



# CHATTERBUG

March 2024



## *National Nutrition Month!*

### Healthy Nutrition Tips

Consume less salt & sugar.

Eat the Rainbow by adding bright colorful fresh fruits and vegetables.

Choose whole grains such as oats, barley, brown rice & quinoa.

Limit saturated fats. Use lighter and healthier options such as olive oil, sunflower oil and canola oil.

Pack a punch with protein by including nuts, seeds, eggs, low-fat dairy, lean red meats, poultry & fish (Potential Allergies).

Stay hydrated! Drink more water!



**Join the Child Care Council for the next round of Nourishing Healthy Eaters in Early Care and Education**

**Saturday, April 6th  
9:00 am to 2:00 pm**



**Contact Rebecca Potter  
716-661-9430 ext. 2290  
rpotter@chautopp.org**

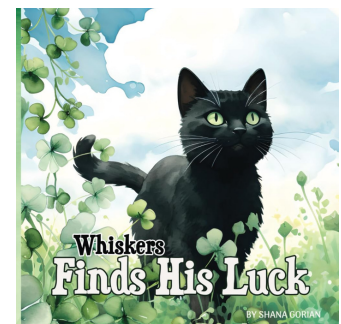
### Activity

**Painted Treasure Rocks-** classic kids craft. Let your preschoolers, kindergartners, or elementary children paint bright designs on rocks. Fun spring or summer activity. Give them away as gifts or decorate your garden!



### Read

Whiskers doesn't know it, but he's in for a big surprise. Because when the carefree cat inadvertently saves a tiny leprechaun from a trap, the leprechaun declares him to be a source of great luck, and suddenly his day is transformed into an adventure filled with magic and good fortune.



# What's Happening



## 3/16 & 3/23 Fredonia Farmer's Market

Locally grown produce, fruits, maple syrup, honey, eggs, quilts, flowers, baskets, artisans, and more!  
<http://fredoniafarmersmarket.org/>



## 3/13 Violin & Piano Ensemble at Prendergast Library

Fredonia School of Music student performance featuring violins and piano in the Prendergast Library's Fireplace Room. A meet and greet with the performers will follow. This event is part of the Murray L. Bob Community Education Initiative and is sponsored by Price Abstract Company. This event is free and open to the public.  
<https://www.prendergastlibrary.org/fredonia-school-of-music-concerts/>



## 3/15 & 3/22 Roger Tory Peterson Institute Guided Gallery Walk

Visit RTPi for a guided walk through our current exhibitions, every Friday at 2 pm. This is an opportunity for an in-depth look into the art on view. Gallery walks are currently limited to 15 people per walk. Please call 716.665.2473 to make a gallery walk reservation. There is no additional charge for a gallery walk but participants must either be members of RTPi or purchase regular museum admission.  
<http://www.rtpi.org/>



## 3/16 Turn the River Green

Collaborative Children's Solutions and the City of Jamestown welcome you to the Chadakoin River Walk for all of the activities beginning at 10:00 am with the Turn the River Green event beginning at 11:00 am. Jamestown's Lucky the Leprechaun will make an appearance. More announcements of kids' activities to come!



## 3/22 Audubon Lights

Audubon Community Nature Center is lighting up early spring weekend nights (including the Total Solar Eclipse weekend) with a breathtaking half-mile trail of lights through the woods and around the ponds. Your walk along a luminary-lit trail passes ponds reflecting the illuminated trees and the stars above. The trails look stunningly beautiful when lit up in the dark, and spring peepers can provide the perfect soundtrack to your nighttime nature...  
<http://www.auduboncnc.org/>

## 3/23 The Fredonia Easter Festival

Returning March 23, 2024. The Fredonia Easter Festival is a family fun event with breakfast and pictures with the Easter Bunny followed by an Easter Egg Hunt in the park! Fun for all ages!  
<https://festivalsfredoniany.org/>

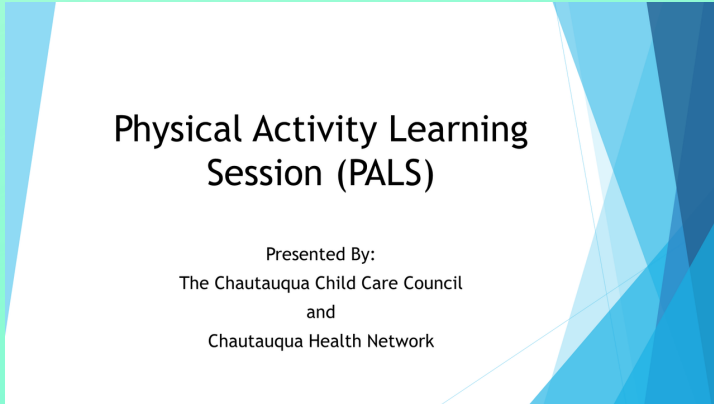
## 3/23 Chautauqua Safety Village Easter Carnival

Join us for a day of Easter Fun! Your admission includes: Bounce house (weather permitting), Marty the Bubblegum Guy, carnival games, carnival style fun houses, crafts, train rides, cars track, Easter candy from the village buildings, and a visit with the Easter Bunny where you can take your own picture with him. Available for purchase: Kettle corn Food and drinks Admission: \$5 per person, Children 2 and under are free Tickets are available...  
<https://www.chautauquasafetyvillage.com/easter/>





# Upcoming Trainings



## Physical Activity Learning Session (PALS)

Presented By:  
The Chautauqua Child Care Council  
and  
Chautauqua Health Network

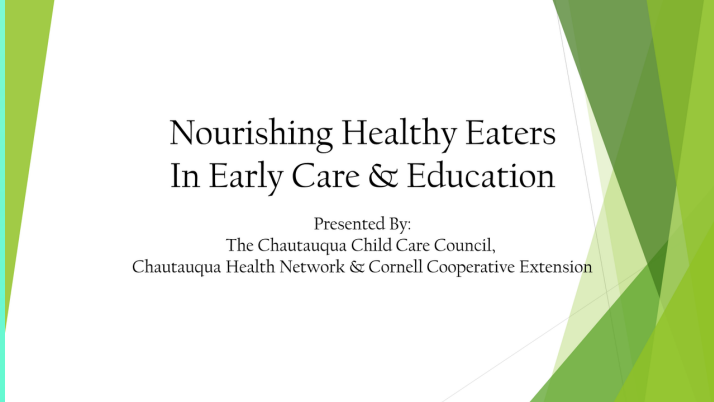
**Saturday, March 23, 2024**

**9 AM - 3 PM**

**Laughlin Community Action Center  
402 Chandler Street, Jamestown  
2nd Floor**

### **Contact Registrars**

**Christina Maddox 716-661-9430 ext. 2289  
or  
Rebecca Potter 716-661-9430 ext. 2290**



## Nourishing Healthy Eaters In Early Care & Education

Presented By:  
The Chautauqua Child Care Council,  
Chautauqua Health Network & Cornell Cooperative Extension

**Saturday, April 6, 2024**

**9 AM - 2 PM**

**Laughlin Community Action Center  
402 Chandler Street, Jamestown  
2nd Floor**

### **Contact Registrars**

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## CACFP TRAINING

THIRTY ON THURSDAYS

**CACFP TRAINING - Providers need to fill out the Request an Account form here:**

**<https://info.cacfp.org/ap/Form/Fill/LEmb6U9L> to take Thirty on Thursday trainings. Once you've filled out the form and submit it, you will receive a link within 24 hours to create your Info Hub accounts. You will be able to register for events and courses in the Learning Center once you've created an account. Please note that the online Thirty on Thursdays are approved by the NYS Dept. of Health to count towards the CACFP annual training requirements.**

**\*\*\*Thirty on Thursdays are the only online trainings accepted for CACFP credit**

# Mark Your Calendar!!!

## PROVIDER APPRECIATION DAY!

# PAIN T PARTY

Friday, May 3, 2024



Survey and Invitation Coming Soon!



CHAUTAUQUA OPPORTUNITIES, INC.

HELPING PEOPLE...CHANGING LIVES...



**Child Care Aware® of America**

Child Care Aware® of America's advocacy efforts are grassroots-inspired and research-based. (They) undertake research on the child care landscape while advocating for child care policies that improve the access and affordability of quality child care for all families. To learn more about Child Care Aware, go to <https://usa.childcareaware.org/advocacypublic-policy>

