

# JUNE

## Strawberry S'mores

2 strawberries  
1 graham cracker, broken in half  
2 tablespoons yogurt, low-fat vanilla

Layer the yogurt and strawberries in between the graham cracker. Eat, enjoy, and repeat! Make any combination berry s'more you desire such as raspberries with lemon yogurt, blueberries with peach yogurt, or blackberries with plain yogurt.

## Berry Patch Play

Here's a sweet take on tag! Form teams where each child in the team gets to be a unique berry: Mulberry, Blueberry, Blackberry, Strawberry, Raspberry, Lingonberry, etc. Have one or two kids who are "it" call out the name of a berry and then those kids must run to the opposite end of the yard without being caught. When "Berry Patch" is called, everyone must run to the opposite end. Get tagged? Children have to run once around the entire Berry Patch perimeter and then they can come back in the game!

## Love You Berry Much

Help the children you care for make a card with the phrase "I love You Berry, Berry, Berry, Berry Much." Using a blue ink pad and their fingertips, they can create blueberry prints above the word berry each time for more love emphasis. Dad, brother, grandpa or uncle will love this handmade gift!

## Sweet Superfruits

Berries are what's in season and fun to pick if you are looking for a field trip with your kids during the summer. Full of antioxidants, these superfruits are super healthy sweet treats. Fortunately berries are available year-round, when frozen, and still retain valuable nutrients. Also, later this year, the not-as-sweet-but-super-powerful cranberries come into season.

# JUNE 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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