

September

Tis for Teacher

For each child, print out a paper with a block letter of their first initial. Let them finger paint as they please and hang to dry. Then, cut out the block letter and post the kids' original art for use as circle time letter recognition.



Apple Bites

3 apples
1 tbsp butter
½ tsp cinnamon

Peel, core and cut apples into small chunks. Melt butter, stir in cinnamon, and toss with apples. Bake at 350 degrees for about 30 minutes. Serve ½ c baked apple bites for snack with a ½ c glass of milk!
#CACFPCREDITABLE



GROW



Recess

Climbing the jungle gym is a classic recess option. Don't have one? Use your imagination and have kids imagine they are jungle animals. Have them move around and make sounds to mimic the jungle animals you call out.



Taste Buds

When preschoolers develop a taste for a variety of foods, it's easier to plan meals. Try serving foods prepared in many different ways. Keep in mind that it may take a dozen tries for a child to accept a new food.

CACFP is an indicator of quality child care.