

# Arkansas NAP SACC Child Care Provider

Issue 5

Newslinks

June 2011

Thanks to everyone that helped make the first Statewide NAP SACC Conference a huge success.

A very special thanks goes

**To our sponsors:**

Arkansas Division of Child Care and Early Childhood Education and the Arkansas Department of Health.

**To our presenters**

Joy Rockenbach

Mary Wells

Elaine Davis & Marilyn Bailey

Jo Ann Nalley

Faith Anaya

Kathryn Justice Aughtry

Rebecca Simon

And to our

**Panel of Providers**

Dana Mynatt

Shirley Post

Elizabeth McClure

Sonji & Ronnie Comic



# Snapshots of the Conference



Thanks to you all for a fun filled day!



## Obesity Prevention in Early Care & Education

*NEWS BLAST*

May 2011

Issue 7

### State Spotlight: Arkansas

Arkansas was featured in the May 2011 edition of the *News Blast*. The feature included a brief history of the statewide NAP SACC program. The NAP SACC program has grown in Arkansas from 5 sites in 2006 to 121 sites in 2011 that have had access to the NAP SACC training and support systems. This growth has been made possible from the partnerships between the Arkansas Division of Child Care & Early Childhood Education, the Arkansas Department of Health and the Resource and Referral Statewide Network and of course our great Child Care Providers. Many good things are happening within our state as we take action steps to help fight childhood obesity. Our hats are off to the many providers that have participated in the NAP SACC program over the years, and are continuing to use best practices in nutrition and physical activity within their facilities and personal lives. Keep up the good work!!

Any comments or suggestions for future newsletters may be submitted to [dmize@wprdd.org](mailto:dmize@wprdd.org) at **CHILDREN** of Northcentral Arkansas  
We want to hear your success stories and advice for future participants.



Thanks to our exhibitors for some great FREE stuff and good information!

*Newslinks* is published by  
**CHILDREN** of Northcentral Arkansas

## Activities Page

### Red, White, and Blueberry Freeze Pops



Sweet, cool and healthy, these fruity, frozen pops are great pick-me-ups between summertime games.

#### Ingredients

- 10 (5-oz.) plastic or paper cups
- 1 quart raspberry juice
- 10 Popsicle sticks
- 1 pint frozen vanilla yogurt
- 1 cup fresh or frozen blueberries

#### Instructions

1. Assemble the cups on a cookie tray. Pour an inch of raspberry juice into each cup, then place the tray in the freezer. When the juice is partially frozen, set a Popsicle stick in the center of each cup and let the juice freeze solid.
2. Pour 1 cup of water into a blender. Add 4 large scoops of frozen vanilla yogurt and blend until smooth.
3. Pour an inch of the vanilla mix on top of the frozen raspberry juice layer in each cup and freeze again.
4. Once the vanilla layer sets, blend 1 cup of water, the blueberries and a large scoop of frozen vanilla yogurt. Spoon the blueberry mix into the cups. Freeze overnight.
5. To serve, dip each cup into a bowl of warm water for an instant. The pop should slide out easily. Serves 10.

Making old games new again, at little or no cost! Use in your child care facility and share with your families.



Here's a simple way for families to exercise both their minds and bodies. Start by writing the names of favorite sports on slips of paper. Drop the slips into a hat and randomly pick two. The object: to come up with a game that's a hybrid of both. We've provided some examples below.

#### What You Need

- Paper
- Pencil, pen, or marker
- Hat
- Sports equipment for chosen games

#### Instructions

1. **Goffle (golf + wiffle ball):** Tee off with a Wiffle ball and bat and take turns putting into a coffee can on its side.
2. **Hu-Square (hula hoops + 4-square):** Like 4-square, only players guard hula hoops instead of chalk boxes.
3. **Bowl-quet (bowling + croquet):** Set up three to five empty plastic soda bottles on a flat surface, then see how many you can knock down in two tries with a croquet mallet and ball.