

Small Hands Crafting

Each child will have 10 large craft sticks. Ask each child to dictate to you 8 reasons why they love their dad. You can write one thought per stick. Place the sticks together with the words face down to form a horizontal rectangle. Using glue, attach the 2 remaining sticks perpendicular to the back of the horizontal sticks. After drying, use ribbon for a hanger.



Father's Day

Did you know that as a CACFP participant, your child care provider continually encourages your child to eat healthy vegetables?

Vegetables are critical to a healthy diet. However, it can be a challenge to get children to even try them. It is important that vegetables are always offered and encouraged at meal time and snack time. Children need many exposures to different foods before they may be willing to try them. In addition to offering vegetables, involve your children with choosing which vegetables to serve and their preparation. Make positive, fun associations with the foods using names like dinosaur trees for broccoli and telling them all the benefits of eating the vegetables. Remember, just because they do not eat the food today does not mean they will not ever try them. Children's tastes change over time.

Fun with Dad: Movement on Father's Day

Invite dads or special male role models to participate in fun outdoor activities with the kids.

- Frisbee – Use a white sheet to set up a target game with points.
- Obstacle Courses – Crawl through a pop up tunnel, limbo under a broom stick and then zigzag through cones.
- Relay races – Get all the necessary tools for Dad to BBQ from one side to another.
- Water sponge toss – Standing across from each other, start close together and get farther away with each toss. How far can you go and still catch the sponge?
- Ladder bean bag toss – Lay a ladder on the ground. Each hole is a different amount of points.

Big Breakfast Burritos

- 4 eggs (large)
- 1/8 cup low-sodium canned corn (drained, or 2 tablespoons frozen corn)
- 1 tablespoon 1% fat milk
- 1/8 cup green peppers (or about 2 tablespoons, diced)
- 1/4 cup onions (chopped)
- 1 teaspoon mustard
- 1/4 teaspoon garlic powder
- 4 flour tortillas (large size)
- 1/4 cup salsa

Blend eggs with spices and vegetables. Cook egg mixture over medium heat in skillet coated with cooking spray until eggs are firm and cooked through. Spoon cooked eggs evenly into warm tortillas. Serve each burrito topped with 2 tablespoons of salsa.

Recipe from USDA Mixing Bowl.

