

# Parent Provider Connections – November 2022

## TREASURE PEPPER

6 red bell peppers, stem and seeds removed  
12 oz can tuna  
1 tablespoon mayonnaise  
1 tablespoon Dijon mustard  
Parmesan cheese

Combine mayonnaise and Dijon, then mix in tuna. Cut bell peppers in half. Add 1.5 oz or 3 tablespoons of tuna on each half. Sprinkle Parmesan cheese over the top. Cook at 375°F for 25 minutes.

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## FIND THE GOLD

Using plastic coins or the paper coin template from [cacfp.org](http://cacfp.org), hide the coins throughout your child care. Give the children clues to follow or a map with marked stops along the way. Clues could be: what do people come through to get inside?, where do we wipe our feet?, where do we keep our food cold?, or where does my teacher sit to read us a book?

## X MARKS THE SPOT

Let the children get creative and make their own treasure map using construction paper and craft supplies. They could use the classroom or outdoor as a guide for their map and then take turns trying to follow the map.

## WHAT ABOUT CEREAL

When choosing whole grain-rich ready-to-eat cereal, make sure to meet these three requirements. First, read the food label and make sure whole grain is the first ingredient or second, only after water. The cereal also must be fortified, meaning it contains added vitamins and minerals that aren't naturally present. Third, make sure it meets the CACFP sugar limit requirement.

[cacfp.org](http://cacfp.org)