

Parent Provider Connections - October 2021



CULTURAL GRAINS

Hominy is a traditional Mexican and Native American food that is creditable in the CACFP. It is packed with vitamins and minerals and is a good source of fiber, protein, and omega-6 fatty acids. Hominy can credit either as a vegetable or grain component.

PERFECT PORKCHOPS

4 pork chops, 4 ounce each, ¾ inch thick

¼ cup flour

1 large egg, beaten

1 tsp Dijon mustard

¾ cup whole grain-rich panko crumbs

Mix egg and mustard together and keep in separate bowl. For each pork chop dredge in flour, dip in egg/mustard mixture, and coat with panko crumbs. Place on greased baking pan and cook at 400-degrees for about 20 minutes or until brown.

#CACFPCREDITABLE

PAPER SUNFLOWERS

Have children paint a paper plate yellow. Assist as needed to cut the plate edges to create flower petals. The children can then glue on in-the-shell sunflower seeds onto the middle of the plate. Add a green craft stick and paper leaves to finish their flower.

GROW WITH ME YOGA

Children love to practice yoga and it is excellent exercise to build their core strength. Practice these garden growing poses together: tree pose, frog squat pose, child's pose for a seed, cobbler's pose as a butterfly, and the flower pose.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday