

## Small Hands Crafting

Cut a piece of construction paper in half lengthwise. Fold one of the halves accordion style. Tape the two ends together to make an accordion fan. Add small pieces of gathered orange and yellow tissue paper to make the flame in the middle of the flat side of the accordion fan.



# Diwali

**Did you know that the CACFP has grown throughout the years and serves over 4.6 million Children?**

Children are served meals nationwide in family day care homes, in child care centers, and Head Start Programs. The goals of the CACFP are to ensure that well-balanced, nutritious meals are served and to help children learn to eat a wide variety of foods as part of a balanced diet. The CACFP serves children under the age of 13, migrant workers' children, age 15 and under, physically or mentally disabled persons receiving care in a family day care home or child care center, adults who are functionally impaired or over the age of 60, and unable to care for themselves.

**This Holiday season we honor and appreciate CACFP providers and staff.**

## Fun with Light: Movement for Diwali

Diwali is the festival of light and a time for celebration and togetherness. This is an entertaining game for both children and adults to enjoy.

You will need:

- Paper Flames
- Paper bowls

Set up two cones far enough apart from each other to have a relay race. Divide the group into two teams. At the starting line, have a container with all of the paper flames. At the finish line, set up the bowls that will need to be "lit". As the race starts, players will race individually to take their flame to the bowl. The team that lights all of the Diyas first will be the winners.

## Edible Diyas

- Cucumbers
- Carrots
- Red Pepper (optional)
- Tomato (optional)
- Humus (optional)

Cut the cucumbers into round slices and then cut each slice in half to make half circle slices. Cut the carrots into circle slices. To make your Diyas lay the cucumber on the plate with a carrot circle just above the flat side. The cucumber is your candle dish and the carrot is the flame. To make a pretty presentation, circle the edible diyas around a plate and put, red pepper, tomato, or even humus in the middle for dip.

