



thefamilycenter

VIRTUAL CENTER

Welcome to The Family Center!

Franklin County's newest resource for families with young children.

The Family Center website is now LIVE! Visit today for resources, tips, and more!

[Click here to visit the site!](#)



The Importance of Nutrition

From knowing when and how much to feed your newborn to introducing solid foods, from handling picky eaters to tackling sneaky snackers, your child's nutrition can be one of the more challenging topics in parenting. We're here to help! There are many resources out there for us as parents to sort through, so it can be hard to find the best ones. This edition will focus on giving you great recipes, local resources, and websites to support you in helping your child (and you!) to build a healthy foundation.

Kid's Healthy Eating Plate



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Kid-Friendly Recipes

Here are a few kid-friendly recipes to get you started!

- [Blue Banana Smoothie](#)
- [Oven-Baked French Fries](#)
- [Pita Pizza](#)
- [Hawaiian Chicken](#)



"Release your attachment to how things "ought" to be and instead surrender to how they actually are."

-Dr. Shefali Tsabary

Nutrition Resources

- Eating together can build healthy nutrition habits and support social

emotional connections! Check out this [resource](#) for some tips for eating as a family.

- Picky eater? Zero to Three can help with this [parenting resource](#). WIC has some [resources](#) to help as well!
- Running out of ideas for meals or snacks? We got you! Click [here](#) for Kid Eat Right recipes from The Academy of Nutrition and Dietetics. Click [here](#) for Heart Healthy Recipes from the National Heart, Lung and Blood Institute.



Parent Corner

Question: I don't feel like I am the best person to talk to my children about health as I am overweight and struggling to lose. How can I support them in being healthy?

Response: As a parent, you are a family leader. You are your children's most important role model—

especially when it comes to making healthy choices. If you eat right, move more, and limit your screen time, your kids will, too!

Stocking your kitchen with easily accessible, healthy foods is a great start. Your children will see you reaching for these and begin to do the same! Planning meals ahead of time can also be a great tool, it helps to lessen the temptation of fast food.

Encourage physical activity, let your kiddos try lots of different things, and see what they like! Starting young with a regular activity schedule can help your little ones stay active as they get older.

Finally, be mindful of how much time you spend in front of a screen. Much of the food and drink we see advertised isn't the best for us. Knowing this, in addition to limiting your screen time, can give you the power to make healthier choices for you and your family!

How would you like to have the support of an early childhood community at your fingertips?

Do you have a question about your child's development or behavior?

Do you need new ideas for things to do with your little one?

Are you struggling with an issue as a family?

Talk to us!

We have a whole community of childcare providers, early childhood teachers (infant through third grade), mental health staff, social workers, doctors and early intervention specialists ready to help. Send us any question, and we mean **ANY** question and we will get you answers. Each month we will feature a few of these questions to help all the other families in Franklin County too. You are not alone—let us be a part of your village!

Ask your
question

Community Spotlight

With warmer weather comes the opportunity to get healthy, local produce to freshen up our meals and snacks. Here are some local places to find great produce and meet the growers to help your children make the connection about where our food comes from. Bonus! When you include your children in the process of picking out new foods to try, they are more likely to eat them!

North Square Farmers Market

Opening Day May 22nd

North Square Farmers Market at Chambers Fort Park, Chambersburg is where you can find South Central PA's best locally grown produce, meat, eggs, cheese, baked goods, flowers, prepared foods, and artisan crafts! All of the produce is exclusively from local farms, artisans, and entrepreneurs. They even offer activities for the kids while you're there!

<http://www.northsquarefarmersmarket.com/>

Waynesboro Farmers Market at the Park

Open Saturdays beginning in May

You won't have to go far to shop small, local, and fresh this year. Saturdays in May all the way up to the annual Market Day, the open-air market at the Park on Mainstreet will be serving up delicacies to the citizens of Waynesboro.

<https://www.mainstreetwaynesboro.org/market-on-main>

Check out [this listing](#) from Healthy Franklin County of other places to get local produce. There you can also check out other types of food resources in Franklin County.

Not sure what's in season and when? Check out this [SNAP Produce Guide!](#)

Art Adventures

Join us for our next adventure
LIVE on Facebook!

You and your kiddos will have the chance to channel your inner artists this month!

Art Adventures will be held every Saturday, starting May 15! We hope you can join us! More information will be posted on the First Start Partnerships for Children & Families Facebook & Instagram!



Local Event

Youth Festival

SAVE THE DATE! Youth Festival
GET UP AND GO—OUTSIDE!
Sunday, May 23 • 1-5 PM
PINE HILL RECREATION AREA • WAYNESBORO, PA
FREE!

Featuring:

- Skateboard demonstration by Embark Skate Shop, Frederick Md.
- Waynesboro Ceramic Arts Center
- Early Learning Center of Waynesboro Area School District
- Eyer's Pelts and Critters
- Bartlett Tree will be giving out Blackgum seedlings
- Family Hike through Pine Hill Trails
- StoryWalk® and Craft

Sponsored by **EMBARK**

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 Since 1990!



Youth Festival is also made possible in part by contributions to the Today's Horizon Fund by: The Nora Roberts Foundation, The John R. Hershey Jr. and Anna L. Hershey Family Foundation, Alma W. Oyer, APX Enclosures, Inc., and the Carolyn Terry Eddy Family; Carolyn, with daughters Connie Fleagle & Kim Larkin.

NatureAndCultureInstitute.org • 717-762-0373

The Institute is hosting a Youth Festival Sunday, May 23! There will be multiple vendors and activities for kids of all ages to enjoy!

Visit [The Nature and Culture Institute's webpage](http://TheNatureandCultureInstitute.org) for more information.



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AND you will receive a gift from us for helping us spread the word!

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