

## OCTOBER

### Three Bean Soup

1 can (28 oz) petite diced tomatoes  
1 can (15 oz) black beans  
1 can (15.5 oz) cannellini beans  
1 can (16 oz) garbanzo beans  
3 cups frozen corn  
3 cups vegetable or chicken broth  
1 packet taco or enchilada seasoning

Combine all ingredients in pot and heat on stove top for 15 minutes.

#CACFPCREDITABLE

### Nourishing Legumes

Legumes are vegetables such as beans, peas, and lentils. They provide our bodies with beneficial fats and fiber, folate, potassium, iron and magnesium. Get kids to try them by adding to soups, casseroles and salads or pureeing for dips.

### Pompom Balloons

Let kids glue colorful pompoms on the back of a paper plate. Draw lines from one point on the bottom to each pompon to make a beautiful balloon bouquet.

### Big Top

Get out a bedsheet and have kids hold it along the perimeter. Raise it all together to make the big top fly high. Kids can take turns jumping into the center under the bedsheet while it is high and then back out before everyone swings their arms back down.



October 2020

CACFP is an indicator of quality child care.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday