

Parent Provider Connections - March 2022

JUMP THE MOAT

Using two pool noodles or ropes, position them parallel to each other to create a "moat" and have children take turns jumping over the moat. Continue moving the ropes further apart to make it more challenging.

SHIELD OF ARMS

Every knight needs their own shield! Have children create their own using the template at cacfp.org. Have a show and tell when they are finished.

WHOLE GRAINS

Whole grains include corn, oats, rice, rye and whole wheat. Whole grain-rich foods contain at least 50% whole grains and the remaining grains are enriched or are 100% whole grains.

STRAWBERRY SWORDS

Pretzel sticks

Strawberries, whole or cut into chunks

Give each child 1/2 cup of strawberries and 16 pretzel sticks. The children can use their edible sword to stick into each chunk of strawberry. For a twist, use various fruits cut into chunks, such as kiwis, peaches or mandarin oranges. Fun and yummy!

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