

SHIPPENSBURG HEAD START & PRE-K COUNTS

November/December 2023

News To Know...

Looking for Updates?

Please remember to follow us:



@:Shippensburg University
Head Start Program



Important DATES:

Policy Council:

Nov. 16

Dec 14

NO CLASS:

Nov. 10

Nov. 20—27

Dec. 20-29

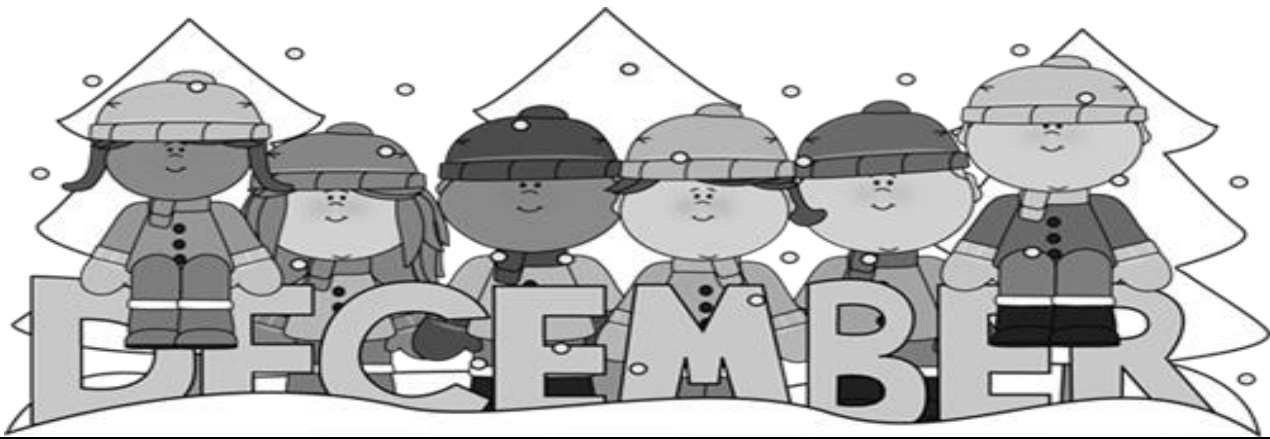
*We Wish you Happy Holidays
And a Wonderful New Year*



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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 HB Soc. 10:00-12:30	3	4
5	6	7 EHS 1&2 Soc. 10:00-12:00	8 EHS 3&4 Soc. 10:00-12:00	9 Family Fun Night - Ship 5pm-7pm	10 Veteran's Day- Closed	11
12	13	14	15 Family Fun Night - Carlisle 5pm-7pm	16 Policy Council 10am Home Base Soc. 10-12:30	17	18
19	20 Program Closed	21 No Class EHS 1&2 Soc. 10:00-12:00	22 No Class EHS 3&4 Soc. 10:00-12:00	23 Thanksgiving Day Program Closed	24 Program Closed	25
26	27 Program Closed	28	29	30 Home Base Soc. 10-12:30		



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					1	2
3	4	5 EHS 1&2 Soc. 10:00-12:00	6 EHS 3&4 Soc. 10:00-12:00	7 Home Base Soc. 10-12:30	8	9
10	11	12	13	14 Policy Council 10am Home Base Soc. 10-12:30	15	16
17	18	19 EHS 1&2 Soc. 10:00-12:00	20 Program Closed	21 Winter Break- Closed	22 Winter Break- Closed	23
24	25 Winter Break- Closed	26 Winter Break- Closed	27 Winter Break- Closed	28 Winter Break- Closed	29 Winter Break- Closed	

From the Education

Learning about numbers is a preschooler's first step toward becoming a budding young mathematician. And in preschool, math learning is all about counting, number recognition, and one-to-one correspondence. If a child doesn't ace these seemingly simple skills in a timely manner, don't fret: even math whizzes need time to blossom. But with age appropriate techniques, helping your child to master these math milestones will be as easy as 1, 2, 3!

Counting is the ability to recite numbers in order.

How to practice it:

- Recite nursery rhymes and sing songs that include counting such as: *One, Two, Buckle My Shoe*, *There Were Ten in the Bed*, *This Old Man*, *Five Little Ducks* and *The Ants Go Marching One by One*. This will give your child an opportunity to practice counting in a fun and playful manner. You can find free song lyrics and listen to melodies at www.kididdles.com.
- Find counting books at the library. You will want to be sure to check out a few of these classics and find your favorites: *Over in the Meadow* by Ezra Jack Keats, *Count* by Denise Fleming, *Five Little Monkeys* (series) by Eileen Christelow, *Ten Black Dots* by Donald Crews and *Anno's Counting Book* by Mitsumasa Anno.
- While in the car or waiting in line, have your child count as high as he can go. Have him clap as he says each number name to make the learning kinesthetic. Add a new number each time you practice.

Number Recognition is the ability to visually recognize and name numbers.

How to practice it:

- Point out and name numbers on street signs, houses and buildings while you are out and about. Find numbers around the house on appliances, telephones, remote controls (remove the batteries and let him play), clocks and thermometers.



Coordinator's Desk

- Give your child a calculator and let him play with the numbers. Ask him to find the number that shows how old he is and show him the number that shows how old you are. Have him type in the numbers 0-10 in order. This learning tool works well when you are waiting in line; keep one in your purse for emergencies!
- Purchase a package or two of magnetic numbers. Allow your child to match up pairs of the same number and put the numbers in order. Take a cookie sheet and numbers in the car for on-the-go learning.

One-to-One Correspondence is the matching up of a verbal or written number with an object. When a child has mastered one-to-one correspondence, he can touch objects as he counts them.

How to practice it:

- Have your child count at mealtime by matching up napkins and spoons, counting plates and cups for each family member or doing a count to be sure there are enough chairs when you have company for dinner.
- Make snack time learning time by writing the numbers 1-12 in the bottom of an egg carton and have your child count the appropriate number of small crackers, cereal or cookies into each section. Keep the egg carton on top of the fridge or pantry for repeated practice.
- Count everything as you go through the day. Count the steps as you go up and down, count the number of times the phone rings before you answer it, the number of toys you put in a bathtub or how many books you read before bed-time. Put stickers on a piece of paper and have your child touch each one as he counts.



For more information or any concerns in reference to your child's educational experience, please contact your home visitor, teacher, or an Education Manager at 717-477-1626.



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.

Microwave:

Cook immediately after thawing.

How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean



Wash your hands for 20 seconds with soap and warm water.



Utensils
Plates
Countertops
Cutting boards } SHOULD ALSO BE WASHED



Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE



Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.



Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.



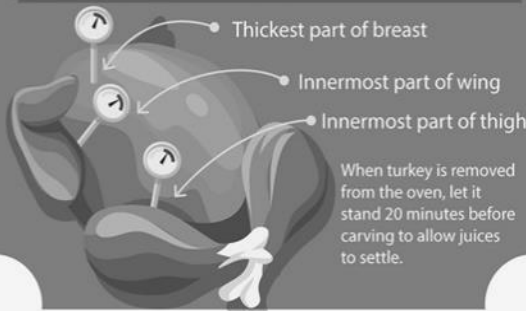
COOK



Your bird is not safe until it reaches 165°F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165°F, too!

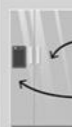
Use three places to check the temperature.



When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!



Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					✓	✓
✓	×	×	×	×	×	×

Last day Thanksgiving leftovers are safe from the fridge.



Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.



Be sure to pack leftovers in a cooler if traveling.



Reheat thoroughly to a temperature of 165°F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.



Shippensburg Head Start & Pre-K Counts Events



*** The 2nd Parent Committee Meetings will be held in December or January for the Early Head Start and Head Start classrooms.**

<u>Head Start Home Base</u>	Thursday, December 7th at 10:00 am
<u>Newville Head Start</u>	Friday, December 15th at 1:00 pm
<u>Early Head Start 1 & 2</u>	Tuesday, December 19th at 10:00 am
<u>Hamilton Head Start</u>	Wednesday, January 10th at 1:00 pm
<u>Early Head Start 3 & 4</u>	Wednesday, January 17th at 10:00 am
<u>Ship Head Start</u>	Thursday, January 25th at 1:00 pm

*** Family Fun Night**

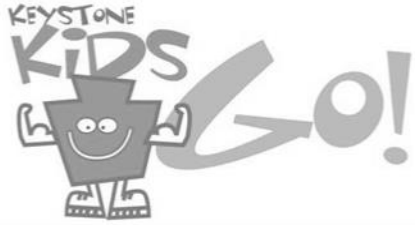
Interactive activities for children and families using the 5 domains.

Dates:

Thursday, November 9th 5-7 pm @ Nancey Grayson Elementary School, Shippensburg

Wednesday, November 15th 5-7 pm @ Hamilton Elementary School

**UPcoming
EVENTS**



Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

November

The Boss of Your Body

Being in control of your body... What a wonderful feeling! Being the boss of your body is a skill. A skill that does not come naturally, but one that is taught to children. Our job is to help children learn to be the boss of their body. A child who is the boss of their body has good self-control, feels good about him/herself and is more likely to behave positively.



Children who are the boss of their body are aware of what their body can do. One of the best ways to promote this is to teach children action awareness vocabulary. There are three parts to action awareness. They are:

1. **Traveling Actions** (moving from one place to another): Examples of this include: walking, jumping, hopping and climbing.
2. **Stabilizing Actions** (moving without traveling): These actions include: twisting, swaying, squatting and shaking.
3. **Manipulating Actions** (moving with objects): Throwing, catching and bouncing.

Thanksgiving

November is a month of giving thanks and so, let's give thanks to one of the most important things we have... our body! A perfect opportunity to do this is at the dinner table. Research shows that children from families who regularly eat dinner together (with the TV off) are less likely to smoke, drink, do drugs, be depressed or develop eating disorders. They are also more likely to do better in school.



At the dinner table, talk to your child about all the wonderful things their bodies do. Name a body part and brainstorm all the things that body part helps them to do.

Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you probably have heard the words of this chant, adapted from this Choosy Nation CD song.

I'm the Boss

I'm the boss of my body, I tell it what to do.
I'm in charge like Choosy and here's how I move, cause...

I'm the Boss, yeah (say 3 times)

Now chill... (freeze in place)

I boss my arms

High to low. (move arms up high and down low)

I boss my legs

Jump side to side. (jump from side to side)

I boss my hands

Raise the roof. ("raise the roof" motion)

And then I stretch myself

Big and tall. (stretch up high)

I boss my tummy

Twist yourself. (twist your waist)

I boss my feet

March in place. (march in place)

I boss my fingers

Touch the ground. (touch the ground)

And then I boss myself

Turn around. (turn around)

To sample the Choosy Kids music, visit:

www.choosykids.com/ck2/av

Move it!

This month's Move It! focuses on a fun and simple activity children can do to learn to be the boss of their body.

Simon Says

A great boss of your body activity! Children need to be able to tell their body what to do AND what not to do. In addition to this, Simon Says:

- Increases awareness of body parts
- Helps develop good listening skills
- Teaches children to concentrate
- Promotes following directions and...
- Does not focus on winners and losers.

Do the activity with your children focusing on action awareness words. Here are some ideas of what you can use for Simon Says:

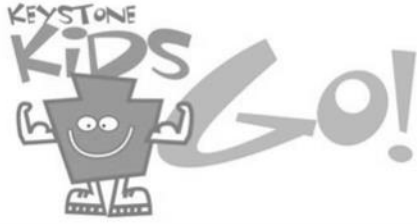
- Twist your body
- Shake your body
- Hop
- Bounce a ball
- Climb a ladder



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



Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

December

Let's Celebrate

As a parent, grandparent or caregiver, how many times have you heard, "Look at me!" or "Watch me!"? This is your child's attempt at being noticed and encouraged for what they have done. Think about yourself going through life and no one ever noticing the great meal you cooked, the hard work you put into a project or the kind thing you did for someone. Most likely you would feel unappreciated.



When we pay attention to what our children do, we help them develop self confidence and feel good. When we smile and say, "WOW... look at you!" we are telling children that they did something wonderful.

"A young child's self concept is based on what he thinks he can or cannot do with his body."
~Linda Carson, Choosy Kids

Words

Think about what words you use to comment on what your child has done. Focus on words that do not give value (good vs. bad) and words that describe exactly what you have seen them do. Here are some examples:

- Instead of saying, "You are a great jumper," say "Look at how high you jumped."
- Instead of saying, "You did a good job kicking the ball," say "Look at how far/hard/fast you kicked the ball."



Ever heard the phrase, "Actions speak louder than words?" This also applies to how you react to what your child has done. Using dramatic facial expressions, for example the look of surprise, can express pride and excitement. High fives, head pats and fist bumps are also a great way to celebrate what wonderful thing your child has done.

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 the Choosy Nation CD.

Oooh Aaah

When you o-o-oh, ah-h-h-h
It means you like what I do.
When you clap, clap, clap (clap your hands)
I'll do it all over for you.

Now everyone listen real close! (hold hand to ear)

When I hop on one foot (hop on one foot),
Will you give me high five? (give high five)
When I twist my waist (twist your waist),
Will you tell me that I'm great? (say You're great! loudly)

When I move my arms over here (move arms to the right)
When I move my arms over there (move arms to the left)
Will you smile real big and cheer, cheer, cheer?
(cheer loudly)

Can you clap? (clap your hands)
Can you smile? (smile)

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 an activity the entire family can participate in. Children will use their gross motor and problem solving skills as they search for hidden treasures.

Going on a Present Hunt...

For this activity, you will need:

- Several boxes
- Wrapping paper
- Scissors and tape
- Assortment of trinkets, books, household items, healthy snacks, etc.

Activity Directions:

1. Wrap enough presents for at least one per child. It is great if the children will be able to unwrap and keep the items, but not necessary.
2. Hide the presents in several rooms. For younger children you might want to allow the present to "peek" from its hiding place. For older children you can hide them in more "secret" places.
3. Give the children directions and rules for the activity. For example: You must walk, you may only find one present, you must wait until everyone finds their present before opening, etc.

Note... It is best to use rooms where safety is not a concern and be clear about where they ARE permitted to search. If using fruits and veggies, be sure and take some time for a "snack talk." Talk about the shape, size, color and how the food grows. Talk about why fruits and veggies are important to our diet.

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



NEED HELP WITH YOUR ENERGY BILLS?



The Public Utility Commission requires utilities to have programs and protections that help limited-income customers keep their utility service. These programs may help you to pay utility bills or lower the amount of electricity or natural gas you use.

The local electric or natural gas company may call them by different names, but each company has the following programs listed below. Here are some tips to help you stay warm, lower your heating bills, and tell you who to call when you need help.



Budget Billing: All residential customers may contact their electric or natural gas company to request budget billing at any time. This form of billing is based on the customer's past 12 months of energy usage to arrive at a fixed "average" amount to bill each month. The utility company can adjust this average four times a year higher or lower depending on the customer's usage.



Customer Assistance Programs (CAP): This program is set up between the utility company and a limited-income, payment-troubled customer to pay utility bills that are based on household size and gross household income. CAP customers agree to make regular monthly payments, which are usually less than the current bill, in exchange for continued utility service.



Customer Assistance Referral and Evaluation Program (CARES): The CARES program will help customers with special needs. Special needs customers are consumers who are experiencing family emergencies, divorce, unemployment, or medical emergencies. The program's goal is to provide support and direction to help customers pay their utility bill.



Low-Income Usage Reduction Program (LIURP): LIURP helps limited-income residential customers lower the amount of electricity or natural gas used each month. The utility company may provide free home weatherization. A utility company representative may come to your home to install energy saving features to help reduce your monthly bill.

LIHEAP and Hardship Funds also are Available!



Low-Income Home Energy Assistance Program (LIHEAP): LIHEAP provides financial assistance to income-qualifying households to pay energy bills. LIHEAP is a federal program administered by the Pennsylvania Department of Human Services (DHS) and consists of three components:

- **Cash Benefits:** Helps limited-income customers pay their home energy bill.
- **Crisis:** Helps limited-income customers meet home emergency situations and restore services if their service has been shut off.
- **Weatherization:** Helps qualified limited-income customers reduce their energy consumption through home improvements.

NOTE: Limited-income customers who qualify for Cash and Crisis can receive both. For more information please contact your local county assistance office or DHS at: 1-866-857-7095.



Hardship Funds: Utility company hardship funds provide cash assistance to utility customers to help them pay their utility bills. Hardship funds provide assistance grants to customers who “fall through the cracks” of other financial assistance programs, or to those who still have a critical need for assistance after the other resources have been exhausted. The fund makes payments directly to companies on behalf of eligible customers. For further information, contact your local utility company.

NOTE: You must meet certain income limits and be payment troubled to qualify for CAP, CARES, LIURP, LIHEAP and the hardship fund. Call your local utility company for more details to see if you qualify.

If you or someone you know is without utility service, or has received a utility shut-off notice, first call your local utility company for help! Most utility companies have Home Energy Assistance Programs available to assist customers in need.

Your utility company will work with you and explain programs that may help you depending on your income or hardship situation.

CALL US For More Information !!!



The Pennsylvania Public Utility Commission
1-800-692-7380

For people with speech or hearing loss,
dial 7-1-1 (Telecommunications Relay Service)

www.puc.pa.gov
ConsumerEd@pa.gov



Thanksgiving SAFETY TIPS FOR PARENTS AND CHILDREN

For many families, Thanksgiving is full of turkey, travel, and gratitude. But, with the kids home from school, it can be easy to forget that hot ovens, boiling soup, and sharp cutlery are dangerous. Also, if you're heading out or staying in, don't forget to check the house for safety hazards.

Follow these Thanksgiving safety tips to ensure a festive and fun holiday:

Kitchen Safety

When cooking hot dishes, keep children at least **3 FEET AWAY**, as hot steam or liquids could cause burns.

Keep pot handles **TURNED INWARD** and out of the reach of children.

MOVE DISHES (hot and cold) away from the edge of counters, so kids or dogs don't pull them down.

Never leave **CHILDREN UNATTENDED** when there is food cooking in the kitchen.

Don't **FORGET** to turn off the oven and burners when you're finished cooking.

Have a **FIRE EXTINGUISHER** handy in case of a grease fire.

TEACH CHILDREN not to go near hot ovens, especially when the oven door is open.



INSTITUTE FOR
CHILDHOOD PREPAREDNESS
DON'T BE SCARED. BE PREPARED.™
childhoodpreparedness.org

Shippensburg Head Start Program

Male Involvement Initiative



Volume 3

Nov./Dec. 2022 Edition



"Baby, It's Cold Outside!" 9 Winter Dressing Tips for Children

From KinderCare.com

<https://www.kindercare.com/content-hub/articles/2016/november/winter-rules-the-art-of-dressing-your-kids-for-the-cold>

Younger children are more susceptible to cold for a simple reason: Their smaller bodies lose heat rapidly. Younger children are also less likely to actually realize they're getting cold, which means the job of keeping them warm (and knowing the signs it's time to go inside) falls to us parents.

Plus, there's an art to dressing babies and children for winter. Our winter dressing tips make sure they're not too hot, not too cold, but just right—whether they're going for a stroller ride, to the park, or making a trip with you to the store.

1. WINTER LAYERING IS THE WAY TO GO

The American Academy of Pediatrics offers this rule of thumb for winter weather dressing: Put babies and children in one more layer of clothing than an adult would wear in the same conditions. Why? Pockets of air between clothing layers actually help trap heat. Layering also allows kids to remove a jacket or sweater when, say, you're in transit, instead of having to choose between being overheated or freezing. (In other words, don't just throw on a parka over those PJs!)

2. BUT NOT TOO MANY LAYERS...

See the rule of thumb above. Layering your child with too much outerwear can actually make them colder. That's because excess layers can cause your child to sweat, which makes their clothes wet, allowing the cold and wind to bring their temperature down.

3. LEARN LAYERING 101

There are three basic layers you should know—and materials that are good for each. While it can seem overwhelming if you're not, say, an alpine climber, it's not as difficult as it seems. Here are the basics you need to know:

Base Layers (the Layer Right Next to Your Child's Skin)

- What it does: wicks moisture
- Materials to look for: wool or synthetic fabrics, such as polyester
- The right fit: snug

Middle Layers (Goes Over the Base Layer)

- What it does: insulates
- Materials to look for: wool, down, or fleece
- The right fit: close to the body without restraining movement

Outer Layer

- What it does: protects your child from rain, snow, and wind
- Materials to look for: a waterproof jacket or shell; outerwear that's also breathable (such as those made from Gore-Tex) is key if your child will be physically active

THE RIGHT FIT: ALLOWS EASY MOVEMENT AND HAS PLENTY OF ROOM FOR LAYERS

"Baby, It's Cold Outside!" 9 Winter Dressing Tips for Children

From KinderCare.com

<https://www.kindercare.com/content-hub/articles/2016/november/winter-rules-the-art-of-dressing-your-kids-for-the-cold>

4. NIX THE COTTON

You know that jeans and cotton pants absorb rain and snow, but even in cold and dry conditions, cotton absorbs sweat. And wet cotton + cold weather=very cold kids. If it's cold out, it's best to avoid cotton altogether.

With so many sporty and super-cute fleece options to choose from nowadays, nixing the cotton shouldn't be a problem.

5. FINGERS, TOES, AND FACES NEED EXTRA TLC

According to kidshealth.org, your child's head, face, ears, hands, and feet are most prone to cold exposure and frostbite. Frostbite is kind of like the winter version of getting burned: It damages the skin and usually causes numbness. And children's skin is especially sensitive to the cold, so keep an eye on their extremities. Heavy, non-cotton socks; waterproof boots; waterproof gloves; a scarf; and a hat all are key to keeping everyone toasty and warm on cold days. For very cold weather (we're talking to you, Buffalo!), earmuffs and facemasks add extra protection.

6. MAKE SURE CLOTHES (STILL) FIT

As tempting as it is to squeeze those tootsies into last year's bootsies, feet need room to wiggle. Shoes and jackets that are too tight can limit circulation, contributing to cold limbs.

7. PACK A DRY BAG

It's always good to have extra clothes on hand for kids, as you probably already know, but in the winter, extra clothes are essential. One jubilant splash in a puddle or one wet (or lost) mitten, and not only could your day of fun be done, but you could set your kids up for a case of frost nip. Pack a cold-clothes emergency kit equipped with extra gloves, socks, pants, and shirts.

8. KNOW WHEN TO HEAD INSIDE

Frostbite starts as a frost nip—red and tingly skin that has been exposed to cold air or snow. If you notice frost nip on cheeks, fingers, or anywhere else—or if your child's teeth start to chatter—it's definitely time to head for a warm place.

9. ALWAYS HAVE COCOA IN YOUR PANTRY

Okay, it's not really an official winter layering tip. But does anything taste better than a cup of hot chocolate after a jaunt in the cold?



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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.

12/09/2022

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De acuerdo con la ley federal de derechos civiles y las normas y políticas de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta entidad está prohibida de discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de género y orientación sexual), discapacidad, edad, o represalia o retorsión por actividades previas de derechos civiles.

La información sobre el programa puede estar disponible en otros idiomas que no sean el inglés. Las personas con discapacidades que requieren medios alternos de comunicación para obtener la información del programa (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de señas americano (ASL), etc.) deben comunicarse con la agencia local o estatal responsable de administrar el programa o con el Centro TARGET del USDA al (202) 720-2600 (voz y TTY) o comuníquese con el USDA a través del Servicio Federal de Retransmisión al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe llenar un formulario AD-3027, formulario de queja por discriminación en el programa del USDA, el cual puede obtenerse en línea en: <https://www.usda.gov/sites/default/files/documents/ad-3027s.pdf>, de cualquier oficina de USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida a USDA. La carta debe contener el nombre del demandante, la dirección, el número de teléfono y una descripción escrita de la acción discriminatoria alegada con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) sobre la naturaleza y fecha de una presunta violación de derechos civiles. El formulario AD-3027 completado o la carta debe presentarse a 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; or

(2) fax:

(833) 256-1665 o (202) 690-7442; o

(3) correo electrónico:

program.intake@usda.gov

Esta institución es un proveedor que brinda igualdad de oportunidades.

01/26/2023

Construyendo Para El Futuro

Esta guardería infantil recibe asistencia monetaria del gobierno federal para servir comidas nutritivas a sus niños.

¡Buena nutrición hoy significa un mañana más saludable!

Comidas servidas aquí deben de seguir los requisitos nutricionales establecidos por el programa

"Child and Adult Care Food Program"

del Departamento de Agricultura de los Estados Unidos (USDA por sus siglas en inglés).

¿Preguntas? ¿Inquietudes?

Llame gratuitamente a USDA al: **1-866-USDA CND**
(1-866-873-2263)

Visite el website de USDA: **www.fns.usda.gov/cnd**



United States Department of Agriculture
Food and Nutrition Service
FNS-317-S
June 2000
Revised June 2001

Building for the Future

This child care receives
Federal cash assistance to
serve healthy meals to your children.
Good nutrition today means
a stronger tomorrow!

Meals served here must meet
nutrition requirements established by USDA's
Child and Adult Care Food Program.

Questions? Concerns?

Call USDA toll free: **1-866-USDA CND**
(1-866-873-2263)

Visit USDA's website: **www.fns.usda.gov/cnd**



United States Department of Agriculture
Food and Nutrition Service
FNS-317
June 2000
Revised June 2001

USDA is an equal opportunity provider and employer.

WIC IS AT SHIPPENSBURG HEAD START! TUESDAY, DEC. 19, 2023

How do I apply?

Get started online at www.TapestryOfHealth.org or call

877-743-1372.

9:00 am - 3:00 pm
Head Start @ Shippensburg University

54 Spiritual Center Drive
Shippensburg, PA 17257

Who is eligible for WIC?

- Pregnant women
- Breastfeeding women, for up to one year postpartum
- Women up to six months postpartum who are not breastfeeding
- Infants and children under 5 years old, including foster children

SERVING:

SHIPPENSBURG

CARLISLE

NEWBURG

NEWVILLE

MT. HOLLY
SPRINGS

BOILING SPRINGS

ORRSTOWN

WALNUT BOTTOM

**Now Recruiting for Early Head
Start, Head Start and Pre-K!**

2022-2023



These programs are FREE, but space is limited!

Who Should Apply?

Head Start/Early Head Start: Pregnant women and children ages birth to 5 years whose household income is at or below 100% of the federal poverty guideline (\$27,750 or under for a family of 4)



Pre-K Counts: Children ages 4 and 5 entering kindergarten the following year, whose household income is at or below 300% of the federal poverty level (\$83,250 or under for a family of 4)

How to apply:

Call Shippensburg Head Start 717-477-1626

or stop in and apply

**Cora Grove Spiritual Center, Shippensburg University
Shippensburg, Pa. 17257**

Shippensburg Head Start Program
Shippensburg University
1871 Old Main Drive
Box 58
Shippensburg, PA 17257
Phone: 717-477-1626
Fax: 717-477-4021
E-mail: headstart@ship.edu
Website:
www.ship.edu/headstart

Call Today!