



Easter Egg Scavenger Hunt - helps increase physical activity!

1. Write clues on pieces of paper.
2. Place clues inside plastic eggs (if you have none, they are on sale now).
3. Place eggs in their specific location to be found by excited children.
4. Children must do the exercises and then move on to the next location.

Clue Ideas:

Egg 1: Do 10 push-ups, can you do more? Look for the next clue, on the front door.

Egg 2: Jump in place for a minute, than a smidge. If you aren't too tired look in the fridge.

Egg 3: Raise your legs high, touch your knee to your nose. Do this ten times, and then check the garden hose.

Egg 4: Sit down and stretch, you've been busy as a bee. Then get up and run to the nearest tree.

Egg 5: Do a little dance, you're almost done. The kitchen table is where we have so much fun.

Egg 6: Doing 5 jumping jacks will make you a star. Then finish your hunt at the family car!

*** Then, after Egg 6 is found, you can take a trip to a park or trail to continue the fun! Idea from www.superhealthykids.com/easter-egg-fitness-treasure-hunt*



Gardening with Children

Children are natural gardeners. They're curious, like to learn by doing, and love playing in the dirt. Working in a garden, a child can experience the satisfaction that comes from caring for something over time, while observing the cycle of life first hand.

We have worked with some WIC families in the past on gardening and will continue to offer opportunities. This year we will not have a WIC garden per se, but anyone who is interested in learning about gardening should contact us. We can refer you to the Opportunity Gardens program at Columbia Center for Urban Agriculture (CCUA) - email og@columbiaurbanag.org for more information. CCUA empowers people to grow food for themselves by providing mentoring services and garden supplies and is open to residents in Columbia.

We also have a limited supply of 4 X 4 X 8" raised beds and a small number of seeds we can get you. We have the garden planting guide from MU Extension, so you know what to plant when. You also may want to pick up special seeds or transplants at your nearest gardening center that are easiest for children to grown and plant. My top four choices are:

sunflower | A must for a child's garden. Plant just one or two, since they take a lot of room. Sunflowers will sprout in 1 week, become a small seedling in 2 weeks, and should be 2' tall in a month. In 8 weeks, the buds will flower revealing hundreds of seed kernels.

lettuce/mescluns | A quick and reliable crop to give the child fast results, and also a good way to interest kids in salads. Lettuce likes part shade; keep soil moist especially during the first two weeks. The seeds will germinate in 7-10 days; growing season is 40-50 days.

Access to Healthy Food Program

This program allows families to double their money (up to \$25) each week at the Columbia Farmers Market. you can use your SNAP dollars or if you are WIC-eligible you can use cash.

2016 Market Dates

March 19th - October

- Saturdays at the ARC, 8-12pm

April - October

- Wednesdays at the ARC, 4-6pm
- Thursdays at the Forum Christian Church, 3-6pm

FREE Yoga Classes for parents and their 2-5 year old children. Classes meet at the Training Room at 1818 W. Worley.

- Thursday, April 21 from 6-7pm (24-47 month olds)
- Thursday, May 19 from 6-7pm (4-5 year olds, up to pre-K)
- Preregistration is required - space is limited. Call 573-214-3955 to sign up.

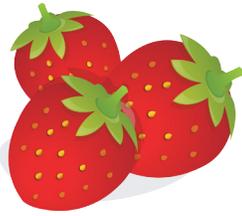
snow peas | A quick-growing early crop, and fun for kids to eat right off the vine. They take about 10 days to germinate and mature in about 60 days. Peas prefer cooler, partially shaded locations in the garden. Snow peas are popular because the pod is edible

cherry tomatoes | These may be the most fun crop for a child, aside from strawberries. Plant in full sun and use transplants rather than seeds. Put in a 2' stake alongside each plant; they need to be tied loosely to stakes as they get taller. Water at ground level, trying to keep leaves dry. Growing season is 50-75 days. Cherry tomatoes can also be grown in containers.



What's in Season this Spring?

- Asparagus
- Beets
- Broccoli
- Carrots
- Cauliflower
- Greens
- Peas
- Radishes
- Rhubarb
- Spinach
- Strawberries
- Turnips



Veggie Quesadilla: Sneaking Veggie into Kids!

Ingredients:

- Olive Oil
- Green and yellow bell peppers
- Tomato
- Onion
- Whole Wheat Flour Tortilla
- Shredded Cheese (cheddar or blend)
- Salt and Pepper
- **Optional: Lettuce, Sour Cream, Avocado)

Preparation:

- Dice veggies: peppers, tomatoes, and onion.
- Heat olive oil in skillet. When hot, add veggies and season with salt and pepper.
- When veggie are cooked remove from pan and set aside.
- Add tortilla to same pan and spread a handful of cheese on top.
- Add veggies and diced tomatoes back to the quesadilla.
- Sprinkle more cheese to act as glue to the top of the tortilla.

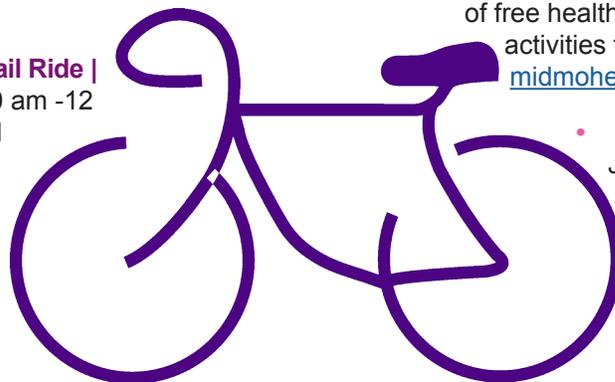


Photo By: Leah Damron



Things to do this Spring!

- **CoMo Duck Derby** | Sat. April 9th, 12-4 pm. Stephens Lake. Rubber duck race to support the Humane Society: For more information email staff@cmhspets.org or call (573) 443-7387
- **Earth Day** | Sunday April 24th, 12 pm.– 6p.m. at Peace Park.
- **Tons of Trucks** | Weds. April 27th 4-7 p.m. in the Target parking lot of Columbia Mall. Trucks and other vehicles of all shapes and sizes to explore.
- **Stephens Lake Park Amphitheater Concert Series** | Thursday, May 5th, 2015 6:30 pm, – Babaloo music, fun and magician. Join us at the beautiful Stephens Lake Park Amphitheater for an evening of music under the stars.. Bring a blanket or low lawn chair.
- **14th Annual Bike, Walk & Wheel Week** | May 3-9, 2015. Check web page for a full schedule: https://www.gocolumbiamo.com/ParksandRecActivities_and_Programs/BikeWalkandWheelWeek.php
- **Movies in the Park** | Friday, May 13, 8:30 pm and June 10th 9:00 pm. Flat Branch Park, \$2 per person, free for kids 8 and under. Bring a blanket and enjoy a movie on the large, inflatable screen. May movie Frozen Sing Along (PG). June movie: The Good Dinosaur (PG)
- **Bear Creek Family Bike Trail Ride** | Saturday, May 16, 2015, 10 am -12 pm. Meet at Albert-Oakland Park Shelter #2. Total ride distance about 10 miles. Helmets required.



- **Heritage Weekend** | May 16-17, 2015, 3-8 pm. Douglass Park. The unofficial opening of the park for the summer! Activities include balloons, table games for kids and adults, live music and family fun. Bring your lawn chair!
- **Family Fun Fest: Kindness is Contagious** | Wednesday, May 27, 2015, 6-8 pm NEW LOCATION! Cosmo Park, Join us for music, fun, crafts and activities promoting kindness. Sponsored by Putting Kids First and Children's Grove.
- **Mid-MO Health Expo Saturday** | June 4 from 8-1 Columbia College's Southwell Complex Take advantage of free health screenings, educational booths and activities for all ages. For more info visit <http://www.midmohealthexpo.com>.
- **Art in the Park** | Saturday and Sunday, June 4-5, 2016, 10am-5pm (Saturday), 10am-4pm (Sunday), Stephens Lake Park. Sponsored by the Columbia Art League