

Small Hands Crafting

Fold paper in half lengthwise.

Cut slits from fold halfway to outer edge about 1" apart. Tape or

staple the edges together to make a tube shape. Make a handle with a paper strip or

string. Use a small LED light and place on the inside to make your lantern glow.



Ramadan

Did you know that the CACFP has grown throughout the years and serves over 4.6 million Children?

Children are served meals nationwide in family day care homes, in child care centers, and Head Start Programs. The goals of the CACFP are to ensure that well-balanced, nutritious meals are served and to help children learn to eat a wide variety of foods as part of a balanced diet. The CACFP serves children under the age of 13, migrant workers' children, age 15 and under, physically or mentally disabled persons receiving care in a family day care home or child care center, adults who are functionally impaired or over the age of 60, and unable to care for themselves.

This Holiday season we honor and appreciate CACFP providers and staff.

Fun with Treasure: Movement for Ramadan

Ramadan is not only a time for reflection and prayer, but also a time for families to come together and enjoy each other's company. During fasting vigorous activity can be more difficult, but we can still find ways to be lightly active.

One way to do this is to set up a treasure hunt. This can be done indoors or outdoors weather permitting. Create clue cards that all look similar so the players will know what they are looking for. Place enough "jewels" for all the players to get one when they come to the clue. Divide your group into teams and the first team that comes back with all of their jewels, wins the treasure hunt.

Baked Eggplant Sticks

- 10 ounce Eggplant
- ½ cup Italian seasoned breadcrumbs
- 2 tablespoons Parmesan cheese, grated
- 2 large egg whites, whipped

Cut off the eggplant ends and cut in half lengthwise. Cut ¼ inch slices and from those, cut ¼ inch sticks. Mix breadcrumbs and cheese in a bowl. In another, whip the egg whites. Dip the eggplant sticks into the egg whites and roll in the breadcrumb mixture. Lay on a large baking sheet lined with parchment paper and bake in 450 degree oven for 10 minutes. Turn over and bake another 5 minutes. Makes 32 sticks. Six sticks equal ½ cup baked eggplant.

