

# May

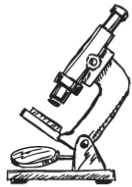
## Heart Healthy

Performing aerobic exercise is the best way to strengthen the heart and lungs and grow healthy kids. Go back to basics for ten minutes each day and have your kids jump, skip, and jog around the backyard or in place if you are indoors.

### Fish Food

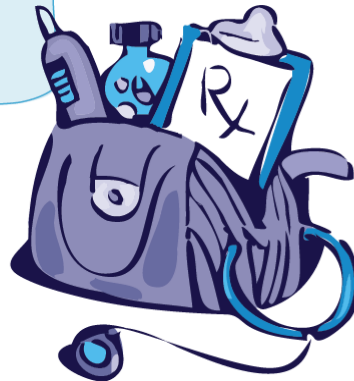
1 lb tilapia or cod  
1 lb zucchini

Before baking, sprinkle fish with salt, pepper, and lemon juice, if desired, and drizzle a small bit of olive oil. Bake fillets and thin zucchini spears on a foil-lined sheet pan at 425° for 15 minutes or until fish flakes easily with a fork. Serves 7.  
#CACFP CREDITABLE



### Band-Aid

Give kids assorted sized plain band-aids and markers to craft some happy healing! Save for use on future boo-boos, have them take home, or share with each other like trading cards.



### Cutting It Up

Fish is loaded with important nutrients such as protein, vitamin D, and omega-3 fatty acids. Serve twice a week and show children how to cut it into bite-sized pieces using the side of their forks. Kids are more apt to try foods when they serve themselves.



CACFP is an indicator of quality child care.