

Small Hands Crafting

Time to make a crown and mask!

Cut a strip of yellow construction paper large enough to fit around a child's head. Cut one side straight and the other in a crown zig zag pattern. Decorate the crowns with paper jewels or glitter. To

make masks, have each child trace both hands onto yellow paper. Cut out the hands and glue them where the palms touch on cardstock.

Cut eyeholes in each palm. Decorate with paper jewels, glitter, or feathers.

Use straws as mask sticks.



Mardi Gras Day

Did you know that the CACFP promotes healthy eating habits?

One of the most important lessons a child will learn is healthy eating habits. Did you know your child is learning these habits in a childcare that recognizes the importance of participating in the Child and Adult Care Food Program as a way to help children grow and develop to their fullest potential? Together, with caregivers and parents, we can work to establish and encourage healthy eating habits. Receiving nutritious meals early in life, as well as being physically active, is critical to the establishment of positive lifelong habits.

CACFP provides 1.9 billion healthy meals and snacks to children each year.

Parade, Limbo & Treasure Hunt! Movement on Mardi Gras Day

Mardi Gras has a wonderful parade celebration each year. Let's make a parade and play follow the leader! Wear your crowns and masks made during activity time and march on. Next up, how low can you go? Use Cajun music as you play this traditional game of limbo as kings and queens. Children will form a line and two people will be the stick holders. They will start at one height and then get lower as the line moves through each time. When it's time for more fun, have a Mardi Gras treasure hunt! Hide green, purple, and gold beads and gold coins all around you're the room. Ask the children to search carefully and find the prizes.



Hoppin' John Cakes with Kickin' Sauce

- Blackeyed peas, canned, 2 #10 cans
- Olive oil 12 oz
- Cajun Seasoning 1 oz
- Black pepper 1 Tbsp
- Long grain brown rice 4 quarts
- Paprika 4 Tbsp
- French dressing (reduced fat) 1 cup
- Hot pepper sauce 1/4 cup
- Green bell pepper, diced, 1 oz
- Red bell pepper, chopped, 1 oz
- Salsa, jarred, ready to eat, 1 Tbsp

Drain blackeyed peas. Mix cooked brown rice with blackeyed peas and place in mixer with paddle, add seasonings. Mix until blended. Form patties and place onto a sheet pan greased with olive oil. Bake patties in a hot oven at 400 degrees F. Cook until browned on one side and turn patties with a spatula. Cook until browned on other side. Cook to an internal temperature of 165 degrees F for 15 seconds. Mix sauces and diced peppers. Serve 2 Tablespoons Kickin' Sauce over each pattie.

Recipe from USDA Mixing Bowl