

Parent Connections - April 2019

April

Defining Whole Grain-Rich

Whole Grain-Rich (WGR) as defined for CACFP are foods containing at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain. For CACFP, at least one serving of grains, per day, must be whole grain-rich.

READ

Cookbook Favorite

Carrots
Pineapple

Peel and grate the carrots. Chop the pineapple. Have each child measure out $\frac{1}{4}$ cup of each and mix in their own bowl for a fun lunch salad or $\frac{1}{2}$ cup of each for a sweet sunshine snack.

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Bookmarks

Time for cardstock, stickers, crayons, glitter, and imagination. Give the children these tools and let them craft and create fun bookmarks for themselves, their parents, and even some to share with neighbors and nearby seniors.

Look It Up

Challenge kids to create new dance moves that mimic life in the library. Put them all together and have a dance party. Try these: Shelve The Books, Check It Out, Quiet Please, Look It Up, and Story Time.

CACFP is an indicator of quality child care.