

## Small Hands Crafting

All you need are some red, white, and blue construction paper stars in various sizes, yarn, pennies and some glue! Glue the stars stacked, centered from largest to smallest and then at the center, glue on a penny, Lincoln side up.

Punch a hole in the top angle of the star, add a foot long yarn, and you've got a President's Day necklace.



# President's Day

**Did you know that the USDA's Child and Adult Care Food Program (CACFP) has roots as early as 1853?**

You might know that President Obama signed into law the Healthy, Hunger Free Act of 2010 to ensure funding for federal school meal and child nutrition programs and access to healthy food for low-income children. Roots of the program began in 1853, however, when The Children's Aid Society of NY provided our country's first school food service program. In 1930, the federal government began supplying federal aid and surplus food. In 1946 Congress passed the National School Lunch Act and in 1968, instituted the Child Care Food Program as part of the Child Nutrition Act.

**Generations of people have been working together to prevent child hunger.**



## Row, Row, Row Your Boat! Movement on President's Day

Teaching and moving at the same time makes learning fun! Tell your children about President George Washington as you have them row their arms like they are crossing the Delaware River together. Then share more about President Lincoln as they continuously make a chopping movement with their imaginary axe to cut down a tree and build a log cabin. For President Thomas Jefferson, have your kids pretend to write a letter and then ride a horse to deliver it as you tell them about the Pony Express. President Theodore Roosevelt was a boxer, so kids will have fun working on their left-right hook while they learn about his White House accomplishments. Finally, pull it all together with some pretend rock climbing action as you describe Mount Rushmore to your kids and the amazing carving of these four presidents in South Dakota.

## Fruit Salad with Yogurt

- 2 cups strawberries (sliced)
- 1 cup blueberries (rinsed)
- 1 cup pineapple chunks (canned, or fresh)
- 3 tablespoons pineapple juice
- 2 cups plain low-fat yogurt
- 2 tablespoons almonds (sliced or slivered )

Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature. Place 1 cup of fruit salad in a small bowl and top with ½ cup of yogurt. Sprinkle almonds on top of each fruit salad. Serve immediately.

*Source: What's Cooking? USDA Mixing Bowl*



**CACFP is an indicator of quality child care.**

[www.cacfp.org](http://www.cacfp.org)