SHIPPENSBURG HEAD START & PRE-K COUNTS

February / March 2021

News To Know...

For winter weather updates please follow your local school districts delays and closings and follow us at the pages below:

Important DATES:

Policy Council:
   Feb 18.
   March 18

WHEN YOU DON’T KNOW WHERE TO TURN,
   CALL 211
   RESOURCE HELPLINE

@:Shippensburg University

@ShipHSandPreK
FREE TAX PREPARATION!

Make $55,000 or less last year? You are eligible to receive FREE tax preparation through the Money in Your Pocket (MIYP) program. Review the following information BEFORE arriving at a site.

You MUST bring the following documents to have your taxes prepared:

- Valid photo ID (driver’s license, military ID, etc.) for taxpayer and spouse.
- Original Social Security card or Individual Taxpayer Identification Number (ITIN) for you, your spouse, your children and other dependents included in your tax return.
- Your current Identity Protection PIN number issued by the IRS (if you have one).
- Printed copies of all year-end tax forms you have received in the mail. (We cannot use electronic files from phones.)
- If you received health care from the marketplace, bring your form 1095-A. (We cannot prepare your return without it.)

Also bring the following information if it is available:

- Previous year’s federal and state tax returns. (We can only access prior year returns for clients who used MIYP last year.)
- If you wish to have your refund deposited directly into your checking or savings account, bring a blank check or other documentation from your bank/credit union that shows your account number and the routing transit number.
- If you expect to claim a credit for child or dependent care, bring the child care provider’s address and Employer Identification Number (EIN) or their Social Security number.

For more information on tax prep sites, contact United Way of the Capital Region at 717.724.4077, or e-mail miyp@uwcr.org.

TAX PREPARATION WILL BEGIN ON JANUARY 28, 2019 AT THE FOLLOWING SITES:

**CUMBERLAND COUNTY**

**Bosler Memorial Library**
158 W. High St., Carlisle
Appointment only. Call 717.254.8781 after 1/14 to schedule.
Friday: 1-4 p.m.

**Dickinson College**
Althouse Hall, Rm. 204
45 N. College St., Carlisle
Appointment only. Call 717.254.8781 after 1/14 to schedule.
Monday: 4:15-6:30 p.m. (1/28 to 2/25 only)

**Employment Skills Center**
29 S. Hanover St., Carlisle
At this site clients drop off returns and pick up at a later date.
Tuesday, Thursday: 5:30-7 p.m.

**First Christian Church of Lemoyne**
442 Hummel Ave., Lemoyne
Appointment only. Call 717.724.4077 after 1/22 to schedule.
Monday: 1-4 p.m.
Tuesday: 6:30-8 p.m.
Saturday: 9 a.m. - noon (select dates)

**New Hope Ministries, Inc.**
5228 Trindle Rd., Mechanicsburg
Wednesday: 5:30-8:30 p.m.

**Penn State Dickinson School of Law**
333 W. South St., Rm. 104, Carlisle
Appointment only. Call 717.240.5130 and leave a message. Volunteers will call you back to schedule a date/time.
(Closed 3/4 through 3/8)

**Shippensburg University**
Ceddia Union Building (CUB), Rm. 239
1871 Old Main Dr., Shippensburg
Wednesday: 5-9 p.m. (Closed 3/13)

**DAUPHIN COUNTY**

**Belco Community Credit Union**
449 Eisenhower Blvd., Harrisburg
Appointment only. Call 717.232.3526 to schedule.
Wednesday: 5:30-8 p.m.

**Boys & Girls Club of Harrisburg, Inc.**
1227 Berryhill St., Harrisburg
At this site clients must prepare their own taxes with the help of a coach.
Wednesday: 9 a.m. - 2 p.m.

**Market Square Presbyterian Church**
20 S. Second St., Harrisburg
Tuesday, Thursday: 10 a.m. - 3 p.m.
(Site will also be open on 1/24)

**Middletown Public Library**
20 North Catherine St., Middletown
Monday: 5:30-8 p.m.

**Tri County Community Action**
1514 Derry St., Harrisburg
Tuesday: 6-8:30 p.m.

**Widener Law Commonwealth & Central PA Law Clinic**
3605 Vartan Way, Harrisburg
Appointment only. Call 717.541.1993 to schedule.
Saturday: 9 a.m. - noon

**PERRY COUNTY**

**Perry County Literacy Council**
133 South 5th St., Newport
Appointment only. Call 717.567.7323 to schedule.
Monday, Thursday: 5-8 p.m.
Saturday: 10 a.m. - 1 p.m.

* Site may reach capacity early on high volume days.

Check out the other side of this flyer to find out if you might be eligible for money back!
LET TrAINED VOLUNTEERS PREPARE YOUR TAXES FOR FREE!

Low- to moderate-income individuals and families with a yearly income of $55,000 or less are eligible to receive FREE tax preparation from IRS certified volunteers through the Money in Your Pocket (MIYP) program.

- The amount of money you get back depends on the amount you earned.
- To get a refund, you must file a tax return even if you don’t owe anything.
- If you did not claim the Earned Income Tax Credit (EITC) in the past but were eligible, you can file an amendment at any time during the year for up to three previous tax years. You may be eligible for money you did not know about!
- Refunds for e-filed returns that will be direct deposited are usually received in 10 days or less.

FEDERAL EARNED INCOME TAX CREDIT ELIGIBILITY

If you fit these guidelines, you are eligible for the Federal Earned Income Tax Credit (EITC).

1. You may not have investment income of more than $3,500.
2. Your earned income in 2018 is equal to or less than incomes below:

<table>
<thead>
<tr>
<th>Children</th>
<th>Single Income</th>
<th>Married (filing jointly)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No children**</td>
<td>$15,270</td>
<td>$20,950</td>
</tr>
<tr>
<td>1 child*</td>
<td>$40,320</td>
<td>$46,010</td>
</tr>
<tr>
<td>2 children</td>
<td>$45,802</td>
<td>$51,492</td>
</tr>
<tr>
<td>3 or more children</td>
<td>$49,194</td>
<td>$54,884</td>
</tr>
</tbody>
</table>

* To be claimed, a child must meet relationship, age and residency requirements.
** If you have no children, you must be between the ages of 25 and 64.

All reasonable accommodations will be provided at no cost to individuals with special needs. For more information about special accommodations, or the availability of interpreters, contact United Way of the Capital Region at 717.724.4077, or e-mail miyp@uwcr.org.

MONEy IN YOUR POCKET PARTNERS:

- United Way of the Capital Region
  - Lead Agency
- Belco Community Credit Union
- Bosler Memorial Library
- Boys & Girls Club of Harrisburg, Inc.
- Central Pennsylvania Food Bank
- Dickinson College
- Employment Skills Center
- First Christian Church of Lemoine
- HACC, Central Pennsylvania's Community College
- Market Square Presbyterian Church
- Messiah College
- Middletown Public Library
- Mifflin-Juniata Human Services
- New Hope Ministries, Inc.
- Penn State Dickinson School of Law
- Penn National Insurance
- Perry County Literacy Council
- PNC
- Shippensburg University
- Tri County Community Action
- United Way of Carlisle and Cumberland County
- U.S. Department of Treasury, Internal Revenue Service
- Widener University
- Commonwealth Law School

FUNDED BY:

U.S. Department of Treasury, Internal Revenue Service

LEAD AGENCY:

United Way of the Capital Region

The Money in Your Pocket Campaign is a community collaboration to promote the Earned Income Tax Credit, free tax assistance and financial literacy within the Capital Region. Money in Your Pocket does not tolerate discrimination by its volunteers against anyone because of age, color, disability, race, reprisal, national origin, English proficiency, religion, sex, sexual orientation or status as a parent.

For more information, call 717.724.4077 or visit www.uwcr.org or www.irs.gov.
Kindergarten registration for the 2021-2022 school year is fast approaching. Below you will find the links to start the process for your school.

www.shipk12.org/student-enrollment-information

www.bigspringsd.org/Page/2120

www.carlisle.schools.org/student_services/registration/kindergarten_readiness

www.smsd.us/welcome/central_registration
From the Education

CREATIVITY IS CRAFTLESS (PROCESS VS. PRODUCT)

Remember when you first attempted to put together your child’s first “instructions enclosed, all parts included, no batteries required” toy? So many steps had to be done a certain way that you had to refer to the instructions many times. And if you are like most of us, you felt uncertain, inept, and uncoordinated.

When a child is asked to duplicate a given pattern, following a series of steps that result in an end product, the same feelings emerge. Class craft projects may be cute to put in the family scrapbook or nice to send to Grandma, but they do little for your child’s self-esteem, and cognitive development and creativity.

That is why blank paper, scissors, paint, markers, glue, and a variety of other materials to choose from are available at all times in our classrooms. Children are encouraged to use the materials to make their own creations.

When we do a special art activity with children, we may introduce a new material or even demonstrate possible ways to use some tools and materials, but the children themselves decide what they want to create and how. The children care more, learn more, and enjoy an activity more when they produce their own creations – not copies of ours.

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.
STAGES OF CHILDREN’S WRITING

Educators look at writing very differently than they did a generation ago. The things that young children seem to do naturally when given paper and markers are now viewed as true forms of writing.

There are at least five different stages of writing:

- **Drawing:** Children draw and “read” their drawings as a form of communication. They may draw an unrecognizable form and say, “I played in the home center today with my friends.” Or they may draw a treelike form and say, “This says remember to take me to the park.”

- **Invented letters:** Many young children make up their own letters. A circle with a line drawn down from the bottom (resembling a lollipop) is a common invented letter. Again, children believe they are writing.

- **Random letters:** As children become more aware of the alphabet, they often write the letters in long strings, usually at random.

- **Invented spelling:** Invented spelling takes many forms but is related to the sounds the children hear in each word. At the beginning of this stage, children may write one letter to represent one word. Later, words are represented by two letters, the initial and ending letter sounds. As the child’s writing continues to mature, most sounds are represented in their invented spelling.

- **Common spelling:** The child begins writing more and more words spelled as adults spell.

<table>
<thead>
<tr>
<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scribbles from left to right.</td>
<td>Uses letters in drawings.</td>
<td>Uses beginning sounds only to communicate about drawing.</td>
</tr>
<tr>
<td>Draws picture only.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stage 4</th>
<th>Stage 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uses beginning, ending and middle sounds to write words.</td>
<td>Writes recognizable words as well as sound spelling to write sentences.</td>
</tr>
<tr>
<td>Reads writing back to teacher</td>
<td>Writes from left to right. Is aware of space between words.</td>
</tr>
<tr>
<td>Uses invented spelling to write a sentence.</td>
<td>Experiments with punctuation.</td>
</tr>
</tbody>
</table>
Family Newsletter  

Love your heart!
Children need to have MVPA every day. MVPA stands for Moderate to Vigorous Physical Activity. When children get their daily MVPA, they are building strong hearts. Here are some examples of moderate and vigorous activities:

**Moderate activities** (make your heart beat a little faster)
- Walking
- Swinging
- Playing on a see-saw
- Pedaling a bike on a flat surface

**Vigorous activities** (make your heart beat really fast)
- Running
- Pedaling a bike uphill
- Going up a couple flights of stairs
- Playing a game of tag

And there is no better way to make your heart happy and healthy than by doing MVPA activities together as a family.

Know your heart
February is usually associated with love and hearts. How well do you really know your heart? Here are some fun facts about the most important muscle in your body.

- Clench your fists and put them side by side. This is roughly the size of your heart. A child’s heart is about the size of one clenched fist.
- A woman’s heart weighs about 8 ounces and a man’s is about 10 ounces.
- The human heart beats 35 million times a year.
- Women’s hearts beat faster than men’s.
- The left lung is smaller than the right to make room for the heart.
Chant it!
If your child is enrolled in a program that promotes I am moving I am learning, you might be familiar with the words of this chant, adapted from this I’m Moving I’m Learning CD song.

My Heart Says Thanks
When I eat my fruit (make eating motions), my heart says thanks.
Bump, bump, bump, bump (tap your heart with your hand) my heart says thanks.

When I drink my milk (make drinking motion), my heart says thanks.
Bump, bump, bump, bump (tap your heart with your hand) my heart says thanks.

When I rest and sleep (pretend sleep), my heart says thanks.
Bump, bump, bump, bump (tap your heart with your hand) my heart says thanks.

But when I move, move, move.... (move your body)
And when I jump, jump, jump... (jump)
And when I hop, hop, hop... (hop)
And when I run in place... (run in place)

My happy healthy heart says,
My happy healthy heart says,
Bump, bump, bump, bump (tap your heart with your hand) my heart says thanks.

For more information on Choosy Kids music or to sample the music, visit: www.choosykids.com/ck2/av

Move it!
This month’s Move It! focuses on a well known song and game, The Hokey Pokey. This activity is a wonderful way to help your children improve their listening skills and vocabulary.

Winter Hokey Pokey
The Winter Hokey Pokey is a great activity to do during the cold, inside winter months. It is also a great way to get your children dressed and ready to head outdoors.

You simply use the Hokey Pokey song and make changes based on what clothing your children have. For example:
- You put your mitten in, you take your mitten out, you put your mitten in and you shake it all about. You do the Winter Hokey Pokey and turn yourself around. That’s what it’s all about!
- You put your boots in...
- You put your coat in...
- You put your hat in...
- You put your scarf in...
- Add anything else you might be wearing

For more info on I am moving I am learning, visit: http://tinyurl.com/movelearn
Check out Choosy Kids and their resources at: www.choosykids.com
This publication was developed as part of the KKG! initiative. Visit the KKG! website at: www.panen.org/keystone-kids-go
Physical activity for young people during COVID-19

- Feel better
- Learn new skills
- Some is good, more is better
- Have fun

- Online yoga
- Make an action movie
- Learn to juggle
- Create dance routines
- Build an obstacle course
- Skipping
- Challenge mates online
- Balloon volleyball

- Do activities with your family
- Break up sitting during school time by moving about
- Check online for activity ideas

Infographic created by Steven Hanson  email: hello@floating-boat.co.uk
This infographic is based on the BJSM blog
Stay safe, be active: Physical activity for children and young people aged 5-8 years during COVID-19
When Children Experience Homelessness:

- They are sick four times as often as other children.
- They have high rates of acute and chronic illness.
- They suffer from emotional as well as behavioral problems almost three times as often as others.
- About 87% of school-age homeless children are enrolled in school but only around 77% of them attend regularly.
- They are four times as likely to have developmental delays and are also twice as likely to repeat a grade, usually due to frequent absences and moving to new schools.

Sources: Homeless Children America, Project Hope-Virginia

Call 211
Help Starts Here
5
WAYS TO HELP CHILDREN WITH
CORONAVIRUS ANXIETY

1. Manage Your Own Nervous System
2. Be Honest But Not Alarmist
3. Teach Kids What They Can Do
4. Reassure Them The Grownups are On It
5. Reduce Anxiety with Exercise & Fresh Air

- Jennifer Cohen Harper

Kid’s Event
JACKIE ROBSINSON

Saturday, February 13 at 10am

Bright Star Touring Theatre celebrates the achievements of Jackie Robinson, highlighting some of the best moments of his career and explaining his role in ending segregation.

This prerecorded program will be available for viewing starting Saturday, February 13 at 10am through February 26.

www.facebook.com/events/240802444160200
Join us via Youtube for Baby and Me viewable all week, a program designed specifically for infants up through age 2 to play, sing, and sometimes read a board book! Register now.

Join us for Toddler Storytime via BlueJeans on Wednesdays at 10:15 am. We’ll read 1-2 short picture books, and finish with fun activities! Register now.

Are you wondering how our curbside pickup works? Or the status of the Book Nook? Find out everything you need to know here!

Join us for Preschool Storytime! We’ll read 2 picture books and finish with fun activities! We will meet via BlueJeans on Thursdays at 10:15 am! Register now.

We have a variety of Take & Make Kits for you to take home with activities and crafts to complete (ie. American Girl Passport, etc.) Register now.

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**Onward Kids Consignment LLC**

**Public Events**

Thursday, April 22nd
4pm - 8pm

Friday, April 23rd
9am - 6pm

Saturday, April 24th
8am - 1pm

**Yellow Breeches Sports Center**

700 Shawnee Court
New Cumberland, PA

17070
FOOD SAFETY BASICS FOR KIDS IN THE KITCHEN

- Clean all countertops and kitchen surfaces before cooking.

- Never taste food until it is done cooking.

- Pull back long hair.

- Always cook with adult supervision.

- Wash hands with warm, soapy water before and after handling food.

- Always use clean utensils.

kidseatright.org #kidseatright
Puffy coats or snow suits look cute but should not be worn in car seats, experts say. During an accident, this clothing is flattened by impact and may allow the seat’s straps to loosen so that your child slips out – a dangerous combination when on the road.

FOLLOW THESE TIPS FROM THE AMERICAN ACADEMY OF PEDIATRICS

**DO**
- Keep the infant carrier inside your home to keep it warmer when not in use.
- Get an early start to warm up your vehicle and allow enough time to dress your baby or toddler in layers.
- Dress your child in thin layers. Generally, infants should wear one more layer than adults. If you have a hat and a coat on, your infant will probably need a hat, coat, and blanket. (See related tips below)
- Keep baby warm with a hat, socks, mittens and booties.
- If your child sucks fingers or thumbs, consider half-gloves with open fingers or keep an extra pair or two of mittens handy. Wet mittens make your child colder rather than warmer.
- Pack a bag of extra clothes and blankets, in case of emergency.
- Tighten straps so they fit snugly. You should be able to fit a finger underneath, but you should not be able to pinch any excess.
- Make sure the top layer is removable so the baby doesn’t get too hot after the car warms up.

**DON’T**
- Forget hats, mittens, and socks or booties. These help keep kids warm without interfering with car seat straps.
- Cover baby’s face.
- Use any accessories that did not come with the car seat. Only use car seat covers that go over the baby.
- Use a car seat cover if it has a layer under the baby. Nothing should ever go underneath your child’s body or between her body and the harness straps.
- Use items that didn’t come with the car seat. It has not been crash tested and may interfere with the protection provided in a crash. Use sleeping bag inserts or other stroller accessories in the car seat.

**HOW TO LAYER UP**
- Start with close-fitting layers on the bottom, like tights, leggings and long-sleeved bodysuits.
- Add pants and a warmer top, like a sweater or thermal-knit shirt.
- Your child can wear a thin fleece jacket over the top.
- In very cold weather, long underwear is also a warm and safe layering option.
Go Green

Spring has almost sprung. It won’t be long before you can head out into the great outdoors for fun and sun. This month’s newsletter features things you and your family can do inside to turn trash into treasure. Think about what you usually throw away. Many things like cans, plastic bottles, cardboard and paper can be remade into new items. Making recycled goods takes less energy and fewer resources than making products from brand new materials.

“Green” Bean Bags

Where did the other sock go? Ever ask yourself that question while doing laundry? Now you can create bean bags from lonely or worn out socks. You will need:

- Old or single socks
- Scissors
- Stuffing (beans, Styrofoam, popcorn, etc.)
- Something to close the end up with (needle and thread, strong glue, duct tape)

Directions:
1. Cut off the open end of the sock, leaving 4-5 inches.
2. Fill the toe of the sock with stuffing. Make sure to leave enough room to close it off and for the stuffing to be able to move around a little.
3. Close up the end with what materials you have.

Note... If you chose to close the sock with a needle and thread or certain types of glue, it is advisable that an adult do it. Another option is to leave the sock alone and simply close the end with a knot.

Use your bean bags in a variety of ways. Not sure what to do? Check out the Move it! section for a fun inside activity.
Chant it!
Phonological Awareness is a very important skill children need to become readers. The best way to help children to develop Phonological Awareness is by encouraging them to do something they love…play with words. This month’s Chant it! focuses on the rhyming song, Willoughby Walliby Woo. You and your family can get creative and make up your own silly song.

Willoughby Walliby Woo
Willoughby walliby wee
An elephant sat on me
Willoughby walliby woo
An elephant sat on you
Willoughby Walliby Wusten
An elephant sat on Justin
Willoughby Walliby _____
An elephant sat on _____

Move it!
This month’s Move It! focuses on an inside tossing activity. All it takes is a little preparation and safety check.

“Green” Bean Bag Toss
You will need:
- Bean bags (refer to the activity on the front page of this newsletter)
- Cardboard box
- Tape or a piece of paper

Note... To involve the children even more, you can give them markers or stickers to decorate the box. You can also cut holes of various sizes in the side of the box.

Directions:
1. Find a good place in the house to set up the game, somewhere free from fragile objects and plenty of room.
2. Set the box on the floor, either with the opening on the top or the front.
3. Place a piece of tape or paper to show the children where to stand. The older the child, the further away from the box.
4. Encourage your children to throw the bean bags with the goal of getting them in the box.

To make the bean bag toss box shown above, visit: http://www.make-baby-stuff.com/bean-bag-toss-game.html

For more info on I am moving I am learning, visit: http://tinyurl.com/movelearn
Check out Choosy Kids and their resources at: www.choosykids.com
This publication was developed as part of the KKG! initiative. Visit the KKG! website at: www.panen.org/keystone-kids-go
When I first heard my wife was in labor, I was 700 miles away, preparing for a 10-day dive trip. I was waiting for the weather to clear so I could get on a boat with a National Geographic photographer to travel to a remote island to shoot manta rays.

Why would I schedule a reporting expedition so close to such an important event? Well, the obstetrician said the baby would be late, so I would have at least five days to spare. You see, I swore that fatherhood wouldn’t change me. I was an environmental journalist, adventurer, explorer and former mountain guide. I said things like, “The baby will have to adapt to my lifestyle, not the other way ’round.” But from the start, the kid had other plans.

We were living in Mexico City at the time, so, after getting the call, I bought a ticket for a last-minute flight, bribed a cop to take me to the airport and caught a ride with a taxi driver who drove 25 miles per hour through bumper-to-bumper traffic blasting the theme song to James Bond the whole way. To this day I’m not sure how I made it in time.

And then I was a father. I had always assumed I would go right back to what I was doing, and for a while I did. I published a book about belief and medicine and went deep into the story of the endangered vaquita marina, or Mexican porpoise. But it wasn’t the same — something had shifted.

It’s hard to say who the greatest living mountaineer is. Different people have particular specialties on big mountains, steep overhangs or tiny boulders. For my money, it’s Tommy Caldwell. In 2005, the summer before I started journalism school, I climbed El Capitan in Yosemite National Park. Caldwell was up there at the same time, climbing arguably the hardest long route anywhere — the Nose of El Capitan. He and his partner were only the second team to do it.

In 2013, Caldwell’s first child was born. That same year he climbed an entire Patagonian ridgeline, including the ice monster, Fitz Roy, for the first time.
ever — seven massive peaks in one go. Then he climbed a route on El Capitan called the Dawn Wall, which spurred a documentary film and still might be the hardest climb of its kind in the world. Two career-making achievements in one year, with a baby in his life.

“You think you’re busy, and then when you have kids you redefine that,” said Caldwell. “Having this kid has turned me into a higher producing individual — I kind of really love it.”

When his son was born, he worried that he might lose his edge, the way I did two years later. That he would be 5,000 feet off the ground in some perilous moment and he would hear his baby’s laugh in his head and wouldn’t be able to continue. But fear of his own fear drove him to push himself.

Lately he’s started to throttle back, however. He wrote a book, he’s turning down expeditions to Patagonia, and he’s doing more speaking gigs and environmental work. He’s wondering if being a professional athlete is really as important as it once was. I asked him if he regrets becoming a dad and a husband.

“I’d certainly be going off to the Himalayas two or three times a year, I’d be going on big expeditions all the time,” he said. “I’d probably be dead right now if I didn’t have a wife and kids. And my life is so wonderful.”

When I bring up my own existential worries about losing myself to parenthood, Caldwell looks puzzled. He doesn’t worry about his identity nor the kind of father he is becoming. Anxiety and regret aren’t a very big part of his life, he said. A career chasing mountains has taught him to live comfortably in the moment.
“Every father should remember that one day his son will follow his example instead of his advice.”
-Charles F Kettering

“What I’ve realized is that life doesn’t count for much unless you’re willing to do your small part to leave our children—all of our children—a better world. Any fool can have a child. That doesn’t make you a father. It’s the courage to raise a child that makes you a father.”
-Barack Obama

Every son quotes his father, in words and in deeds.
# COVID-19: IMMUNE SYSTEM BOOSTERS

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Foods &amp; Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zinc</td>
<td>Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • Important for wound healing</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • Protect cells from oxidative stress, a product of infection or chronic inflammation</td>
</tr>
<tr>
<td>Iron</td>
<td>Lentils, spinach, tofu, and white beans • Aids in non-specific immunity, the body's first line of defense</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • Helps protect cells from oxidative stress</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Sweet potatoes, carrots, red bell pepper, spinach, black-eyed peas, and mango • Helps regulate our immune response</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>Green vegetables, chickpeas, cold-water fish such as tuna or salmon • Supports more efficient reactions between different parts of our immune system</td>
</tr>
</tbody>
</table>

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## Pizza Quesadilla

1. Place tortilla on plate
2. Cover with cheese and add pepperoni
3. Fold in half and cook on griddle or in microwave
4. Warm marinara
5. Cook until melted dip & Enjoy!

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## Banana Cookies

1. 1 banana sliced
2. 4 gram crackers crumbled in a ziploc bag
3. Put the banana in the baggies and shake it
4. Eat it up. Yum yum!
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_506_Com plaint_12_0.pdf, o bien escríba 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.

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How to apply:

Call Shippensburg Head Start 717-477-1626

or stop in and apply

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Shippensburg, Pa. 17257

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