



Helping Hands For Families - Summer

Sidewalk Chalk Paint

Instructions:

- In a bowl, mix 1 cup of corn starch with 1 cup of baking soda.
- Add 2/3 cup to 1 cup of water slowly to the mixture until you have reached the desired paint consistency.
- Pour into muffin tin.
- Add a single (or less) drop of food coloring.*
- Mix the food coloring thoroughly until you have reached the desired color.
- Let the kids paint the sidewalk!
- Enjoy their masterpiece!

*I would avoid using gel food coloring as it could stain your outdoor surface.

Supplies:

- Baking soda
- Corn Starch
- Water
- Bowl
- Muffin tin
- Paintbrushes
- Food coloring



Spinach, Egg & Cheese Bites



Ingredients:

- 7 eggs
- 1/4 tsp salt
- 1/4 cup milk
- 1 cup grated cheddar cheese
- 1 cup roughly chopped spinach
- 3/4 cup Parmesan cheese

Instructions:

1. Preheat oven to 350 degrees.
2. Grease a 12 count muffin tin with cooking spray, and set aside.
3. In a medium bowl, whisk the eggs until smooth.
4. Add the salt, milk, cheddar cheese, and spinach, and mix well.
5. Spoon the mixture into the muffin tins and fill about 2/3 full.
6. Top with Parmesan cheese.
7. Bake for 20-22 minutes or until the edges become golden.
8. Enjoy!

TOUCH A TRUCK
August 19th, 2023
10:00am- 1:00pm
Marquette County Fair Grounds

Marquette County Family
Connections Coalition

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Marquette County Health
Department
608-297-3135

Marquette Early Learning
Center & Head Start
608-296-2141 x 2217

Marquette County
UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County
Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County
Economic Support
608-297-3124

Work Smart Employment
& Training Services
608-355-4808

Westfield School District
Family/School Liaison
& Guidance Program
608-296-2141

Montello School District
608-297-7617

Marquette County Family
Connections Coalition links
families to community
agencies for information,
education and support

August is National Immunization Awareness Month!



It's important to work with your child's doctor to make sure they are caught up on vaccines.

Children through 18 years of age who are Medicaid Eligible, uninsured, American Indian or Alaska Native or underinsured (health insurance does not include all vaccines) are eligible to receive vaccines through the Marquette County Health Department. Please call 608-297-3135 for further information or to see if your child is up to date.

Play and Learn Westfield

2nd and 4th Tuesday of every month
Pioneer Memorial Park North Pioneer
Park Rd 10:00 am

Montello

2nd and 4th Thursday of every month
Montello City Park
345 Doty Street 10:00 am



Kids deserve the best.

For Families living in Marquette County Enrolling Now

Early Head Start Home Visiting Program for Pregnant mothers and children up to age 3. This program runs year round.

Head Start Classroom for children 3-5. Children must be 3 by September 1st 2023. This program runs Sept.-May. These programs encourages the child's physical, intellectual, emotional and social development, while providing family services to the parents. There is no charge for these programs. The programs are funded by state and federal dollars.

Contact Head Start/Early Head Start (Marquette County Early Learning Center) office in Oxford at 608-586-4404 or Cell Phone 608-450-0491 (Texting available) for more information or to enroll in either program.

Summer Infant & Toddler Essential Give-Away!

Free Diapers, Wipes,
Bottles, Bibs, Hygiene
Items, Clothing, Blankets,
& More! Items on a
limited basis!

Monday June 12th,
2023

9am-4pm

Marquette County
Health Department

428 Underwood Ave, Montello, WI 53949



Extension
UNIVERSITY OF WISCONSIN-MADISON

Triple P - Positive Parenting Program provides parents of children ages 0-12 with a toolbox of strategies to raise confident and healthy children, build strong family relationships, and manage misbehavior. Questions or need help registering? Contact Hannah Zellmer:

hannah.zellmer@wisc.edu or 608.297.3141

June 7th Raising Confident, Competent Children

June 14th Raising Resilient Children

June 21st Managing Fighting & Aggression

June 28th Developing Good Bedtime Routines

To Register

Scan QR Code
or go to

go.wisc.edu/g7c2ly



**WOMEN, INFANTS,
& CHILDREN**



It's Farmer's Market Season!

Families receiving WIC can get \$30 per eligible individual to spend on fruits and veggies at local farmers markets.

Call us to learn more!

920-787-5514



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