

Parent Connections - March 2019

March

eCACFP Fun

CACFP Week crafts, coloring pages, placemat art, healthy eating activity book, and other printable fun are available at cacfp.org.



Avocado Toast

Avocado
WGR Bread

Give kids the fork and have them lightly mash $\frac{1}{2}$ avocado each to make $\frac{1}{4}$ cup of smashed avocado. Spread on a slice of toasted WGR bread to complete their open-faced avocado toast.
#CACFP CREDITABLE

Yes, Ma'am, No, Sir

Call out the name of physical movements as you perform them. Instruct kids to say Yes, Ma'am and copy you. If your words and actions don't match, have children say No, Sir. Those who do the movement anyway or call out Yes, Ma'am must sit down. Last child standing becomes the leader.



Talk Time

Child care providers can be one of the most influential adults in a child's life. Talk about the benefits of healthy eating and food choices to make lifetime impressions. Share #cacfpweek nutrition education with families too.



CACFP is an indicator of quality child care.