

PARENT CONNECTIONS

Sweet Potato Hash

1 tbsp olive oil
1/2 sweet onion, diced
2 lbs sweet potatoes, peeled and diced pettely
2 tbsp water
3 large eggs

Sautè the onion in oil until thoroughly softened and then stir in the sweet potato and water. Cover pot and cook on medium-high heat for 10-15 minutes until the potatoes are cooked. Make three cavities with the back of a spoon and crack in the eggs. Cover again, cook 5 minutes until the eggs have set, and scramble them into the potatoes. Serve immediately.

#CACFP CREDITABLE

JUNE

Paper Sack Pony

Kids can create their own horse puppet using a lunch paper bag. Cut out and glue on pointy ovals for ears and yarn for the mane. Draw on the eyes and nose. Add paint for a spotted color pony, and they'll be ready for horse play.

Horse Races

Broom sticks, pvc pipe, or pool noodles all make great stick horses. Children can pretend they are on horseback as they navigate through an obstacle course.

Kids in the Kitchen

Involve children in meal prep and they are more likely to try new foods. Kids can measure, pour, stir, combine, serve, and clean-up. Talk about the nutrition in each of the foods as you work together.



June 2020

CACFP is an indicator of quality child care.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday