

# JUNE



## Learn It

It is a CACFP Best Practice to incorporate seasonal and locally produced foods into your menu. Did you know that when you are using out of season ingredients, they are usually picked earlier as to not spoil during shipping? When this happens, you can actually lose out on some of the nutritional benefits because the produce is not fully mature and there is longer time between harvest and serving. When appropriate, try to buy locally and choose produce that is in season. Small adjustments can be made, such as replacing salad cucumbers in the fall with green apples, pears, or even beets.

## Eat It Powerful Potato Rounds

1 lb sweet potatoes, in 1/2 inch slices  
Topping ideas: Cheese, corn, red peppers, cherry tomatoes (sliced), green onions



Place sweet potato slices on lined baking sheet, sprinkle with seasoning if desired, and bake for 10-12 at 400° F. Immediately top with cheese and other toppings.



## Create It Superhero Capes

Using old t-shirts, cut the front and sleeves off the shirt leaving only the neck and back. Allow the children to decorate with fabric paint. Once they are dry, they are ready to fly wearing their individual capes!

## Play It Superhero Toss



Create two lines parallel to each other, an appropriate distance apart. Place buckets labeled with exercises on one of the lines. The children will stand on the other line. They will take turns throwing bean bags into the buckets. If they land a bean bag, everyone freezes and does that exercise! Labels might include: 10 superhero leaps, 5 spins, 3 Superman punch in the air jumps, Stomp like the Hulk for 10 seconds, throw webs in the air like Spider-Man, etc.

## Sing It I'm a Superhero (Tune of London Bridge)



I'm a superhero  
Hero  
Hero  
I'm a superhero  
Watch what I can do!  
NAME!

After each round, call out a child's name so they can tell you and act out what their superpower is!



## Read It

*Sweet Potato Pie* by Kathleen D. Lindsey  
*Our Community Garden* by Barbara Pollack  
*Even Superheroes Have Bad Days* by Shelly Becker  
*Even Superheroes Make Mistakes* by Shelly Becker  
*How to Be a Superhero* by Sue Fliess and Nikki Dyson  
*Help! I Need My Superheroes!* by Webber Books



Name \_\_\_\_\_

# Super Dots

Our superhero is missing his cape! Connect the dots to complete his costume and color the picture in.

