



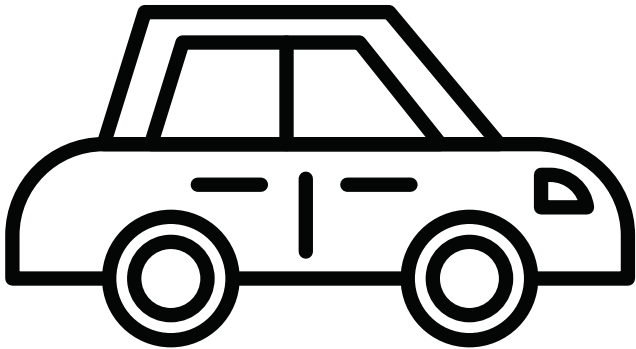
ASI

CHILDREN'S

CENTER

CONTACT

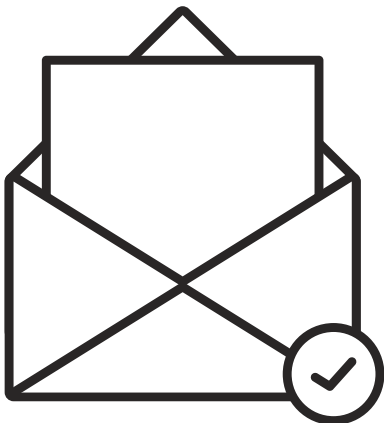
Children's Center



6000 J Street
Sacramento, CA
95819
(Next to Parking
Structure II)



Phone: (916) 278-6216
Fax: (916) 278-4875



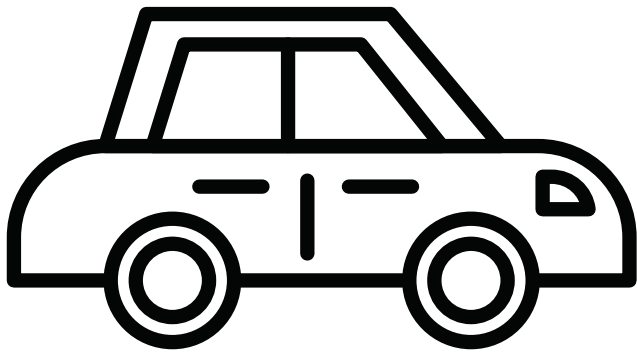
asichildrencenter@csus.edu

www.asi.csus.edu/asi-childrens-center



**ASI
FOOD
PANTRY**

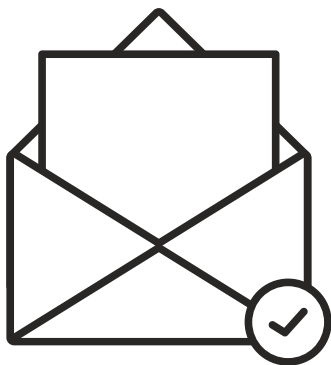
CONTACT Food Pantry



6000 J Street
Sacramento, CA
95819
(in University Union)



916-278-3978



asi-foodpantry@csus.edu

www.asi.csus.edu/asi-food-pantry

BUBBLE RECIPES

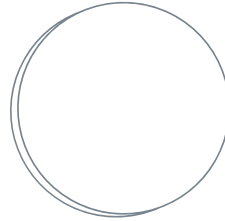
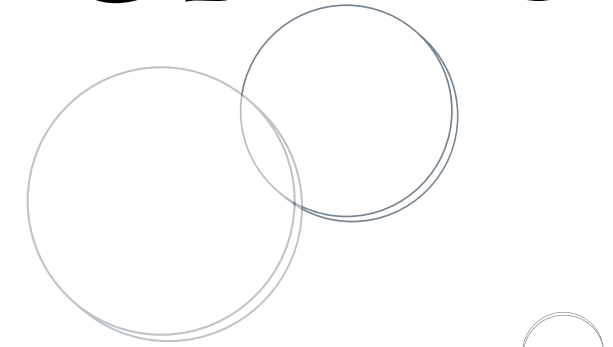
All-Purpose Bubble Solution

Materials

7-10 parts water
1 part dish soap or baby shampoo
1-2 tablespoons glycerine

Directions:

Combine water, soap and glycerine in a bowl
Blow some bubbles!



Thick Bubble Solution

For this solution, it has the same materials and directions as the All-Purpose Bubble Solution but you want to use less water. Use about 2.5-3 parts water instead.

Bouncy Bubble Solution

Materials:

2 packages of unflavored gelatin
4 cups hot water (just boiled)
3-5 tablespoons glycerine
3 tablespoons dish soap or baby shampoo

Directions:

Dissolve the gelatin in hot water
Add glycerine and dish soap
*This mixture will gel, so you will need to reheat it when you use it

Keep an eye on your children as soap
can burn their eyes!
If you want to learn more
about bubbles, head to the link below:
[www.scienceworld.ca/stories/bubbles
-bubbles-everywhere](http://www.scienceworld.ca/stories/bubbles-bubbles-everywhere)

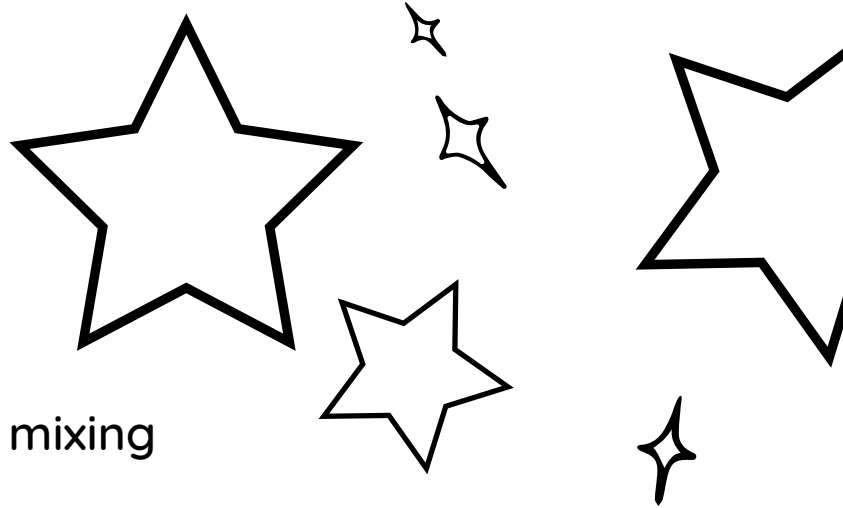
MOON SAND

Materials

4 Cups of Plain Flour

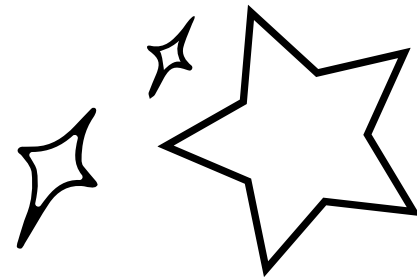
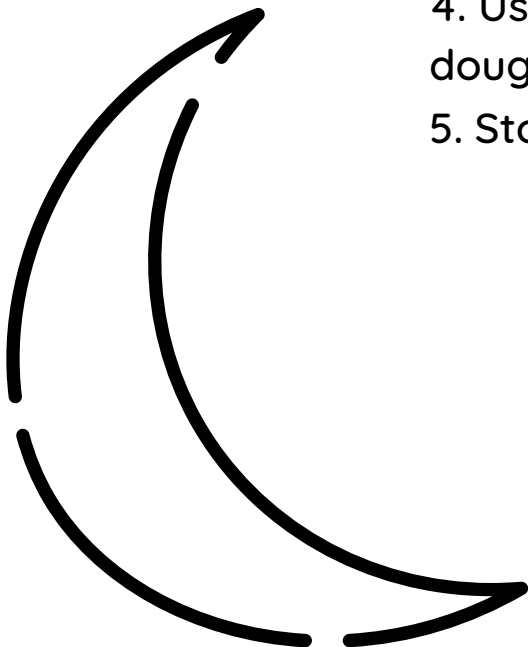
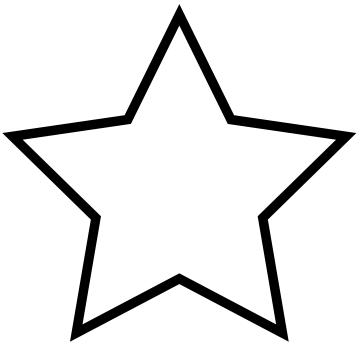
½ Cup Baby Oil (or vegetable oil)

Large tub and wooden spoon for mixing



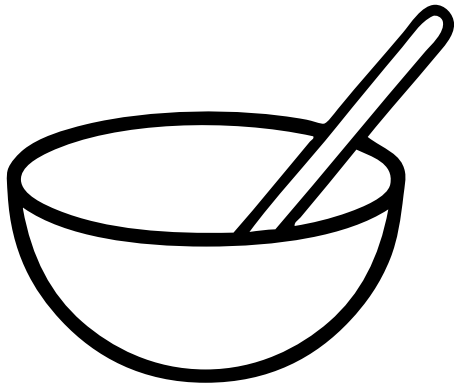
Directions

1. Measure and pour the flour into the large tub.
2. Add baby oil.
3. Mix with a wooden spoon.
4. Using your fingers, squeeze and press the cloud dough to blend the oil throughout the flour.
5. Store in an air tight container.



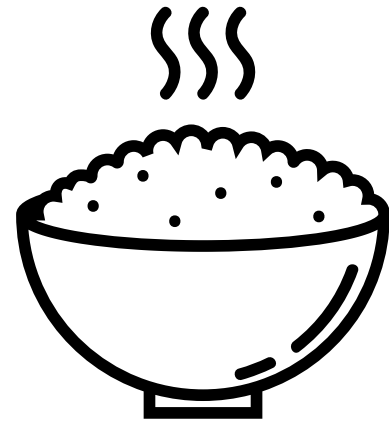
BLACK BEANS

A RECIPE BY ASI CHILDREN'S CENTER COOK, REGINA TEMPLE



ingredients

- 1 LB dry black beans
- 1 medium onion, quartered
- 4 cloves garlic, crushed
- 2 celery ribs
- 1 bunch of cilantro
- 2 bays leaves
- Kosher salt
- Freshly ground black pepper
- Water



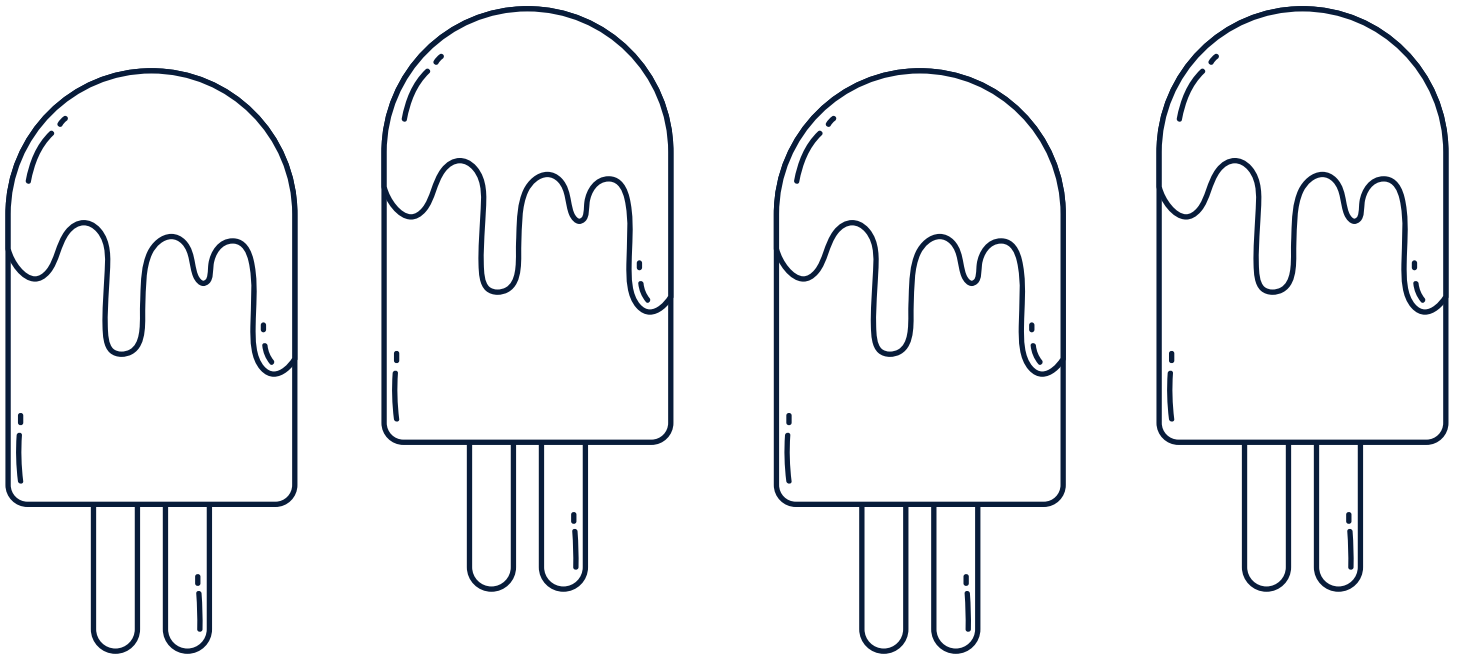
directions

- Rinse beans and check for stones and debris; add beans to a large bowl
- Add water to cover by at least 4 inches and let soak for at least 6 hours (up to overnight)
- Drain beans and place in pot-- cover again with 4 inches of water
- Puree onion, garlic, celery, and cilantro in a blender, then add to beans along with adding the bay leaves
- Bring to a boil and cook for 10 minutes
- Reduce heat to low and cover; lightly simmer for 1-2 hours (depending on size and age of the beans)
- Stir occasionally and add more water if necessary
- Remove bay leaves, and add salt and pepper to taste
- Enjoy!

*YOU COULD USE 1 LB DRY LENTILS FOR THIS RECIPE AS A SUBSTITUTE FOR BLACK BEANS; CHILDREN LIKED TO PUT THE LENTILS ON BREAD

YOGURT POPSICLES

A RECIPE BY ASI CHILDREN'S CENTER COOK, REGINA TEMPLE



ingredients

- Fat-free, yogurt (flavored or plain depending on your taste)
- 3/4 CUPS of 100% Fruit Juice (for no added sugars)
- Paper cups
- Popsicle sticks

directions

- Combine yogurt and juice in a bowl and stir together well
- Pour the mixture into the paper cups
- Stick a popsicle stick into the center of each cup
- Place the yogurt pops into the freezer until they turn solid
- Enjoy!

*USING A BANANA IN YOUR POPSICLE CAN HELP THE POPSICLE STICK STAND UP



HEALTHY FOOD RAINBOW

Materials

Grocery Ads Scissors
Glue Stick Crayons
2 Cotton Bals
Rainbow Coloring Sheet (attached)



Directions

1. Discuss what colors make up a rainbow. Tell them the order of the rainbow's color (red, orange, yellow, green, blue, indigo, and violet). Color the rainbow.
2. Have them cut fruits and vegetables from the grocery ads. You might want to have her trim them smaller so they fit onto the rainbow. Try to find a healthy fruit or vegetable for each color of the rainbow.
3. Let them name the fruits and veggies, and glue them onto the correct color of the rainbow. For example, strawberries and red bell peppers would be glued onto the red section of the rainbow.
4. Make puffy clouds to complete the picture by stretching each cotton ball and gluing it into place on the rainbow drawing.
5. Now hang the rainbow on your refrigerator to remind your child (and family!) to eat all the colors of fruits and vegetables.

Can your preschooler eat a rainbow of fruits and vegetables this week? Try it and see! Find this and more at Education.com

