

Small Hands Crafting

Paint each child's hand with white paint, leaving the thumb, pinky, and middle finger dry. Stamp hand onto construction paper. The two painted fingers create the ears while the palm is the bunny's face. Allow to dry before using markers to add the eyes, nose, whiskers, and mouth. Write *Some Bunny Loves You* across the top and they'll have a sweet card to take home!



Easter

Did you know that eggs are a good source of protein and counted as a meat component in the USDA's Child and Adult Care Food Program (CACFP)?

Childcare providers who participate in the CACFP are required to serve one portion of meat or meat alternate to their children for lunch or supper and have the option to serve a meat or meat alternate for snack. For 1-2 year olds, one meat component portion size is a ½ egg, for 3-5 year olds it is ¾ egg, and for 6-10 year olds the serving size is a whole egg. Eggs are a great way to get children eating a variety of protein sources and trying new recipes.

Providers who participate in the CACFP are eggstra-awesome at introducing new foods!

Eggs–Not Just for Eating: Movement on Easter

Looking for something different than an egg hunt to get your kids moving?

Try this spin on the traditional egg toss. Set up baskets or plastic buckets and have kids take turns tossing plastic Easter eggs into them.

For even more fun – and to practice counting – assign a point value to each basket and see who can score the most points after five tosses.



Potato & Egg Salad

8 red potatoes, cleaned and cut into bite-sized cubes
5 hard cooked eggs, cooled and chopped
1/2 cup onion (red or white), chopped
1/2 cup celery, chopped
3/4 cup mayonnaise
1 1/2 tablespoons mustard
black pepper to taste

Place cubed potatoes in a large saucepan; cover with water. Bring to a boil; cover and cook until tender but still firm, about 8 to 10 minutes. Drain and bring potatoes to room temperature (can place in the refrigerator for about 10 minutes). Combine potatoes, egg, onion, and celery in a large bowl. Stir in mayonnaise, mustard, and black pepper to taste a little at a time until you have the taste that you like.

Source: What's Cooking? USDA Mixing Bowl