare your holiday meal. Check to make sure you have all the equipment you will need, including a roasting pan large enough to hold your turkey and a food thermometer. Wet and dry stuffing ingredients can be prepared ahead of time and refrigerated separately. This may also be done on Thanksgiving Day. Mix ingredients just before placing the stuffing inside the turkey cavity or into a casserole dish.

Thanksgiving Day
If you choose to stuff your turkey, stuff loosely. The stuffing should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment. Place stuffed turkey in oven immediately. You may also cook the stuffing outside the bird in a casserole. Judging cooking time for your turkey will be easier if the following chart is used. The times listed are for a fresh or thawed turkey in an oven at 325 °F. These times are approximate.

Use a food thermometer to check the internal temperature of the turkey.
A whole turkey is safe cooked to a minimum internal temperature of 165 °F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast.

All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165 °F. The stuffing should reach 165 °F, whether cooked inside the bird or in a separate dish.

When turkey is removed from the oven, let it stand 20 minutes. Remove stuffing and carve turkey.

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<th>Cooking Time - Unstuffed Turkey</th>
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<td>Size of Turkey</td>
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<td>20 to 24 pounds</td>
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<th>Cooking Time - Stuffed Turkey</th>
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<td>Size of Turkey</td>
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Storing Leftovers
Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftover turkey and stuffing within 3-4 days or freeze these foods. Reheat thoroughly to a temperature of 165 °F or until hot and steaming.

Food Safety Questions?

Call the USDA Meat & Poultry Hotline
If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline (1-888-674-6854). The hotline is open year-round.

Send E-mail questions to MPHotline.fsis@usda.gov.

Ask Karen!
FSIS’ automated response system can provide food safety information 24/7 and a live chat during Hotline hours.

AskKaren.gov
PregunteleaKaren.gov

The USDA is an equal opportunity provider and employer. Reviewed; no changes November 2010

FSIS encourages the reprint and distribution of this publication for food safety education purposes. However, USDA symbols or logos may not be used separately to imply endorsement of a commercial product or service.
Video Games and Children: Playing with Violence

Video games have become very sophisticated and realistic. Some games connect to the internet, which can allow children and adolescents to play games and have discussions with unknown adults and peers. While some games have educational content, many of the most popular games emphasize negative themes and promote:

- The killing of people or animals
- The use and abuse of drugs and alcohol
- Criminal behavior, disrespect for authority and the law
- Sexual exploitation and violence toward women
- Racial, sexual, and gender stereotypes
- Foul language and obscene gestures

Studies of children exposed to violent media have shown that they may become numb to violence, imitate the violence, and show more aggressive behavior. Younger children and those with emotional, behavioral or learning problems may be more influenced by violent images.

In moderation, playing age-appropriate non-violent games can be enjoyable and healthy. Some video games may promote learning, problem solving and help with the development of fine motor skills and coordination. Spending excessive time playing these games can lead to:

- Less time socializing with friends and family
- Poor social skills
- Time away from family time, school work, and other hobbies
- Lower grades
- Less reading
- Less exercise and becoming overweight
- Decreased sleep and poor quality sleep
- Aggressive thoughts and behaviors

It is recommended to avoid video games for preschool-aged children. Remember that you are a role model for your children, including which video games you play and how long you play them.

If you continue to have concerns about your child’s gaming habits or if your child is having difficulty with mood or behavior, ask your child’s pediatrician, family physician or school counselor to help arrange a referral to a trained and qualified mental health professional.

*Excerpt from www.aacap.org American Academy of Child & Adolescent Psychiatry*
Limit Screen Time

Nutrition and Wellness Tips for Young Children:
Provider Handbook for the Child and Adult Care Food Program

Young children who spend a lot of time watching TV or playing video and computer games are less likely to be physically active in later childhood. They are also likely to eat foods that are less healthy, such as soft drinks and fried foods as well as more snacks, and may be more likely to become overweight. In many child care settings, children spend 1 to 3 hours watching TV each day. You can make a difference by limiting or eliminating screen time and providing children with other fun activities.

How much total screen time should children be allowed every day, both at child care and at home?

- No screen time (TV/video/DVD) for children under the age of 2.
- No more than 1 to 2 hours per day of high-quality programming for children over the age of 2.

How much screen time should children be allowed while in child care?

Since many children get too much screen time at home, it’s important that they are not exposed to very much screen time while in your care.

| Children under the age of 2 | No screen time, including TV/video/DVD viewing or computer use. |
| Children over 2 years old | Only 30 minutes total of screen time per week. |
| All Ages | No more than 15-minute increments of computer use. |
| | No screen time during meals or snack time. |

Special Notes:

- Parents and families should be informed if screen media are used in child care programs.
- Screen time should only be for educational or physical activity programs.
- All screen time should have no commercials or advertising.
PUT A FREEZE ON WINTER HOLIDAY FIRES

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.

Read manufacturer's instructions
for the number of light strands to connect.

Although live Christmas tree fires are not common, when they do occur, they are dangerous.
On average, 1 of every 31 reported home Christmas tree fires resulted in death.

2 out of 5 home decoration fires are started by candles.

A heat source too close to the Christmas tree causes 1 in every 4 of the fires.

The top 3 days for home candle fires are Christmas, New Year's Day and Christmas Eve.

Make sure your tree is at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.

Keep candles at least 12 inches away from anything that burns.

Get rid of your tree after Christmas or when it is dry.

For more information on how to prevent winter fires, visit: www.usfa.fema.gov and www.nfpa.org

U.S. Fire Administration | FEMA | NFPA
add more vegetables to your day

10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, we’re encouraging them as snacks as well, not just meals.

1. discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2. be ahead of the game
Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.

3. choose vegetables rich in color
Francis your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4. check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5. stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6. make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.

7. sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8. while you’re out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9. savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer’s market.

10. try something new
Choose a new vegetable that you’ve never tried before. Find recipes online at www.WhatsCooking.fns.usda.gov.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 2
Revised January 2016
The Special Supplemental Nutrition Program for Women, Infants and Children (WIC Program)

What is WIC? WIC was established as a permanent program in 1974 to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk. This mission is carried out by providing nutritious foods to supplement diets, nutrition education (including breastfeeding promotion and support), and referrals to health and other social services. Find out more: http://www.fns.usda.gov/wic/about-wic-wic-glance

Where is WIC available?
The program is available in all 50 States, 34 Indian Tribal Organizations, American Samoa, District of Columbia, Guam, Commonwealth of the Northern Mariana Islands, Puerto Rico, and the Virgin Islands. While funded through grants from the Federal Government, WIC is administered by 90 State agencies, with services provided at a variety of clinic locations including, but not limited to, county health departments, hospitals, schools, and Indian Health Service facilities. To find the WIC offices serving your area go to: http://www.fns.usda.gov/wic/contacts

What food benefits do WIC participants receive?
The foods provided through the WIC Program are designed to supplement participants’ diets with specific nutrients. WIC authorized foods include infant cereal, baby foods, iron-fortified adult cereal, fruits and vegetables, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese, yogurt, soy-based beverages, tofu, peanut butter, dried and canned beans/peas, canned fish, whole wheat bread and other whole-grain options. For infants of women who do not fully breastfeed, WIC provides iron-fortified infant formula. Special infant formulas and medical foods may also be provided if medically indicated. Learn more about food benefits here: http://www.fns.usda.gov/wic/wic-food-packages

Program benefits include more than food.
WIC benefits are not limited only to food. Participants have access to a number of resources, including health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more. Find out more: http://www.fns.usda.gov/wic/wic-benefits-and-services

Am I eligible?
Pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who meet certain requirements are eligible. These requirements include income eligibility and State residency. Additionally, the applicant must be individually determined to be at “nutrition risk” by a health professional or a trained health official. To find out if you might be income eligible for WIC benefits go to: http://wic.fns.usda.gov/wps/pages/start.jsf
What is “nutrition risk” and why is it important?
Two major types of nutrition risk are recognized for WIC eligibility: medically-based risks such as anemia, underweight, history of pregnancy complications, or poor pregnancy outcomes; and dietary risks, such as inappropriate nutrition/feeding practices or failure to meet the current Dietary Guidelines for Americans. Women, infants, and children at nutrition risk have much greater risk of experiencing health problems. Learn more about nutrition risk:
http://www.fns.usda.gov/wic/wic-eligibility-requirements

I’m eligible, what do I do next?
Those who are interested in applying for benefits should contact their State agency to request information on where to schedule an appointment. Applicants will be advised on what to bring to the appointment in order to verify eligibility. Contact your State agency here:
http://www.fns.usda.gov/wic/contacts/

EBT makes it easier to use food benefits.
In most WIC State agencies, participants receive paper checks or vouchers to purchase food, while a few distribute food through centralized warehouses or deliver the foods to participants’ homes. However, all WIC State agencies have been mandated to implement WIC electronic benefit transfer (EBT) statewide by October 1, 2020. EBT uses a magnetic stripe or smart card, similar to a credit card, that participants use in the check-out lane to redeem their food benefits. EBT provides a safer, easier, and more efficient grocery experience and provides greater flexibility in the way WIC participants can shop. Find out more and check if your State supports EBT:

Focus on breastfeeding.
Even though breast milk is the most nutritious and complete source of food for infants, nationally less than 30% of infants are breastfed at 1 year of age. A major goal of the WIC Program is to improve the nutritional status of infants; therefore, WIC mothers are encouraged to breastfeed their infants, unless medically contraindicated. Pregnant women and new WIC mothers are provided breastfeeding educational materials and support through counseling and guidance. Explore the benefits of breastfeeding and find helpful resources here:

WIC Facts
• If you participate in another assistance program you may be automatically income-eligible for WIC.
• Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers.
• More than half of the infants in the U.S. participate in WIC.
• WIC participants support the local economy through their purchases.
• WIC works with farmers markets to help increase participant access to provide fresh, locally grown fruits and vegetables. Find out more here:
http://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program-fmnp

Where can I learn more?
Information on FNS programs is available at www.fns.usda.gov/fns/
Healthy Eating Tips...
Encouraging Food Choices For A Healthy Diet

BE PATIENT. Young children may not be interested in trying few foods. Offer new foods more than once.

BE A PLANNER. Most children need a snack or two in addition to three regular daily meals.

BE A GOOD ROLE MODEL. What you do can mean more than what you say. Your child learns from you about how and what to eat. Eat meals with your child whenever possible. Walk, run, and play with your child, don’t just sit on the sidelines. A family that is physically active together has lots of fun!

BE ADVENTUROUS. At the store, ask your young child to choose a new vegetable or fruit, from two or three choices. At home, your child can help you wash and prepare the food.

BE CREATIVE. Encourage your child to invent a new snack or sandwich from three or four healthy ingredients you provide. Try a new bread or whole grain cracker. Talk about what food groups the new snack includes and why it tastes good. Is the snack smooth, crunchy, sweet, juicy, chewy, or colorful?

Vegetables Seen In The Freezer Aisle

Fresh vegetables are great, however, sometimes they may not be available, you may not have time to prepare them, or they may be too expensive. Frozen or canned vegetables are GREAT and will get you well on your way to getting the fruits and vegetables you need each day. Contrary to popular myth, frozen or canned fruits and vegetables are rich in nutrients. Frozen or canned vegetables are great to have on hand when you are in a hurry or need a quick side dish to round out a meal. Choose frozen vegetables without sauce or butter. Choose low-sodium canned vegetables or rinse well to reduce sodium. Try these quick and easy ideas:

- Add frozen peas to tossed salad. Just rinse for a few minutes under warm water and they are thawed and ready to go.
- Keep canned pineapple or other fruit on hand for quick desserts, topping for frozen yogurt or to serve on cereal in the morning. Choose fruit that is canned in juice instead of heavy syrup.

We Can Be Active In The Fall and Winter

It is easier to be physically active in the spring and summer when the weather is nice, but there are lots of outdoor activities you can do in the fall and winter. Don’t let the cool temperatures discourage you:

- Go bird watching
- Clean the garage
- Rake leaves
- Stack firewood
- Go ice or roller-skating
- Go trick-or-treating
- Jump rope
- Play in the snow
- Go for a brisk walk

- Heat canned green beans in a skillet with a small amount of soy sauce for a slightly different taste.
- Add canned or frozen peas to macaroni and cheese.
- Stir canned corn into salsa for a chunkier texture.
- Add frozen, thawed chopped broccoli to rice.
Color Me Healthy

Parent Bulletin Board

Plan fun, family activities. Involve the kids in planning bike rides or an action-packed day at the park.

Mealtimes are more pleasant when you give small servings and let the child ask for more.

Don’t cook different foods for each family member. Prepare healthy meals that are eaten by everyone. You decide what foods are served. Your child decides whether to eat or not.

Kids Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

Maple Glazed Carrots

INGREDIENTS

- 2 cups miniature carrots
- 1/2 cup orange juice
- 3 tablespoons maple syrup
- 1 pinch nutmeg

INSTRUCTIONS

1. Pour orange juice into a 4-cup microwave safe dish.
2. Heat 1 minute on high. Add the carrots.
3. Stir to coat the carrots with the orange juice.
4. Cover and microwave 8 to 9 minutes on high.
5. Stir again, and then add the remaining ingredients.
6. Microwave uncovered 2 minutes on high.
7. Stir and check for doneness. Cook another minute on high if needed.

NOTE: Let your child try a raw carrot while the carrots are cooking. Discuss how different they taste after they are cooked.

Food For Families On The Go

Fifteen-Minute Soup 4 servings

INGREDIENTS

- 1 can (16-ounce) great northern beans
- 1 cup water
- 1 teaspoon (1 cube) beef or chicken bouillon
- 2 cans (16-ounce) tomatoes
- 1 small onion, chopped
- 1 teaspoon garlic salt (or regular salt)
- 1 tablespoon oil or margarine (optional)
- 1 package (10-ounce) frozen, chopped spinach
- 1/2 cup macaroni (elbow or any other shape)

INSTRUCTIONS

1. In a 2-quart saucepan, combine all ingredients except spinach and macaroni. Heat until liquid comes to a boil.
2. Stir in and break up spinach; bring to a boil again.
3. Stir in macaroni and simmer until macaroni is tender, about 6 to 8 minutes.

Prep Time: 15 minutes
Cook Time: 6-8 minutes
Calories per serving: 106
Fat per serving: 1 gram
Toy Buying For The Holidays

As parents, you have to make wise choices when buying toys for the holidays. Consider the array of items that lend themselves to your child being safe and physically active. When choosing a toy, ask yourself, “Will my children be active when playing with this toy, or do they sit and watch?” Are batteries needed? Is your child’s imagination involved? Do your children need a parent or friend to enjoy the toy?

Choose toys carefully. Look for good design and quality construction in the toys you buy. Watch out for toys with small parts and sharp edges. Be a label reader and look for suggested age range. Buy toys that suit your child’s age, interest and abilities. Consider the following list of age appropriate toys for four and five year olds:

- Small trucks, cars, planes, and boats
- Farm, village, and other play sets
- Backyard gymsets, jungle gyms
- Puppets and theaters
- Storekeeping toys
- Playhouses
- Housekeeping toys
- Simple construction sets
- Domestic toys
- Trains
- Larger tricycles
- Sleds
- Wagons
- Tapes and CDs

Plan: Know What’s for Dinner

Sometimes the hardest part about fixing dinner is figuring out what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

Go to www.colormehealthy.com click on Eat Smart, then Prepare More Meals at Home to find shopping and planning guides to help you make mealtime easier. Also at www.colormehealthy.com you will find easy, quick recipes that will fast become family favorites.

Being Active All Days, All Ways

Accumulating physical activity in your family’s day, a little bit at the time adds up! So do the health benefits! Here are 4 quick ways to add more movement in your day, everyday:

- Walk to your mailbox instead of driving
- Avoid drive-thru. Park and walk into bank, cleaners, etc.
- Take the stairs instead of the elevator
- Park in the space farthest from your destination
Color Me Healthy

Parent Bulletin Board

Too cold to play outside? Help your child make boxer shoes by cutting holes in the front of cereal boxes large enough for little feet to fit in. Walk around the house in new shoes.

Great snacks are animal crackers, pretzels, and string cheese.

Eating out can be a high fat affair, so balance it with healthy low fat meals and snacks that you can prepare at home.

Snack Mix

INGREDIENTS
- 2 cups dried cereal (Chex, Cheerios, Corn Flakes)
- 1 cup raisins
- 1 cup nuts
- 1 cup dates or other dried fruit

INSTRUCTIONS
1. Pour all ingredients into a large mixing bowl.
2. Cover and shake until all ingredients are mixed.

Prep Time: 5 minutes
Cook Time: 0 minutes
Calories per serving: 140
Fat per serving: 7 grams

Food For Families On The Go

Chicken Quesadillas 4 servings

INGREDIENTS
- 4 flour tortillas (10"
- 1 can (10 ounces) chicken-white meat
- 2 tablespoons chunky salsa
- 1/2 cup Monterey Jack Cheese shredded
- 1/4 cup chopped white onions

OPTIONAL
- 1/4 cup chopped green chilies
- dash of cayenne pepper

INSTRUCTIONS
1. Preheat oven to 350 degrees F.
2. Completely drain chicken.
3. Mix salsa, chicken, onions, cayenne pepper (optional) and green chilies (optional).
4. Put tortillas on baking sheet.
5. Place 1/4 of the chicken mixture on half of each tortilla.
6. Sprinkle 1/4 of the cheese on top of the chicken mixture; fold tortilla over filling.
7. Put in oven for 3 minutes; flip and cook on other side for 3-5 minutes until slightly brown.
8. Take out of oven and cool for 3 minutes; cut each folded tortilla into 3 wedges.
Greetings, readers!

Things are moving right along for the Male Involvement Initiative, folks! The Male Involvement Surveys are going out to teachers and home visitors (and from them to you), providing us with much needed information! If you haven’t done so already, get those surveys back to us so we can get started on the next phase of the Initiative!

If you’re interested in joining the Male Involvement Initiative, or you have stories or advice you would like to share with other Program families, send your name and preferred contact information to:

Email: aqmurlin@ship.edu OR headstart@ship.edu
Phone: (717) 477—1626 (Ext. 5047)
Fax: (717) 477-4097 (ATTN: Tony Murlin)
In Person: Cora I. Grove Spiritual Center, Room 112
Shippensburg University
Shippensburg, PA 17257

OR

Inform your teacher of your interest and preferred contact method, and they’ll get the message to me!

NOW LET’S MAKE THIS NEW SCHOOL YEAR AWESOME!
Winter Safety Tips

Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don’t forget warm boots, gloves or mittens, and a hat. Choose boots that are large enough to comfortably accommodate two pairs of socks.

Remove drawstrings from clothing which may get caught on tree branches or play equipment. Replace with Velcro®.

The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

When riding in the car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits.

Blankets, quilts, pillows, bumpers, sheepskins and other loose bedding should be kept out of an infant’s sleeping environment because they are associated with suffocation deaths and may contribute to Sudden Infant Death Syndrome (SIDS). It is better to use sleep clothing like one-piece sleepers or wearable blankets is preferred.

If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress, reaching only as far as the baby’s chest, so the infant’s face is less likely to become covered by bedding materials.

If your child suffers from winter nosebleeds, try using a cold air humidifier in the child’s room at night. Saline nose drops or petrolatum jelly may help keep nasal tissues moist. If bleeding is severe or recurrent, consult your pediatrician.

Many pediatricians feel that bathing two or three times a week is enough for an infant’s first year. More frequent baths may dry out the skin, especially during the winter.

Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu.

Children 6 months of age and up should get the influenza vaccine to reduce their risk of catching the flu. It’s not too late to get the vaccine! Around 80% of all influenza illness generally occurs in January, February, and March.

Winter is a time when household fires occur. It is a good time to remember to:

Buy and install smoke alarms on every floor of your home
Test smoke alarms monthly
Practice fire drills with your children
Install a carbon monoxide detector outside bedrooms
Keep space heaters at least 3 feet away from anything that could burn, and turn them off when leaving the room or sleeping.
[...]I mean, it’s a total nightmare – we’re not quite six weeks in, we have a colicky new baby on our hands, and are getting a lot less sleep than usual (and we didn’t get a ton to begin with), and have a long, looooong way to go – but everything is fine.

Some things are harder, and there are more challenges, but mostly there are just new challenges. Whether you’re going from no kids to one, or one to two, the specifics are different but the generalities are the same. We’re still parents trying to do our best and surviving as best we can. The need for some stuff has taken on increased urgency, i.e., money (I’m available for freelance work!), and naps (or not), but otherwise it’s just one day at a time, like everything else.

Don’t be afraid of parenthood.

Having a kid is difficult. Having two kids is difficult. Caring for babies is difficult, protecting toddlers is difficult, raising preschoolers is difficult, handling kindergartners is difficult, god knows tweens and teens and college kids will be difficult too. Everything just keeps getting harder, but it’s less of a pile-on kind of hard and more of a trade one thing for another kind of hard. It’s the same for people without children; life is a continual trade-off. It seems to me that it’s about balance, and letting the anxiety take over skew it too far in the wrong direction.

Being nervous and getting stressed out and having anxiety in advance of a major change of any kind is normal. But it helps to remember that the anticipation of the change is almost always worse than the change itself. Because, all the worrying aside, once it actually happens, there’s no more speculation, and there’s a lot less time for agonizing. Once the levee breaks, the new reality you’ve been freaking out over facing is simply reality, and the new life you’ve been panicking about living is simply your life.
Don’t Be Afraid of Parenthood

Mike Julianelle
Editor/Blogger

http://dadandburied.com/2016/02/22/afraid-of-parenthood/

You’re no longer able to live in your head, because when the things you’ve been worrying about come to pass, you’re forced to just live, period. (Or else become a bindlestiff and ride the rails to a new life somewhere else, but there aren’t many parents I know with the balls (or lackthereof) to do that.)

I’m not exactly a glass-half-full kind of guy. I don’t think everything happens for a reason, and I don’t think God only gives you what you can handle. But I do believe that, most of the time, the phrase “this too shall pass” is pretty accurate. (Note: it does not say when. I’m hoping that in my case it’s around 18 years.) I also believe, despite my complete and utter inability to put this belief into practice, that worrying doesn’t accomplish much.

Parenthood is no different. It’s scary, but we shouldn’t be afraid of it.

When you have kids, there are a lot of things to stress out about (most of which I haven’t even come close to experiencing yet) and those things aren’t ever going to disappear. Neither, if you’re doing it right, will your fear and anxiety over those things. It won’t ever get easy. But anticipating the challenges is one thing, and letting yourself drown in anxiety over them is another. Especially since it doesn’t matter if you can handle being a parent or not; you have no choice. Once your kid(s) arrive, you have to.

So you do.
Dad’s Day at the Center!

Head Start Center-Based
Miss Sammi’s Shippensburg Class,
Miss Kelsey’s Newville Class, and
Miss Angie’s Carlisle Class

Every Second Monday and Wednesday

Pre-K Counts Classrooms
Miss Alyssa’s Nancy Grayson Class,
Miss Wendy’s James Burd Class,
Miss Katie B.’s Newville Elementary Class,
Miss Felicia’s Hamilton Class,
Miss Alyson’s W.G. Rice Class, and

Every Second Socialization

Early Head Start and Head Start Home-Based
Miss Milly and Miss Doris’ Mongul Church Groups,
Miss Katie K. and Miss Amy’s St. Paul Church Groups, and
Miss Laura’s Cora Grove Center Group
Successful Single-Parenting

“Single parenting means one person managing the affairs of a family without the benefit of a partner. It happens when a spouse is away for an extended period of time (e.g., in military service), when a family experiences a divorce, when parents do not marry and one parent chooses to raise children, or when a spouse dies. Single parenting is common and accepted in today’s society. Single parents face many concerns that are often economic, social, emotional, and practical in nature.” (Tactics for Improving Parenting Skills, edited by Bob Algozzine and Jim Ysseldyke, 1995)

Single parents may often feel isolated and alone, but the number of single-parent families has more than doubled over the past 25 years. Today, over 16 million children are living in single-parent homes. Being a single parent may well be a real challenge, but single parents can and do find ways to help their children grow up to be happy, healthy, productive adults who place a high value on family unity and relationships. Single-parent families may have problems, and there may be some drawbacks to that situation; however, all families face problems of one kind or another, and most of them survive the difficulties and come out stronger as a result of their experiences.

What Are Some Characteristics of Successful Single Parenting?

- Accept responsibility: successful single parents accept the responsibilities and the challenges of parenting their children by themselves
- Seek solutions to problems: without understating or overstating the difficulties, successful single parents find ways to make things work
- Recognize the difficulties: without self-pity or bitterness, successful single parents accept the sacrifices they will make for their children
- Make plans: successful single parents look to the future for their children and for themselves instead of wallowing in self-pity
- Maintain traditions and routines: successful single parents carry on family holiday customs and traditions as well as day-to-day routines to provide stability for children
- Commit to the family: successful single parents make the family their highest priority and put the needs of their children first
- Create open communication: successful single parents encourage clear and open expression of thoughts and feelings with their children
- Manage the home: successful single parents seek to be well-organized and provide financially for their children to the best of their ability
- Take care of themselves: successful single parents recognize the importance of taking care of their own physical and emotional health
- Encourage: successful single parents encourage their children to develop healthy relationships with their extended family members
- Make the most of time spent together: successful single parents know that quality time spent with their children is always better than buying more toys, clothes, or gadgets to make up for an absent parent

(Source: Dr. Stephen Duncan, “Characteristics of Successful Single Parenting”)
Single-parent families may face some problems that two-parent families may not face:

- helping children adjust to living with one parent in the case of divorce or death
- visitation and/or custody arrangements
- effects on the children of conflict between parents
- decrease in the amount of time parents and children spend together
- disruptions in extended family relationships
- change in the financial resources available

Regardless of the circumstances that have brought you to being a single parent, you still have the responsibility to raise your children to adulthood, and a great opportunity to create strong bonds with them that will last a lifetime. Though different from a two-parent family, a single-parent family can adapt to the changes and develop unique relationships that will hold the family together.

**How Can Single Parents Help Children Adapt to the Single-Parent Family?**

**In the case of divorce:**

- keep the children out of the dispute between the two of you
- don’t have the children take messages to the other parent for you; communicate with your ex-spouse yourself
- keep quiet about the ex-spouse’s faults
- realize that you have different parenting styles
- work to make visitation time pleasant for children
- keep the other parent informed about and involved in the children’s activities, school progress, problems, etc.
- promise your children that you will not abandon them

**In the case of death or temporary-yet-long-term separation (military assignment, for example):**

- admit and talk about the sadness and loneliness you all feel, but then talk about the good things in your lives to focus on the positive aspects
- help your child form meaningful bonds with other family members (grandparents, uncles and aunts, older cousins) who can help to be role models
- understand that everyone grieves and handles separation differently, so be patient and sympathetic
- seek professional help if your child shows signs of extreme and prolonged sadness, loss of appetite, inability to sleep, loss of interest in activities that he or she normally enjoys, preoccupation with death or too much worry about the absent parent
- spend extra time with children to assure them that you will always be there for them
- include the children in age-appropriate chores and decision-making at home to encourage voluntary cooperation from them
- enlist the help of extended family members and close friends to give you some time off to renew your own emotional and physical health
- make your children and their safety and well-being your first priority to guarantee their security and comfort
- continue to require your children to behave according to your expectations; appropriate discipline is needed to maintain stability and continuity in the family
- contact the Wyoming Children’s Access Network (WyCAN) at 307-674-5595 for help for parents who are divorced, separated, or never married

As a single parent, you need to take good care of yourself, focus on the family issues that are really important (a tidy house may not be the highest priority!), get support when needed from family and friends, spend quality time and have fun with your children—and most importantly—make sure to tell your children every day that you love them.

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Can't Find What You Need?
You can always reach one of our trained professionals by phone.

Call 2-1-1
Speak with a live, highly trained service professional in your area from any cell phone or landline. All calls are private and confidential.
ACCESSIBLE 24/7 • ALL LANGUAGES • COMPLETELY CONFIDENTIAL

National Suicide Prevention Lifeline
1-800-273-8255
CHAT WITH LIFELINE
USDA Nondiscrimination Statement 2015

FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:
(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

USDA Declaración de no discriminación 2015

Los demás programas de asistencia nutricional del FNS, las agencias estatales y locales, y sus beneficiarios secundarios, deben publicar el siguiente Aviso de No Discriminación: De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA. Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en: http://www.ocio.usda.gov/sites/default/files/docs/2012 Spanish_Form_508_Compliant_6_8_12_0.pdf, y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992.

Haga llegar su formulario lleno o carta al USDA por:
(1) correo: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; o
(3) correo electrónico: program.intake@usda.gov.
Esta institución es un proveedor que ofrece igualdad de oportunidades.
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SHIPPENSBURG  
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NEWVILLE  
MT. HOLLY SPRINGS  
BOILING SPRINGS  
ORRSTOWN  
LURGAN  
WALNUT BOTTOM

Now Recruiting for Preschool 2018

If your child will be four on or before September 1, 2018 now is the time to call about enrolling your child in Head Start, and Pre-K Counts!

Head Start & Pre-K offers quality preschool experiences at no cost to you to help your child learn the skills they need to be ready and excited for kindergarten.

- Highly qualified teachers, with experience working with young children.
- Small class sizes so your teachers have lots of time for your child.
- A curriculum and learning activities that help your child thrive.
- Review of your child’s development with teachers to help your child reach his/her promise.

PRE-K & Head Start: Serving Shippensburg School District  
(located in Nancy Grayson, James Burd Elementary, & Cora Grove)

PRE-K: Serving Big Spring School District  
(located in Newville Elementary, and Zion Lutheran Church)

PRE-K & Head Start: Serving Carlisle School District  
(located in Hamilton, LeTort, and Mt. Holly Springs Elementary)

PRE-K: Serving South Middleton School District  
(located in W.G. Rice Elementary)

Who Should Apply?

Children who will be 4 on or before September 1, 2018

Children who live in families who are at or below 300% of the federal poverty level (approx. $73,800 for a family of four)

You may be required to transport your child each day to and from school.

We are also recruiting for our Early Head Start Program that services Pregnant Mothers to Children aged 3.

How to apply:

Call Shippensburg Head Start 717-477-1626 or stop in and apply  
Cora Grove Spiritual Center, Shippensburg University,  
Shippensburg, Pa. 17257

Early Head Start, Head Start, & Pre-K Counts is available at no cost to families, but space is limited

Call Today!