

Small Hands Crafting

Paint the back of a white paper plate brown. Add two brown ears cut from construction paper. With a marker make a circle for the nose and glue on google eyes. Add black pipe cleaners or toothpicks for the whiskers. With white construction paper, cut two small rectangles for the teeth.

No matter how long the winter, spring is sure to follow.

- English Proverb

Happy Groundhog Day!

Ground Hog Day

Did you know your CACFP provider teaches healthy habits that can help keep a healthy heart?

As a CACFP participant, your child care provider has strict nutrition guidelines they follow. The habits that providers instill in children at an early age will become education for life-long healthy choices. These healthy choices and eating habits are key components of maintaining a healthy heart. CACFP providers strive to serve a balanced diet with whole grains, a variety of fruits and vegetables, and high quality protein and dairy. Sugary drinks and highly processed, high fat content foods are also kept to a minimum. A healthy diet leads to a healthy heart!

Inside Fun: Movement on Groundhog Day

Shadow Tag: Play like regular tag except the person that is it must step on the other's shadow. Then the tagged person will be it.

Shadow Outlines: With sidewalk chalk, each child will try to draw another child's shadow.

Step on A Shadow: In a open area, everyone is allowed to run freely trying to step on as many shadows as they can.

Hand Shadows: With a projector and white sheet, demonstrate different hand shadows. Ask your kids to try them.

Copy Cat Shadow: With the projector and white sheet, each child will have a turn moving their body to make a funny shadow. The next child will copy the previous shadow and then make their own.

Whole Wheat Banana Muffins

- 1 egg
- 3/4 cup brown sugar
- 1 1/3 cups banana (mashed, about 2 medium bananas)
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup white flour
- 3/4 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon

In a large bowl, thoroughly mix first five ingredients. Add the last 6 ingredients and mix together (batter will be lumpy). Spoon batter into muffin cups (either lined or sprayed) and bake at 375 degrees for 15-20 minutes. To make a groundhog, add sliced almonds and raisins.

Recipe from USDA Mixing Bowl

