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NBCDI MEMBERSHIP INFORMATION

Become a NBCDI member today for as little as $40 and help give every child a chance! NBCDI members include people who share a commitment to the positive development of children and youth, regardless of race, religion, gender, or creed. NBCDI memberships can be obtained by contacting NBCDI. Visit our website at www.nbcdi.org for more membership information and to learn about the programs of NBCDI.

Become part of the NBCDI family and help us to improve and advance the quality of life of our children and families. As a member of the America's Charities federation, NBCDI is eligible to receive your charitable contribution from the Combined Federal Campaign (#11574) or state and local employee campaigns.

SUBSCRIPTION INFORMATION

Child Health Talk is produced by the National Black Child Development Institute (NBCDI). A subscription to NBCDI’s newsletter will comprise one year of Child Health Talk. Send your request to: Child Health Talk, 1313 L Street, NW, Suite 110, Washington, DC 20005. Subscriptions: $8.00 per year.

The photographs used in NBCDI’s publications are intended to highlight the beauty and diversity of children in a variety of settings. Unless specifically noted otherwise, the photographs come from NBCDI’s library of stock photos, and the children do not necessarily represent the topic discussed in the text.

NBCDI encourages the exchange of diverse opinions. However, the ideas presented do not necessarily reflect NBCDI’s official position on the issues. NBCDI assumes no responsibility for any statement of opinion presented in this publication.

Dear Friends,

As the school year comes to a close and families prepare for the summer, we are reminded of the importance of continuous learning as we support our children’s language and literacy development. Literacy is a prerequisite for life success, economic security, access to health care and responsible citizenship. It is one of the most fundamental skills young children should have to be adequately prepared as the next generation of innovative readers, writers and thinkers. Unfortunately, research shows that, on average, children from low-income families are exposed to eight million fewer words each year than their middle-income and high-income counterparts. That means that children from low-income families experience 30 million fewer words by the time they are four years old. Some refer to this as the “30 Million Word Gap”.

For 45 years, the National Black Child Development Institute (NBCDI) has been empowering leaders, policymakers, professionals and parents to improve and advance the quality of life for Black children and families through education and advocacy. In collaboration with our Affiliates and national partners, we have chosen to focus on the particular strengths and needs of Black children and families in the broader context of a shared goal: ensuring that all children are reading proficiently by the end of 3rd grade. NBCDI has chosen to adopt this overarching objective in response to data demonstrating the critical nature of this educational benchmark.

As part of NBCDI’s Love to Read literacy initiative and our efforts to promote literacy and education among children and families, join NBCDI May 10-16, 2015 as we celebrate National Black Child Development Week. This week, NBCDI, along with literacy partners Raising A Reader, First Book, Oldways, Vroom and the Campaign for a Commercial Free Childhood, as well as our network of Affiliates will engage families and partners across the country in a series of interactive activities to support the language and literacy development of Black children and their families.

With the help of our 20 Affiliate chapters across the country and a host of literacy partners, National Black Child Development Week will spark a rich dialogue around the importance of early literacy and will provide parents, teachers and early childhood care workers with tips and resources to reinforce literacy and language development. We encourage you to join us for National Black Child Development Week and in our efforts to improve the quality of life for Black children and families through education and advocacy!

All the Best,

TOBEKA G. GREEN
President and CEO

We encourage you to join us for National Black Child Development Week and in our efforts to improve the quality of life for Black children and families through education and advocacy!
In honor of the children and families we serve, the voices raised by our nation’s young people and leaders, and NBCDI’s 45th Anniversary, National Black Child Development Week 2015 will highlight the importance of literacy and systems of support in our mission to improve the quality of life for Black children and families through education and advocacy.

Education is still one of the surest pathways to success in life. As part of NBCDI’s Love to Read initiative and our efforts to provide strengths-based solutions to address the educational gaps Black children often face, we will engage families and partners in a week-long series of interactive and affirming activities to support Black children’s language and literacy development. Participate with us each day:

**Sunday, May 10: Make a Meal with Mommy (Mother’s Day)**
NBCDI, in partnership with Oldways, developed the “Good for Me!” cookbook, which helps children build language and math skills while creating healthy meals for the family. Spend the day making a special meal for mommy.

**Monday, May 11: #liftuplearning Twitter Chat from 2:00-3:00 p.m. EST**
Join NBCDI and our Affiliate network as we team up with our partners for a “Systems and Solutions” Twitter chat, where we will discuss language and literacy development strategies that help families excel. Keep your eyes open for the #liftuplearning hashtag to participate!

**Tuesday, May 12: Build Your Child’s Brain**
In collaboration with our new national partner, Vroom, NBCDI will highlight opportunities to turn everyday moments into brain building opportunities via Vroom’s new app and other developmental resources.

**Wednesday, May 13: Brown Bookshelf Workshop**
NBCDI and its T.E.A.C.H. Early Childhood D.C.® program will partner with The Brown Bookshelf in Washington, DC to celebrate the many African American voices writing for young readers by hosting a training workshop for early childhood educators.

**Thursday, May 14: Library Scavenger Hunt**
The scavenger hunt encourages Black families to visit the library to rediscover the goldmine of books, fun activities and resources that local libraries provide for the community.

**Friday, May 15: Screen Free Night**
Join NBCDI, our Affiliate network and our partners at the Campaign for a Commercial Free Childhood (CCFC) in a commitment to unplug from digital entertainment and connect with family and friends by spending that free time playing, reading, creating and exploring.

**Saturday, May 16: Affiliate Family Fun Events**
Celebrate Black children and families with exciting literacy-based activities in Affiliate communities across the country; in partnership with First Book, Vroom and local partners! Please visit [www.nbcdi.org](http://www.nbcdi.org) for details on all events.

“Once you learn to read, you will be forever free.” -Frederick Douglass
Celebrating National Black Child Development Week!

In the spirit of National Black Child Development Week, NBCDI Affiliates will host exciting community events to engage families in activities that promote literacy and learning.

Here’s a look at what some BCDI Affiliates are doing:

- Throughout the week, BCDI-Atlanta and BCDI-Charlotte will partner with the early childhood centers in their communities to host “Drop Everything and Read (DEAR)” time each day.

- BCDI-Seattle will host its annual conference in conjunction with the City of Seattle, HighScope Educational Research Foundation and First Book. Organizers will distribute hundreds of books to parents, children, early childhood programs and a juvenile correctional institution.

- BCDI-Houston will host open house events at several libraries in Houston’s low-income neighborhoods. At each event, the Affiliate will reinforce the importance of language and literacy development, encourage parent-child communications about healthy meals and provide hands-on workshops on healthy eating practices.

- BCDI-Mid Hudson will partner with First Book to distribute books within their community and to present a family reading program that focuses on discovering new words and creating a family vocabulary book.

- BCDI-Milwaukee will partner with McDonald’s to promote reading and literacy in the Milwaukee community, with a focus on exciting literacy activities with children birth through age 5.

- BCDI-Nashville will hold a Family Fun Fair where they will be raising awareness about the importance of literacy by giving away books and incorporating fun activities for families such as, face painting and cooking demonstrations.

NBCDI also has two interest groups that are hosting events in celebration of National Black Child Development Week:

- The Denver interest group will host a literacy event to celebrate Black children and families with exciting literacy-based activities, working in partnership with EPIC (Executives Partnering to Invest in Children).

- The Hampton Roads interest group will host a book fair in celebration of the week, and has received a donation from Barnes and Noble to provide books for families.
every child needs a voice

SPEAK UP

How to become a MEMBER

- Contact the National Office toll free at (800) 556-2234 or at (202) 833-2220.
- Apply online by visiting NBCDI at www.nbcdi.org

BCDI Affiliates are the heart of our organization. In over twenty communities across the nation, these volunteer-driven networks partner with children, families and other organizations to implement culturally-relevant and research-based programs promoting literacy, health, juvenile justice, parent engagement and college-readiness, while advocating for better, stronger and more effective policies for children ages 0-8 at the local, state and federal level.

Please visit www.nbcdi.org to connect with an Affiliate near you or start an interest group!

NATIONAL BLACK CHILD DEVELOPMENT INSTITUTE

1313 L Street, NW Suite 110 Washington, DC 20005
A child’s oral language development is important to learning to read and is considered one of the early predictors of successful reading comprehension. One of the primary ways young children build a rich oral language is through communication with family members, caregivers and other loving adults. Even at 20 months old, my granddaughter likes to use technology and her verbal ability to leave me voice messages or FaceTime to chat or share a book together. In her latest reading video she joyfully articulated the words she surmised were on the page, based on the pictures and what she thought was important to communicate at the time. Although clearly she was not reading the text, she understands the importance of words and the messages they send.

So how can we use the current selection of literature written and/or illustrated by *African Americans to enhance children’s language development? The stock of words in the picture books, concept books and picture storybooks included in this column can certainly facilitate learning new words and new word meanings as well as enhance reading and listening comprehension. You can help nurture your child’s appreciation of words, as you get them excited about reading and learning new words from the stories you read aloud to them. Here are a few ways parents, caregivers and others can enrich oral language using stories.

- When reading aloud pose questions like: “What do you know about this word?” and “Why is this word important to the story?”
- Select 2-5 words from the story to talk about. Choose words that are important to the story or words your child might be interested in. Provide simple definitions as needed.
- Sort a variety of words from the story into categories.
- Create a physical space at home for words by posting them on the refrigerator, doors or walls using index cards, post-it notes or scrap paper. Your child might also enjoy keeping a word jar of words learned from books. (i.e. see Donovan’s Word Jar by Monalisa DeGross)
- Make real-life connections to words presented in the story.
- Have your child retell the story in his/her own words.

The more words your child hears in conversation and through read-alouds the better. Remember to use words from books in your everyday conversations with children, since incidental exposure to words is a huge support for reading. Most of all make reading aloud a fun time for you and your child. Happy Reading!!!
**BETWEEN THE COVERS**

**Ages 0-4**

*Johnson, Angela*, illustrator *Scott M. Fischer*, (2014), Lottie Paris Lives Here (Board Book edition), Little Simon. This board book is a reprint of Johnson’s story about the spunky character Lottie Paris that will delight and engage our youngest readers. Ages 2-5

**Ages 4-8**


*Dempsie, Kristy*, illustrator *Floyd Cooper*, (2014), A Dance Like Starlight: Our Ballerina’s Dream, Philomel. This story centers on an African American girl who is ready to work hard to become a ballerina. Janet Collins, the first African American prima ballerina, inspired many other African American girls to reach for their dream of being a ballerina. Ages 4-8

*Copeland, Misty*, illustrator *Christopher Myers*, (2014), Firebird, Putnam Juvenile. Misty Copeland’s inspirational true story encourages young girls to pursue their dreams. The book moves from uncertainty and self-doubt to the beautiful firebird that she becomes. Ages 4-8

**Ages 4-8**

*Bynum, Betty K.*, (2013), I’m a Pretty Little Black Girl, Dreamtite Publishing. This rhyming book about Mia, who loves the way she looks, reinforces the message that beauty comes in all sizes, shapes, and colors. This positive message is uplifting. From the “I’m A Girl!” Collection. Ages 4-8

*Shabazz, Ilyasah*, illustrator *AG Ford*, (2014), Malcolm Little: The Boy Who Grew Up to Become Malcolm X, Atheneum Books for Young Readers. This inspiring picture book biography tells the story of Malcolm Little, through the eyes of his daughter, Ilyasah Shabazz. The realistic oil painting illustrations are a tribute to Malcolm X’s parents and the values they instilled in him. Ages 4-8

*Skead, Robert*, illustrator *Floyd Cooper*, (2013), Something To Prove: The Great Satchel Paige VS Rookie Joe DiMaggio, Carolrhoda Books. In a 1936 exhibition baseball game, Satchel Paige would meet the New York Yankees prospect, Joe DiMaggio. Even through Paige knew he would not break the color barrier in this game and play for the Yankees, this was a showdown between two of the greatest to play the game. Ages 4-8

*Wainwright, Kathleen M.*, illustrator *Nancy Devard*, (2013), Summer in the City, Willa’s Tree Studios, LLC. Growing up in the city without a cellphone, PlayStation, or any of the other modern technologies that children enjoy today, meant that children had to actually talk to their siblings and friends. This story is a glimpse of summer fun with double-dutch, hopscotch, and many other games played with siblings and friends in their neighborhood. Ages 4-8

*Woodson, Jacqueline*, illustrator *James Ransome*, (2013), This is the Rope: A Story From the Great Migration, Nancy Paulsen Books. Beautiful story of an African American family’s migration from North Carolina to Brooklyn, NY, and the obstacles the family face. A special rope that has been used by members of the family for various things binds them together. Ages 4-8

*Robinson, Sharon*, illustrator *AG Ford*, (2014), Under the Same Sun, Scholastic Press. Daughter of Jackie Robinson, Sharon Robinson, shares her family’s inspirational story from Tanzania. The family is there to celebrate Grandmother Bibi’s birthday. Not only do they celebrate, the African American relatives also explore and experience the culture of their ancestors. Ages 4-8

*Wainwright, Kathleen M.*, illustrator *Naomi C. Robinson*, (2014), Ziggie’s Tales: Ziggie’s Big Adventure, Willa’s Tree Studios, LLC. Ziggy spends his time watching kids play in the park and wishing he could join them. One day
Ziggy is able to get out, but is alone and worried that he will never make it back home. His adventure is not what he thought it would be. Ages 4-8

**AGES 9-12**


- *Barber, Tiki* and *Barber, Ronde*, illustrator Paul Mantell, (2014), Extra Innings, Simon & Schuster/Paula Wiseman Books. Tiki and Ronde Barber have retired from the NFL and now write children’s books about football, basketball, and baseball. This children’s story is a chapter book that follows the twins on their quest to make a baseball team. Ages 9-12

- *Booth, Coe*, (2014), Kinda Like Brothers, Scholastic Press. Jared’s mother is a foster mother, but when she takes in a child his age Jared feels that this is unfair. He now has to share his room, friends, and mother with Kevon. Will Jared and Kevon figure out a way to get along? Ages 9-12

They realize that their new playground is already occupied by an ancient phoenix. Ages 9-12

- *Spencer, Octavia*, illustrator Vivienne To, (2013), Randi Rhodes Ninja Detective: The Case of the Time-Capsule Bandit, Simon & Schuster Books for Young Readers. This mystery begins with twelve-year-old Randi reluctantly moving from New York to the small town of Deer Creek after her mother’s death. Randi’s first case involves the town’s time capsule and includes lessons on friendship, loss, and being the new kid in town. Ages 9-12

- *Moses, Sheila P.*, (2014), The Sittin’ Up, Putnam Juvenile. Although Bean and the rest of the community in Low Meadows are devastated with the passing of Mr. Bro Wiley, the last former enslaved person living until his death in 1940, they are proud to be included in their first Sittin’ Up. Will a forecasted storm the night of the wake cause the African American community to leave? Ages 9-12

- *Rhodes, Jewell Parker*, (2014), Sugar, Little Brown Books for Young Readers. Sugar is a ten-year-old former enslaved African American who is working on a sugar cane plantation in Louisiana following emancipation. As all of her friends leave and begin to head north, Sugar realizes she is the only young person left. This historical fiction tells of Sugar’s forbidden friendship with the plantation owner’s son and how she bridges the gap between the Chinese immigrants and the freedmen. Ages 9-12

- *Yarbrough, Camille*, (2013), Tamika and the Wisdom Rings, Just Us Books. Eight-year-old Tamika and her family live in a city apartment. She is a member of the Sweet Fruit of the African American Family Tree Club and her wondering, often leads to trouble. Her parent’s gift of a ring and words of wisdom along with her group help her to survive a tragedy. Ages 8-12

- *Grimes, Nikki*, (2013), Words With Wings, Wordsong. Written in verse, this book follows Gabby “the dreamer” on her quest to transfer her dreams to paper with the help of her teacher. This book is a tribute to all of the teachers who have made a difference in their students’ lives. Ages 9-12

- *Flake, Sharon*, (2014), Unstoppable Octobia May, Scholastic Press. Set in the 1950s, this eerie mystery is full of excitement and trouble for ten-year-old Octobia May, who’s heart condition makes her special in the eyes of the old folks and “vampires” living in her boarding house. Ages 8-12

**YOUNG ADULT**

- *Binns, B.A.*, (2013), Being God, AllTheColorsOfLove. Seventeen-year-old Malik Kaplan a Chicago high school bully turns to alcohol to make sense of his life. When he finds himself in court ordered community service, he befriends a boy and girl whose lives open his mind. Will the three of them work together to beat the odds? Young Adult

- *London, Kelli*, (2014), Beware of Boys Charly’s Epic Fiasco Book 4), Kensington Books. Charly is a teenage reality star with a big heart. She helps to make dreams come true for people, who she is assigned to help. Three handsome celebrities bring chaos to Charly’s life. Young Adults
of the Civil Rights Movement told in poetic voice, invites the reader to share her life experiences growing up in South Carolina and New York.

Young Adult

*Posey, S.A.M, (2013), The Last Station Master: A Boy, A Terrorist, And Trouble, Key Publishing House Inc. Fifteen-year-old Nate expects a summer of boredom with his grandparents farm in North Carolina. Yet, his adventure begins on the plane ride when he encounters a possible terrorist. Once there, Nate and his friends experience a mystery that involves the Underground Railroad.

Young Adult

*A Frazier, DuEwa, (2014), Deanne in the Middle, Lit Noire Publishing. Deanne T. Summers is a fourteen-year-old freshman caught between two opposing cliques. It is a story of friendship, loyalty and self-awareness.

Young Adult

Elliott, Zetta, (2013), The Deep, CreateSpace Independent Publishing Platform. The science fiction/fantasy sequel to Ship of Souls continues the Nyla’s story. Fourteen-year-old Nyla begins her training with The League, a secret group of men and women who can detect energy below the earth’s surface and keep evil from entering the world.

Young Adult


continued from the previous page

of this bibliography was presented at the 2014 conference.

THE BTC TEAM:
Dr. Jonella Mongo is a Literacy Consultant; Dr. Vivian Johnson is an Associate Professor of Reading Education, Marygrove College in Detroit, MI; Dr. Toni Walters is Professor Emerita, Oakland University, Rochester, MI. Member at Oakland University.

A NOTE TO AUTHORS AND PUBLISHERS
We encourage authors and publishers to send advance review copies and newly released books for children to: Dr. Vivian Johnson, Marygrove College, Detroit, MI 48221. The Between the Covers team will review them for consideration in future columns.
2015 Calendar of Children
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Our beautiful 2014 Calendar of Children is now available! It’s perfect for your home, office or classroom.

Being Black Is Not a Risk Factor: A Strengths-Based Look at the State of the Black Child
$20.00 • Members: $16.00
Being Black Is Not a Risk Factor: A Strengths-Based Look at the State of the Black Child is a report combining rich data, expert essays and “points of proof.” It is designed to address the needs of policymakers, advocates, principals, teachers, parents and others by challenging the prevailing discourse about Black children – one which overemphasizes limitations and deficits and does not draw upon the considerable strengths, assets and resilience demonstrated by our children, families and communities.

Good for Me!
$49.95 • Members: $39.96
The Good For Me! curriculum engages children three to five years old in healthy eating and physical activity by introducing them to a diverse range of fruits and vegetables, hands-on activities and active play. The ultimate goal is to improve children’s nutrition and health outcomes by providing a research and evidence-based curriculum that connects to and is reflective of their families, cultures and communities.

Love to Read
$10.00 • Members: $8.00
As part of our commitment to nurturing young children’s love of reading in pursuit of their academic and life success, NBCDI is proud to offer Love to Read: Essays in Developing and Enhancing Early Literacy Skills of African American Children. The publication features essays from leading experts in the field of early literacy and educational achievement, including Oscar A. Barbarin, Catherine E. Snow, Grover J. Whitehurst, A. Wade Boykin, Dorothy Strickland, Toni S. Walters and Edward Zigler. Edited by Barbara Bowman, the report documents African American children’s reading achievement; focuses on how teachers and parents can promote significant progress; and discusses policy considerations in boosting all children’s mastery of literacy.

School Readiness and Social Emotional Development
$10.00 • Members: $8.00
School Readiness and Social-Emotional Development: Perspectives on Cultural Diversity is the product of a project sponsored by the Annie E. Casey Foundation, in which NBCDI asked, What is the current state of research and programs that address school readiness and social-emotional development from a multicultural perspective? Answers from experts such as Aisha Ray, Carol Brunson Day, Linda Espinosa, Dolores Norton, Oscar Barbarin and Melinda Green are revealed in this book, edited by Barbara Bowman and Evelyn K. Moore. Their essays provide a path to understanding and influencing the multitude of factors that impact young children’s development, learning and school success.
Parents, we know that life gets busy, and that keeping meals healthy and innovative for your family can be challenging. To assist parents and caregivers in providing healthy meals for their families, NBCDI, in partnership with Oldways, developed the Good for Me! Recipe Book. This recipe book is a companion piece to NBCDI’s Good for Me! curriculum, designed to engage three to five year olds in healthy eating and physical activity by introducing them to a diverse range of fruits and vegetables, hands-on-activities and active play. The Good for Me! Recipe Book contains a series of twenty-six recipes that link together the alphabet with a dish using a fruit or vegetable beginning with that same letter of the alphabet. The recipe book also incorporates basic level arithmetic, scientific, geographic and cultural learning suggestions for parents to integrate into their conversations with their children as they create the dishes together.

Check out this recipe for Iceberg Lettuce Wraps found in the Good for Me! Recipe Book:

**Iceberg Lettuce Wraps**

Lettuce wraps are so easy to make, so fun to eat and full of flavor and nutrition with very few calories.

You can use almost any protein for the filling, substituting chicken, fish, shrimp, or mashed beans. Tofu, which is included here, is packed with nutrients and proteins and will take on any flavor that you give it. A lettuce wrap is simply a combination of your favorite protein, mixed with spices and rolled up in a crispy, refreshing lettuce leaf.

This recipe is designed for younger eaters who might not like chunks of vegetables in their filling. Feel free to add other vegetables like green onions, peppers, broccoli, bok choy, carrots, or watercress to make this side dish even more filling for an older crowd.

The Good for Me! Curriculum and Recipe Book is a resource of NBCDI’s Healthy Practices Program — an initiative that is successfully changing knowledge and behavior around healthy nutrition and physical activity with children, parents and caregivers. This initiative is generously supported by the Walmart Foundation. Visit [www.nbcdi.org](http://www.nbcdi.org) to learn more about the Healthy Practices Program and the Good for Me! Curriculum and Recipe Book!
Recipe for Iceberg Lettuce Wraps

PREP TIME: 5 minutes

COOK TIME: 10 minutes

NUTRITIONAL ANALYSIS: Calories: 89, Fat: 4g, Saturated Fat: 1g, Cholesterol: 0mg; Sodium: 185mg, Carbohydrate: 6g, Fiber: 2g, Sugars: 2g, Protein: 8g

INGREDIENTS
1 teaspoon extra virgin olive oil
1 package extra firm tofu
1 tablespoon fresh ginger, minced with a grater
1 tablespoon garlic powder
1 tablespoon onion powder
1 teaspoon chili pepper, or powder
1 tablespoon soy sauce
1 lime
6 Iceburg Lettuce leaves, rinsed

DIRECTIONS
1. Drain the water from tofu package and crumble the tofu with your hands (great job for a little one!) and place it into a bowl.
2. Add the minced ginger, garlic powder, onion powder and chili pepper to the tofu.
3. Mix all the ingredients with your hands, massaging the spices into the crumble (another great job for your children!).
4. In a medium-size skillet or pan, warm up the olive oil on medium heat and add the tofu.
5. Cook on medium-high heat for 8-10 minutes, until the tofu is lightly browned, stirring occasionally to keep from sticking.
6. Add lime juice and soy sauce halfway through, at about 4 minutes.
7. Lay your lettuce leaves flat and fill their middles with the tofu crumble, lengthwise.
8. Roll up, serve and enjoy!

Building Skills and Knowledge

To promote a rich learning experience as you cook with your children, we encourage you to ask a variety of questions throughout the process. Provide plenty of encouragement and give them a chance to show off what they know as they help out with the preparation of the dish!

MATH

- Encourage your child to help with the measurements of the ingredients. How many teaspoons make up a tablespoon? How many tablespoons are in a ¼ cup?
- Help your child determine the number of lettuce leaves you will need for everyone in the family to have two servings. Help your children pull off the number of leaves you need from the head of lettuce, counting them out as they work.

SCIENCE

- Proteins are nutrients that give us energy and power, and are found in everything from meat to peanut butter to tofu! Ask your children to name some types of meats that could be used in this recipe.
- Lettuce is a very easy vegetable to grow in a container. Take your child to a local garden center to select from the wide variety of available lettuce seeds. Spring mix leaves are colorful and flavorful options that offer different types of lettuce in one seed package. Visit a kid’s gardening website with your child to learn how to plant and care for your lettuce.

WANT TO DO MORE?

- You can always add cut-up vegetables, like tomatoes, carrots, cucumbers and peppers, to a bowl with iceberg lettuce — or any kind of lettuce—to make an easy salad. If you don’t have dressing, drizzle some olive oil and lemon juice on the lettuce for great flavor.

OR, TRY THESE!

- **Injera** is a staple bread in Ethiopia, made from an African whole grain named teff. **Injera** is soft, spongy and perfect for soaking up the flavors of stewed vegetables, beans and meats. In Ethiopian cuisine, you actually eat without silverware, using the **Injera** to scoop up your bites. It’s a little tricky to make at home, but if there is an Ethiopian restaurant nearby, it’s worth stopping in to grab some Injera to go.
- **Irrio** is a Kenyan dish of potatoes mashed with green vegetables and corn. The Spinach Mash dish in the letter “S” recipe is a wonderful takeoff on this delicious, kid-friendly dish.
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shape the FUTURE • strengthen our FAMILIES
are STRONG • COLLABORATE • support our CHILDREN

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