Hello Head Start participants, I hope you are staying safe and healthy. At Head Start we believe it is important to maintain a healthy lifestyle.

Learning and teaching your children how to cook is one of the ways we believe can encourage children to stay healthy and can also be a great way to bond and have fun with your children. Also, we believe learning new recipes can help children understand math (through measuring and counting), language (through new vocabulary words), and literacy (through following a recipe).

Therefore, we have created some recipes you can do at home with your kids that are fun and easy to do, even if you are a beginner!!!

So, what are you waiting for, let’s get cooking!!!!

*Remember: Always wash your hands (for 20 seconds), cover your mouth when you sneeze or cough (in your sleeves), and don’t touch your face (due to germs spreading). Also, stay home to keep your family and others safe.

Recipe 1- Yogurt & Honey Fruit Parfaits
Preparation Time: 20 minutes Serving Size: 3

Ingredients:
2 ½ cups of mixed fruit
½ cup of vanilla yogurt
½ Tablespoon of honey
1 crushed graham crackers

Directions:
1. Set aside 3 small bowls.
2. Mix yogurt and honey and set aside in separate bowl.
3. Place fruits evenly in each small bowl.
4. Next, put yogurt mixture in each bowl.
5. Lastly, top it off with the crushed graham crackers and enjoy!!!

Recipe 2- Creamy Honeydew Popsicles with Lime
Preparation Time: 5 hours 30 minutes
Serving Size: 6-8 Popsicles

Ingredients:
2 cups of honeydew melon, chopped in chunks
¼ cup water
¼ cup + 2 Tablespoon of lime juice
1 medium avocado, skin and pit removed

Directions:
1. Blend: Add all ingredients to blender until smooth.
2. Freeze: Pour the blended ingredients to popsicle molds. After the popsicles are in the freezer for an hour, push a popsicle stick in each popsicle. Then place popsicles back in the freezer for 4 hours.