



TEACHING AND MENTORING COMMUNITIES

JANUARY 2011 NEWSLETTER

JANUARY

CENTER ACTIVITIES

JAN. 6 1ST DAY W/ CHILDREN/ PRIMER DIA CON NIÑOS

JAN. 17 MARTIN LUTHER KING, JR. DAY

JAN 19 STAFFINGS/ CONFERENCIAS

JAN. 20 PARENT'S MEETING / JUNTA DE PADRES

JAN.21 RVLA SPEECH THERAPY/TERAPIA DE HABLA EN RVLA

JAN 25 HSAC MEETING/ JUNTA DE HSAC

JAN. 27 STOCK SHOW/ DEMONSTRACION DE ANIMALES

JAN. 28 PLANNING DAY/DIA DE PLANEACION

JAN. 30 RCC MEETING/ JUNTA DEL RCC

ACTIVITIES FOR THE MONTH OF FEBRUARY 2011/ ACTIVIDADES PARA EL MES DE FEBRERO

FEB. 11 FIRST AID TRAINING FOR TMC STAFF/ ENTRENAMIENTO DE PRIMEROS AUXILIOS

FEB 14 PARENT'S MEETING/ JUNTA DE PADRES

FEB. 16 CAR SEAT TRAINING/ ENTRENAMIENTO DE ASIENTOS DE CARRO

FEB. 21 PRESIDENT'S DAY/ DIA DEL PRESIDENTE

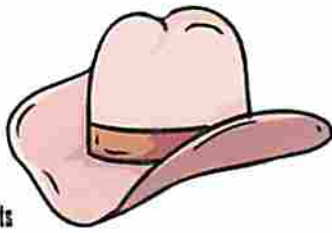
FEB. 24 CPR & FIRST AID FOR THE PARENTS/CPR Y PRIMEROS AUXILIOS PARA LOS PADRES.

FEB. 28 RCC MEETING/ JUNTA DEL RCC



TEACHING & MENTORING COMMUNITIES





Dear Parents

This month of January our classroom learned about "Our Community" we learned about the different types of community helpers and their duties. We had the opportunity to count and learn about making doughnuts in our Krispy Kreme doughnut factory in dramatic play area, we counted community helpers in math, drew what we want to be when we grow up in writing center, made a bus in art, made a bus using different shapes in science. We also had our field trip to the Maverick County Stock Show, where we saw different types of animals and what each of them gives us. We want to thank all of our parent volunteers for your time and cooperation.

Thank you Room #1

V. Euresti/ D. flores

Estimados padres de familia,

En este pasado mes de Enero aprendimos acerca de "Nuestra Comunidad" aprendimos de los diferentes tipos de ayudantes de la comunidad y lo que cada uno hace. Tuvimos la oportunidad de contar y aprender acerca de las donas en la area de dramatica, contamos ayudantes de la comunidad en matematicas, dibujamos lo que queremos ser cuando seamos grander en escritura, hicimos un autobus en arte, hicimos un camion en ciencias usando diferentes figuras. Tambien tuvimos la oportunidad de ir al Maverick County Stock Show, donde vimos los diferentes tipos de animales y lo que cada uno nos da. Gracias a todos por su tiempo y cooperacion.

Gracias Salon #1

V. Euresti/ D. Flores



Dear Parents

We would like to start this letter by thanking for all your help. Children have been learning about “Home and Family” and “ Inside and Outside of Me”. They have heard different stories and songs and done different activities based on these themes. Thank you for helping in going to the stock show.

Thank you,
Ms. Pastrano
Mr. Guajardo

Estimado Padres

Nos gustaria empesar esta carta dando las gracias por su ayuda. Los niños an escuchado diferentes cuentos y canciones, también han hecho diferentes actividades basado en los temas “La casa y la familia” y Yo, por dentro y por fuera”. Gracias por acompañarnos al stock show.

Gracias,
Ms. Pastrano
Mr. Guajardo



On the month January our theme was Community.
Children had fun learning through fun activities. Thank
you parents for all your support.



Nuestro tema en el mes de Enero fue la comunidad. Los
niño/a se divirtieron aprendiendo y jugando. Gracias a
todos los padres por su apoyo.

Mrs. Ortiz/Mrs.Rdz

Miss.Muñoz/Mrs.Cantu

1-30-11

Queridos Padres de Familia:

Primeramente queremos darles las gracias por acompañarnos en nuestros paseos los cuales fueron a la Biblioteca para niños y al Show de los animalitos. Tambien queremos felicitar a nuestra cumpleañera del mes de enero APRIL GARZA, Felicidades!!. Este mes de enero tuvimos el tema de "Trabajando y jugando juntos" y los niños aprendieron la letra Nn, gracias por todo, esperamos verlos mas seguido en nuestro salon de clases.

Gracias

Ms. Ovalle/Ms. Martinez



Dear Parents:

First, this letter is to say Thank you to everyone for participated with us in all our FIELD TRIPS to the children's library and the stock show. In the month of January we had a birthday girl APRIL GARZA. also in the month of January our theme was about "WORKING AND PLAYING TOGETHER" the children learned the letter Nn, thank you all, we wish to see you more in our classroom.

Thank you

Ms. Ovalle/Ms. Martinez



In the month of January the children learned about Family and Friends. They learned their parents names and the names of their siblings. We are now learning a new Theme "Inside and Outside me"

The children will be learning about their body. They will learn to name their body parts and about the senses. We would like to thank all of the parent volunteers that went with us to the Stock Show .The children had a wonderful time.

En el mes de Enero los niños aprendieron sobre la Amistad y Familia.

Aprendieron los nombres de sus padres, igual que las de sus hermanitos.

Ahora estaran aprendiendo sobre un nuevo tema "Por dentro y por Fuera"

Los niños aprenderan lo que es el cuerpo , nombrar las partes del cuerpo y sobre los cinco sentidos. Queremos agradecer a todods los padres que nos acompañaron a la excursion a el Stock Show. Los niños disfrutaron mucho la excursion.

Mrs. Ruiz
Mrs. Rodriguez

Room 5



Dear Parents

During the month of January the children enjoyed making various sounds, listening to fun stories and puppet time songs. For Art Time the children decorated with foamee, cotton balls and paper, gluing it to different farm animal cut-outs. For Nutrition the children mixed green food coloring to cream cheese and spread it to graham crackers, putting Farm animal cookies, on top. They had fun eating this healthy snack.

Mrs. L Diaz

Ms. A. Chacon



Estimados Padres

En el mes de Enero los niños estuvieron aprendiendo sobre los Animales de la Granja. Los niños se divertieron creando y jugando varios sonidos, escucharon divertidas historias con titeres y canciones. Para arte los niños decoraron con foamee, bolitas de algodón, papel y pegamento diferentes animales de la granja. Asimismo para Nutricion los niños crearon la granja usando queso crema galletas graham pintura verde comestible y galletas de animalitos en la cual se divertieron preparandolo ellos mismos y disfrutando de una nutritiva merienda.

Mrs. Diaz

Ms. Chacon

Dear parents:

On the past month of January our theme was Farm animals in which the children were reviewing the names, sounds, colors, etc. of the farm animals. The childrens also enjoyed observing and touching some farm animals in our field trip to the livestock show. Thank-you for send your children daily to school. We really appreciated your participation in all the school activities.



Thank-you
Mrs.Ontiveros / Mrs.Flores
Toddlers room #7



Estimados padres:

En el pasado mes de enero nuestro tema fue Animales de la granja en el cual los niños repasaron los nombres, sonidos, colores etc. de los animales de la granja. Los niños disfrutaron mucho observando y tocando algunos animalitos en nuestro viaje al livestock show. Muchas gracias por enviar a sus hijos a la escuela. Apreciamos su participación en las actividades escolares.

Sinceramente
Mrs.Ontiveros / Mrs. Flores
y niños del cuarto #7

GREETING'S FROM THE TODDLER'S ROOM #8

For the month of January the children learned about Farm Animals. They were able to learn the sounds they make, their color, where they live and what each animal gives us. Their field trip was to the Stock show, where they were able to observe and touch a few of the animals. The children had the opportunity to create their own cow, sheep, and duck. We want to thank every parent who made it possible to attend. Thank You for all your help.

Hope to see you soon.



**HUGS & KISSES
FROM THE TODDLER'S
Mrs. Lara
Miss. Armendariz**



SALUDOS DE LOS TODDLER'S CUARTO #8

El mes de Enero los niños aprendieron sobre los Animales de la Granja. Ellos tuvieron la oportunidad de aprender los sonidos, colores, donde los animales viven, y las cosas que los animales nos dan. Su excursion fue al Stock show, donde ellos tuvieron la oportunidad de observar y tocar algunos de estos animales. Los niños tuvieron la oportunidad de crear su propia vaca, borrega, y patito. Queremos agradecer a todos los padres que hicieron el esfuerzo de atender. Gracias por toda su ayuda. Esperamos verlos pronto.



**ABRAZOS Y BESOS
DE LOS TODDLER'S
Mrs. Lara
Miss. Armendariz**



LeeAn Benavides - Policy Council President

January 23, 2011 - January 27, 2011

Washington, DC

NHSA: Resetting Our Agenda: New Directions and Promising Opportunities

NMSHSA Parent Affiliate Event (Reception)/NMSHSA Evento del Afiliado de Padres – Hosted by 2010-2011 Parent Affiliate Committee

Parent Affiliates had a great opportunity to network and meet other parents from around the country. It was a great ice breaker where parents were able to meet each other and get to know a little bit about each other and where they live, work, and travel to and from.

NMSHSA Orientation and Opening Plenary

Victor Gomez, Interim Executive Director, NMSHSA

Sandra Carton, Chief of MSHS Branch Office of Head Start

Elizabeth "Biz" Steinberg, President NMSHSA

Yvette Sanchez-Fuentes, Director Office of Head Start

Ms. Carton and Ms. Sanchez-Fuentes addressed some important concerns that participants had regarding Designation Renewal. They stated there were more than 15,000 comments concerning this. They spoke about ARRA and continuing resolution to maintain funding. They also spoke about reorganization information and having a document that was a migrant study. A report was written and a draft was being reviewed. Also attendees were given the chance to learn about the available NMSHS officer positions and how participants can participate more actively with NMSHS.

NMSHSA Affiliate Meetings

Assisted by 2010-2011 Parent Affiliate Committee

During this meeting the different MSHS Voting Parents elected officers, and took care of necessary business for the coming year.

Your new Migrant and Seasonal Head Start Parent Affiliate Committee is as follows:

President: Bibiana Esquivel – Washington State Migrant Council – WA

Vice President: LeeAn R. Benavides – Teaching & Mentoring Communities – TX

NHSA Rep: Kay Ortega -Oregon Child Development Coalition – OR

Secretary: Connie Gonzalez – Riverside County Office of Education Migrant Head Start- Ca.

Treasurer: Nora Martinez –

Sgt. @ Arms: Delia Hernandez – E-Center- Ca.

NMSHS Executive Committee Meeting

The newly elected 2011-2012 Executive Committee

President: Jose E. Martinez - Riverside County Office of Education, CA

Vice President: Manual Villafan - EPIC, WA

Secretary: LeeAn R. Benavides - Teaching & Mentoring Communities, TX

Treasurer: Donald Horseman (Director Affiliate) – Oregon Child Development Coalition, OR

NHSA Rep: Elizabeth 'Biz' Steinberg - Economic Opportunity Commission of San Luis Obispo, CA

Members @ Large: CEO Barbara Mainster, Staff Joseph Castro, Parent Bibiana Esquivel

Roundtable Discussion between NHSA Affiliate Leaders and Allied National Organizations

Yasmina Vinci, Executive Director NHSA

Edward Condon, Director of Affiliate Relations

The purpose of this roundtable discussion was to develop a shared advocacy vision for the 112th Congress. Parents, Staff, Educators and all others at the session weighed in with their ideas, and commentary concerning the new Congress and the challenges ahead.

Capitol Hill Visits – Tuesday January 25-26, 2011

Parents and Staff visited Capitol Hill to visit several congressman and senators who have a direct impact on NMSHS and Head Start. Parents advocated for continuing services for our program and our children.

Those we visited include but were not limited to:

Senator John Cornyn-TX

Senator Kay Bailey Hutchison-TX

Senator Harry Reid-NV

Senator Richard Lugar – IN

Congressman Ruben Hinojosa – TX

Congressman Blake Farenthold – TX

Congressional Breakfast

A catered breakfast at Capitol Hill where we got together to hear great things about Head Start. The speakers were motivating and it was great to hear such great and distinguished former Head Start guests speak at this breakfast where Senators and Congressman and their staff were present. The parents had the opportunity to be sitting at the same table as representatives from The Senators and Congressman and their staff.

NHSA Breakfast and Group Session

NHSA hosted a breakfast and brainstorming group session where staff and educators

were asked to share their input on how they involve community volunteers into their programs. Many people offered ideas on how they do this by sharing their partnerships with PNC Bank, Kohl's Dept. Store, and their local food banks to provide volunteers and goods and services to the parents and families at the Head Start Centers.

Lee An Benavides – Presidenta del Consejo de Pólizas
23 – 27 de enero del 2011
Washington, DC

NHSA: Reestableciendo Nuestra Agenda: Nuevos Prospectos y Oportunidades Prometedoras

NMSHSA Evento de Padres de Familia Afiliados (Recepción) – Ofrecido por el Comité de Padres de Familia Afiliados 2010-2011

Los Padres de Familia Afiliados han tenido una gran oportunidad para establecer una red social y conocer a otros padres de familia de todo el país. Fue un gran rompe hielo donde los padres pudieron conocerse y aprender un poco acerca de ellos: donde viven, trabajan y viajan.

NMSHSA Orientación y Plenaria Inaugural
Victor Gómez, Director Ejecutivo Interino, NMSHSA
Sandra Carton, Jefa de la Oficina Administrativa MSHS de Head Start
Elizabeth “Biz” Steinberg, Presidenta de NMSHSA
Yvette Sánchez-Fuentes, Directora de la Oficina de Head Start

Las Sras. Carton y Sánchez-Fuentes trataron algunos asuntos importantes que los participantes tenían en cuanto la Renovación de la Designación. Ellos señalaron que habían más de 15,000 comentarios en cuanto esto. Hablaron acerca de ARRA y continuar la resolución para mantener el financiamiento. También hablaron acerca de la información de reorganización y de tener un documento que fuera un estudio de migrantes. Un reporte fué escrito y un borrador fué revisado. Asimismo, a los participantes se les brindó la oportunidad para aprender acerca de la disponibilidad de posiciones oficiales de NMSHS y cómo los participantes pueden participar de manera más activa con NMSHS.

Reuniones de Afiliados al NMSHSA
Donde Participó el Comité de Padres de Familia Afiliados 2010-2011

Durante esta reunión, los diferentes Padres Votantes del MSHS eligieron a los oficiales y se encargaron de los pendientes necesarios para el año venidero. Su nuevo Comité de Padres Afiliados de los Migrantes y Temporales de Head Start es el siguiente:

Presidente: Bibiana Esquivel – Consejo de Migrantes de Washington State – WA
Vice Presidente: LeeAn R. Benavides – Comunidades de Enseñanza y Capacitación – TX
Representante de NHSA: Kay Ortega – Coalición de Oregon del Desarrollo Infantil – OR
Secretaria: Connie Gonzalez- Oficina del Educación Migrante Head Start del Condado de Riverside – CA
Tesorera: Nora Martinez
Oficial de Orden: Delia Hernández – Centro-E – CA

Reunión del Comité Ejecutivo NMSHS

El recién electo Comité Ejecutivo 2010-2011

Presidente: José E. Martínez – Oficina de Educación del Condado de Riverside, CA

Vice Presiente : Manuel Villafan – EPIC, WA

Secretaria: LeeAn R. Benavides - Comunidades de Enseñanza y Capacitación – TX

Tesorero: Donald Horseman (Director Afiliado) – Coalición de Desarrollo Infantil de Oregon – OR

Representante NHSA: Elizabeth ‘Biz’ Steinberg – Comisión de Oportunidad Económica de San Luis Obispo, CA

Miembros Generales: CEO Barbara Mainster, Empleado Joseph Castro, Padre de Familia Bibiana Esquivel

Discusión en Mesa Redonda entre los Líderes Afiliados de NHSA y las Organizaciones Nacionales Aliadas

Yasmina Vinci, Directora Ejecutiva del NHSA

Edward Condon, Director de Relaciones Afiliadas

El objetivo de esta discusión en mesa redonda fué para desarrollar una visión compartida de cabildeo para el Congreso 112. Padres de familia, empleados, educadores y todos los presentes en la sesión intervinieron con sus ideas y comentarios con respecto al nuevo Congreso y los retos por enfrentar.

Visitas al Capitolio – martes, 25-26 de enero del 2011

Padres de familia y empleados visitaron el Capitolio para visitar a varios congresistas y sendaores que tienen un impacto directo en NMSHS y Head Start. Los padres cabildearon para servicios continuos para nuestro programa y nuestros niños.

Los que visitamos incluyen pero no están limitados a:

Senador John Cornyn –TX

Senadora Kay Bailey Hutchison – TX

Senador Harry Reid – NV

Senador Richard Lugar – IN

Congresista Ruben Hinojosa – TX

Congresista Blake Farenthold – TX

Desayuno del Congreso

Un desayuno fué servido en el Capitolio donde nos reunimos para escuchar muchos elogios acerca de Head Start. Los oradores fueron motivantes y nos dió mucho gusto escuchar a distinguidos ex-invitados de Head Start hablar en este desayuno donde Senadores y Congresistas y sus empleados estuvieron presentes. Los padres de familia tuvieron la oportunidad de estar sentados en la misma mesa que los representantes de los Senadores y Congresistas y sus empleados.

Desayuno de NHSA y Sesión de Grupo

LA NHSA ofreció un desayuno y una sesión de lluvia de ideas del grupo donde a los empleados y educadores se les pidió aportar sus ideas en cómo pueden involucrar a los voluntarios comunitarios en sus programas. Mucha gente ofreció sus ideas en cómo

hacen esto compartiendo sus asociaciones con el PNC Bank, Kohl's Dept. Store, y sus bancos locales de comida para proporcionar a los voluntarios y bienes y servicios a los padres y familias en los Centros Head Start.

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IRON

for Healthy Blood

Everyone needs iron, especially:

- Pregnant women
- Breastfeeding women
- Women up to age 50
- Babies and children
- Teenagers

Why is iron important?

Iron is a mineral that helps build healthy blood. If you don't eat enough foods high in iron, your blood could become low in iron. People who have low-iron blood usually are tired a lot and get sick more often. Children who have low-iron blood may not learn as well.

How do you get enough iron?

You get iron by eating foods high in iron. Choose foods high in iron to include in your meals everyday.

What foods have iron in them?

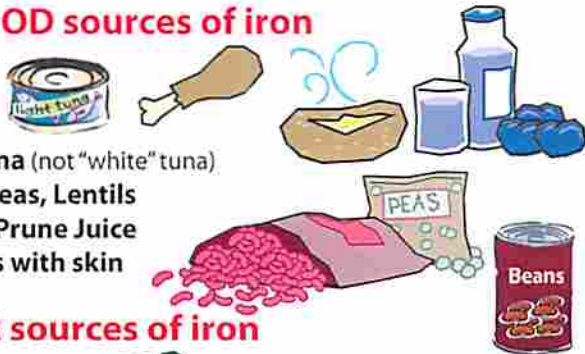
🔥🔥🔥 BEST sources of iron

- Liver
- Beef
- Lamb
- Clams
- Shrimp
- WIC Cereals and cereals with at least 45% iron per serving



🔥🔥 GOOD sources of iron

- Pork
- Chicken
- Turkey
- Light Tuna (not "white" tuna)
- Beans, Peas, Lentils
- Prunes, Prune Juice
- Potatoes with skin



🔥 FAIR sources of iron

- Eggs
- Tofu
- Spinach
- Green Peas
- Molasses
- Breads
- Rice
- Other Cereals



What helps your body use the iron in foods?

Eating even a small amount of **meat, fish, chicken, or turkey** will help your body use the iron in other foods. **Vitamin C** helps your body use the iron in grains and vegetables. Eat or drink a food high in vitamin C at the same meal that you eat a good or fair source of iron.

What foods are high in vitamin C?

These fruits: oranges, grapefruit, watermelon, strawberries, cantaloupe, mango, and papaya. Fruit juices such as orange juice and grapefruit juice or fruit juices with 120% or more vitamin C per serving.

These vegetables: tomatoes, tomato juice, broccoli, cabbage, and green peppers.

Try adding one of these fruits or vegetables high in **vitamin C** to your meal the next time you eat a **good or fair** source of iron. For example, add strawberries to your cereal, or drink orange juice or grapefruit juice with your eggs and toast.

Why do some children and adults have low-iron blood?

Children who drink too much milk and do not eat enough foods high in iron can have low-iron blood. Children 2 to 5 years old should drink about 16 to 24 ounces of 1% lowfat or fat free milk per day.

Some people have low iron blood because they eat too many foods high in sugar and fat. They fill up on these foods and do not eat as many foods high in iron. Foods high in sugar and fat such as soda, fruit drinks, candy, and chips have little or no iron in them. Eat less of these foods and choose more foods high in iron.

Tea, regular coffee, and decaffeinated coffee can keep your body from using iron. If you drink coffee or tea, drink it in moderation and between meals instead of with meals.

What about iron drops or pills?

People with low-iron blood sometimes need to take iron drops or pills. Follow your doctor's instructions if you are given iron drops or pills. Make sure you keep eating foods high in iron.

CAUTION: Keep iron pills and vitamin pills with iron out of the reach of children. Pills with iron could be **deadly** to children if they ate too many by accident!



★ **COOKING TIP:** To help add iron to your food, use a cast iron pan when you are cooking "acid foods" like tomatoes.

Ways to increase iron: _____



HIERRO

para Sangre Saludable

Todos necesitamos hierro, especialmente:

- Mujeres embarazadas
- Mujeres lactantes
- Mujeres hasta los 50 años
- Bebés y niños
- Adolescentes

¿Por qué es importante el hierro?

El hierro es un mineral que ayuda a la formación de sangre saludable. Si usted no come suficientes alimentos ricos en hierro, su sangre puede volverse baja en hierro. Las personas que tienen la sangre baja en hierro se cansan fácilmente y se enferman con más frecuencia. Los niños que tienen sangre baja en hierro pueden tener problemas de aprendizaje.

¿Cómo puede usted obtener suficiente hierro?

Usted obtiene hierro cuando come alimentos altos en hierro. Vea adentro de este folleto para ver los alimentos que son altos en hierro los cuales puede incluir en sus comidas diarias.

¿Qué alimentos contienen hierro?

MEJORES fuentes de hierro

- Hígado
- Carne de Res
- Carne de Cordero
- Almejas
- Camarones
- Cereales de WIC y otros cereales que contengan al menos 45% de hierro por porción



BUENAS fuentes de hierro

- Carne de Cerdo
- Pollo
- Pavo/Guajalote
- Atún "light" (no atún "white")
- Frijoles/Habichuelas, Guisantes Secos
- Ciruelas, Jugo de Ciruela
- Papas con la cáscara



Fuentes REGULARES de hierro

- Huevos
- Tofú
- Espinaca
- Guisantes Verdes
- Melaza
- Panes
- Arroz
- Otros Cereales



¿Qué cosas nos ayudan a utilizar el hierro?

El comer **carne, pescado, pollo, o pavo** aunque sea en pequeñas cantidades, ayuda a su cuerpo a utilizar el hierro en otros alimentos. La **vitamina C** ayuda a su cuerpo a utilizar el hierro que se encuentra en granos y vegetales. Coma o tome alimentos ricos en vitamina C al mismo tiempo que come alimentos que son fuentes buenas y regulares de hierro.

¿Qué alimentos son altos en vitamina C?

Estas frutas: naranjas (chinas), toronja, sandía, fresas, melón, mango, papaya y acerolas. Jugos de fruta como jugo de naranja (china), jugo de toronja y jugos de fruta que contienen un mínimo de 120% de vitamina C por porción.

Estos vegetales: tomates/jitomates, jugo de tomate, brécol/brocoli, repollo/col y pimientos verdes/chiles.

Trate de añadir una de estas frutas o vegetales altos en **vitamina C** a sus comidas la próxima vez que coma alimentos que son una fuente **bueno o adecuada** de hierro. Por ejemplo, añada fresas a su cereal o tome jugo de naranja (china) o toronja con sus huevos y pan tostado.

¿Por qué algunos niños y adultos tienen sangre baja en hierro?

Los niños que toman mucha leche y no comen suficientes alimentos ricos en hierro pueden tener sangre baja en hierro. Niños de 2 a 5 años deben tomar de 16 a 24 onzas de leche con 1% de grasa o sin grasa.

Algunas personas tienen sangre baja en hierro porque comen demasiados alimentos altos en azúcar y grasa. Se satisfacen con estos alimentos y no comen igual cantidad de alimentos altos en hierro. Alimentos altos en azúcar y grasa tales como sodas, bebidas de frutas, dulces y papitas fritas (chips) contienen poco o ningún hierro. Coma menos de estos alimentos y más de aquellos que son altos en hierro.

El té y el café con o sin cafeína pueden evitar que su cuerpo utilice el hierro. Si usted toma café o té, hágalo en forma moderada y entre comidas en lugar de con las comidas.

¿Necesita usted gotas o pastillas/pildoras de hierro?

Personas con sangre baja en hierro a veces necesitan tomar pastillas/pildoras o gotas de hierro. Siga las instrucciones de su médico si le receta pastillas/pildoras o gotas de hierro. Asegúrese de continuar comiendo alimentos altos en hierro.

PRECAUCION: Mantenga las pastillas de hierro y las vitaminas con hierro fuera del alcance de los niños. ¡La pastillas/pildoras de hierro pueden causar la muerte en los niños si toman demasiadas accidentalmente!



★ **CONSEJO CULINARIO:** Use una cacerola (olla) de hierro fundido para cocinar "alimentos ácidos" como los tomates/jitomates.

Formas de aumentar el hierro: _____



WIC provee oportunidades iguales a todos.

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