Parent Connections - November 2019

November

Red Light, Green Light

All kids stand on one side of the floor opposite the crossing guard. When the guard says "green light", they can move toward the other side until they hear "red light" when they freeze in place. First person to reach the crossing guard, without making movement during a red light, takes the guard's place.



Potato Pancakes

3c potato, mashed
1 egg
¼ c flour

Mix ingredients together. Heat skillet, add a drop of olive oil, and spoon on pancake mixture. Cook until well-browned on both sides. Makes 12 pancakes. Serve 2 for breakfast with ½ ounce ham steak and ¾ c milk.
#CACFPCREDITABLE

Road Signs

Share visuals of the many traffic signs and explain what each one means. Ask your children to create their favorite road sign using construction paper and craft sticks and start directing playground traffic.

Go, Slow, Whoa Foods

Teaching moderation is easy with go, slow, and whoa. Go foods can be eaten anytime and include fruits and vegetables. Slow foods, such as pancakes and waffles, should be eaten sometimes. High sugar, high fat foods are whoa foods and should be eaten only occasionally. Look for more examples at cacfp.org.

CACFP is an indicator of quality child care.