

## Small Hands Crafting

On a piece of white card stock, stamp a child's hand covered in blue paint into the middle. After the hand print dries, give the child red and blue paint and let them paint their own firework around their hand. This will be a great holiday keepsake!



# Independence Day

**Did you know that as a CACFP participant, your child care provider teaches healthy eating habits?**

As part of teaching healthy eating habits, it is important to provide a comfortable, welcoming environment at meal time. This environment should be one that children can be involved in the meal time process. Ask for help setting the table. Use small pitchers for drinks that will allow children to help pour. Encourage children to serve themselves as they are able and to try new foods. This is a great time to use positive role models to show younger children what to do.

As you're eating, take time to share your day as your child share's their own experiences. Enjoy the conversation and the time together!

## Fun with Water: Movement on Independence Day

The month of July is a hot one and a great, fun way to cool off is in the water. Tell the children to bring their suits, towels and sunscreen for a day to get wet. Supply a variety of water toys.

- Fill up buckets of water. The kids can paint the sidewalk with old paintbrushes or use sponges and let them have a car wash cleaning all of the outside toys.
- Fill up water bottles and let the kids spray anything outside, including each other.
- Turn on the sprinklers and let the kids run free.
- Have the kids run back and forth filling up a bucket using a smaller cup or bucket.

## Simple Coleslaw

- 6 cups cabbage (shredded)
- 1 carrot (cleaned, peeled, and shredded)
- 2 tablespoons light mayonnaise (optional)
- 1/2 cup cider vinegar (or white vinegar)
- 1/4 cup sugar
- 1 teaspoon mustard (or dry mustard seed)
- 2 teaspoons celery seed (if you like)
- 1/4 teaspoon salt

Place the shredded cabbage and carrots in a large bowl. In a separate bowl add mayonnaise, vinegar, sugar, mustard, and salt. If using celery seed, add that too. Mix the cabbage and carrots well with the dressing. Chill in the refrigerator for at least 1 hour before serving. Delicious side dish for grilled lean meats!

*Recipe from USDA Mixing Bowl.*

