

Parent Provider Connections - October 2022

SERVING FRUIT

100% juice can be given to children and can be a part of a healthy diet. However, we know as CACFP providers we must limit fruit juice to once per day as part of a creditable meal. Serve whole fruits, which will also include the fruit fiber that is removed from juicing. The act of actually eating the fruit helps to keep our tummies full, which reduces snacking and hunger.

BUCCANEER BITES

1/2 cup of mixed fruit per child
2 oz yogurt per child
Graham crackers

Give each child their portion of yogurt and fruit. They can make their own buccaneer bites by layering the graham cracker, yogurt, and then topping with fruit for a yummy creditable snack.

#CACFPCreditable

YO HO HO MOVES

Turn on the music and have children free dance. Once the music stops, they have to freeze in the pirate move you call out: walk the plank, sword in the air, looking through a periscope, hand over the eyes looking for land, and digging for treasure with a shovel. Be creative!

PAPER PLATE PIRATE

Have children paint the back of a paper plate with skin tone paint. Once dry, have them glue fabric to the top of the plate to make pirate head scarves, add smiles with a marker, and googly eyes. They can even make paper eye patches!



cacfp.org