

Small Hands Crafting

All you need are coffee filters, blue and green washable markers, and water! Flatten the coffee filter and have your kids color it with the markers. Use a squirt bottle to spray water two or three times directly on the center of the filter. Watch with your kids as the water spreads to create a unique earth day design!



Earth Day

Did you know the USDA's Child and Adult Care Food Program (CACFP) plays a vital role in improving the quality of day care?

Not only that, but the CACFP also works to help make child care more affordable for many low-income families. Each day, 3.3 million children receive nutritious meals and snacks through CACFP. The program also provides meals and snacks to 120,000 adults who receive care in nonresidential adult day care centers. CACFP reaches even further to provide meals to children residing in emergency shelters, and snacks and suppers to youths participating in eligible afterschool care programs.

CACFP makes the world a better place for children!

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Seeds of Renewal: Movement on Earth Day

Start with Johnny Appleseed. Have your kids learn gardening movements while you share the story of the man who planted apple trees across the northeast in the early 1800s. First have them reach down and touch their toes as they gather apples from the ground and then stand back up to put them in their shoulder sack. Next have your kids walk in one spot as they travel the country looking for new places to plant apple trees. Then have them make large circle motions with their hand, one side at a time, as they pretend to toss the apple seeds across the ground. Finally, have the kids bend over and tamp down the soil to ensure the seeds grow.

Crunchy Carrot Salad

Color your plate with carrots! This salad can accompany any meal.

1 pound raw fresh carrots (washed and scrubbed or peeled, shredded)

1/2 cup raisins

8 ounces low-fat vanilla or lemon yogurt

Mix all ingredients in a large mixing bowl. Cover with plastic wrap and refrigerate for at least an hour. Toss again before serving.

Source: What's Cooking? USDA Mixing Bowl



CACFP is an indicator of quality child care.

www.cacfp.org