

Parent's Page

A Look at Our Book

Today your child enjoyed the book **Ice Cream Bear**, by Jez Alborough. In the book, Bear is thrilled to discover it is snowing ice cream! Although he awakes to find it was only a dream, he enjoys his favorite snack of ice cream. The book is told as a rhyme, and children can identify with a bear that dreams of ice cream. Ask your child about the snack they prepared along with this story!

Make time to read together with your child. Remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



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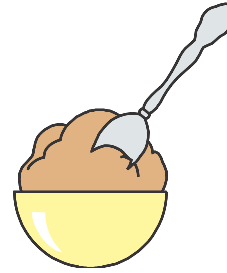
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Ice Cream in a Bag

1 serving

1 tablespoon sugar
 1/4 teaspoon vanilla extract
 1-2 tablespoons soft fruit
 1/2 cup whole milk

To be put in outer bag:
 3/8 cup rock salt
 ice cubes



Put sugar in a pint zip-type bag. Add vanilla and soft fruit. Seal the bag tightly. Mix well by squeezing with your fingers, until everything is combined.

Open your bag. Add milk. Seal the bag again. Mix until everything is combined.

Open a gallon zip-type bag, and put 3/8 cup rock salt into it. **NOT IN THE SMALL BAG!** Fill the gallon bag halfway full with ice cubes.

Put the pint bag inside the gallon bag and seal the gallon bag tightly. Shake the bag for 3 to 5 minutes, or until the liquid has changed to ice cream. Eat with a spoon.

Nutrition Facts

Serving Size 1 cup (165g)		Servings Per Container 1	
Amount Per Serving			
Calories	140	Calories from Fat	40
		% Daily Value*	
Total Fat	4g		6%
	Saturated Fat 2.5g		13%
Cholesterol	15mg		6%
Sodium	60mg		3%
Total Carbohydrate	20g		7%
	Dietary Fiber less than 1 gram		3%
	Sugars 19g		
Protein	4g		
Vitamin A	4%	Vitamin C	30%
Calcium	15%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Read All About It!

Here are some additional books you might enjoy sharing with your child!

Milk and Cookies by F. Asch

The Stinky Cheese Man by J. Scieszka

I Want Ice Cream by J. Cowley

Check for these titles at the public library!

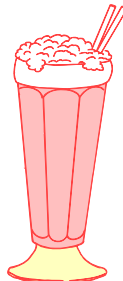
Here's a recipe to fix with your child.

Orange Smoothie

4 servings at 3/4 cup each

6 ounce can frozen orange juice concentrate
 1 1/2 cups low-fat milk
 1 cup water
 1 teaspoon vanilla

Pour all ingredients into a jar. Cover tightly and shake until smooth. Serve cold.



Nutrition Facts

Serving Size 3/4 cup (146g)		Servings Per Container 4	
Amount Per Serving			
Calories	130	Calories from Fat	10
		% Daily Value*	
Total Fat	1g		2%
	Saturated Fat 0.5g		3%
Cholesterol	5mg		2%
Sodium	50mg		2%
Total Carbohydrate	25g		8%
	Dietary Fiber 0g		0%
	Sugars 24g		
Protein	5g		
Vitamin A	6%	Vitamin C	120%
Calcium	10%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.