

# Parent Provider Connections – August 2022

## DEEP SEA PRINTING

Paint the palms and 4 fingers (not the thumb) of your children and help them stamp them onto a blue sheet of paper. Once the paint dries, turn the fingers pointing downward to become the tentacles of the jellyfish. Add googly eyes and let the children decorate their ocean scene.

## SHARK ATTACK!

This is a fun twist on Hide-n-Seek. One child will be designated the shark and while the shark counts, the fish will hide. When the shark finishes counting, they yell "Shark attack!" Then all the fish try to swim to the safe spot without being caught by the shark.

## HEALTHY COOKING

Frying by submerging food in fat to cook is not allowed in the CACFP. Instead try these healthier alternatives: roast, bake, broil, sauté, pan fry, stir fry, or grill. You can put healthy twists on classics like Oven Roasted Potatoes and Mashed Potatoes instead of French Fries.

## CORAL CAULIFLOWER

2 lbs cauliflower, trimmed and steamed  
Cheddar cheese  
Butter  
Salt and pepper

Steam the cauliflower and sprinkle Cheddar cheese over the top. Add desired seasonings and butter for flavor.

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