

Parent Provider Connections - January 2021



BUTTERNUT SQUASH

1 butternut squash, washed

Cut the squash in half lengthwise and place both halves face down in a baking dish. Add a small amount of water to the bottom of the baking dish. Cook for 45 minutes in a 375-degree oven. Discard the seeds and scoop out the insides when cooked. Mash slightly and serve. For infants, place squash in blender or food processor.

#CACFPCREDITABLE

PLANET HOP

Place carpet squares or sturdy signs around the room labeled with the names of planets. Ask the children to hop on the floor from one planet to another. How many little hops or big hops does it take to get through the solar system?

PUREED NUTRITION

Using your blender or food processor you can make almost any food ready for baby to eat. You'll know exactly which vitamins and nutrients are going into their little bodies and they'll love tasting everything the big kids are eating.

ROCKET ROLLS

Have kids decorate a cardboard toilet tissue roll. Using a pre-cut paper circle, twist to make a cone and attach to one end. On the other end, glue or tape on red and orange streamers. You've got a rocket ready to blast off!



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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday