

Small Hands Crafting

On a sheet of cardstock, have the children paint grass and lines going up that will become the stems. At the end of each stem, place a dot that will be the center of the flower. Using paint doobers or ink pads for thumb-prints, have the children make the flower petals.



May Day

Did you know that your CACFP child care provider works diligently every day to provide the proper servings of fruits and veggies?

You can help at home! Try these easy tips to promote more fruits and veggies at home.

- All forms of fruit and veggies count. When you're in the grocery store pick up fresh, dried, and canned with 100% juice.
- Try adding at least one fruit and one vegetable to every meal you eat at home.
- Even when you're on the go, there are easy make ahead fruit and veggie snacks.

Be creative! Little ones may need to try the new fruit or veggie several different ways before deciding they like it.

Spring Scavenger Hunt: Movement on May Day

On May 1st, many countries around the world celebrate May Day as a traditional spring time festival. What's a better way to celebrate spring than to go out in nature and see all of the beautiful things happening during the season? Before you go, make a picture card of all the items you want the children to try and find. During your scavenger hunt, walk, skip, run and bounce like a spring for variation.

- Someone running
- Someone riding a bike
- Puddle
- Bird's nest
- Bird
- Kite
- Tree blossoms
- Flower
- Trail of ants
- Garden
- Butterfly
- Green leaf
- Spider web
- Caterpillar
- Something yellow
- Something round
- Animal tracks

Spring Chicken

- 1 cup macaroni (dry)
- 1 tablespoon vegetable oil
- 1 onion (chopped)
- 1 zucchini (chopped)
- 1/2 cup salsa
- 1 can chicken (drained, about 12 oz.)
- 1 can low-sodium tomatoes (undrained, about 15 oz.)
- 1 can low-sodium corn (drained, about 15 oz.)
- 1/2 cup reduced-fat cheddar cheese (shredded)

Prepare macaroni according to package directions. In a large pan over medium heat, cook onion and zucchini in the oil until soft. Stir in salsa, chicken, tomatoes, corn, and cooked macaroni. Cook for 10 minutes over medium heat. Remove from heat and stir in cheese until melted. Your one skillet meal is ready!

Recipe from USDA Mixing Bowl

