

Parent Provider Connections - April 2021

VEGETABLE PASTA

Vegetable flour pastas are creditable in the CACFP and provide an innovative way to serve children needed nutrients and cook gluten free. Try any combination of these tasty, healthy pastas which are high in protein and fiber with your favorite sauce.

DICEY WEATHER

Create two large dice out of boxes. Label one dice with rain, wind, snow, sun, cloudy, and stormy. Label the other run, jump, hop, skip, crawl, and jog. Post matching weather signs around the room. Have children roll both dice and use the action to move to the coordinating weather sign.

ONE POT MAC & CHEESE

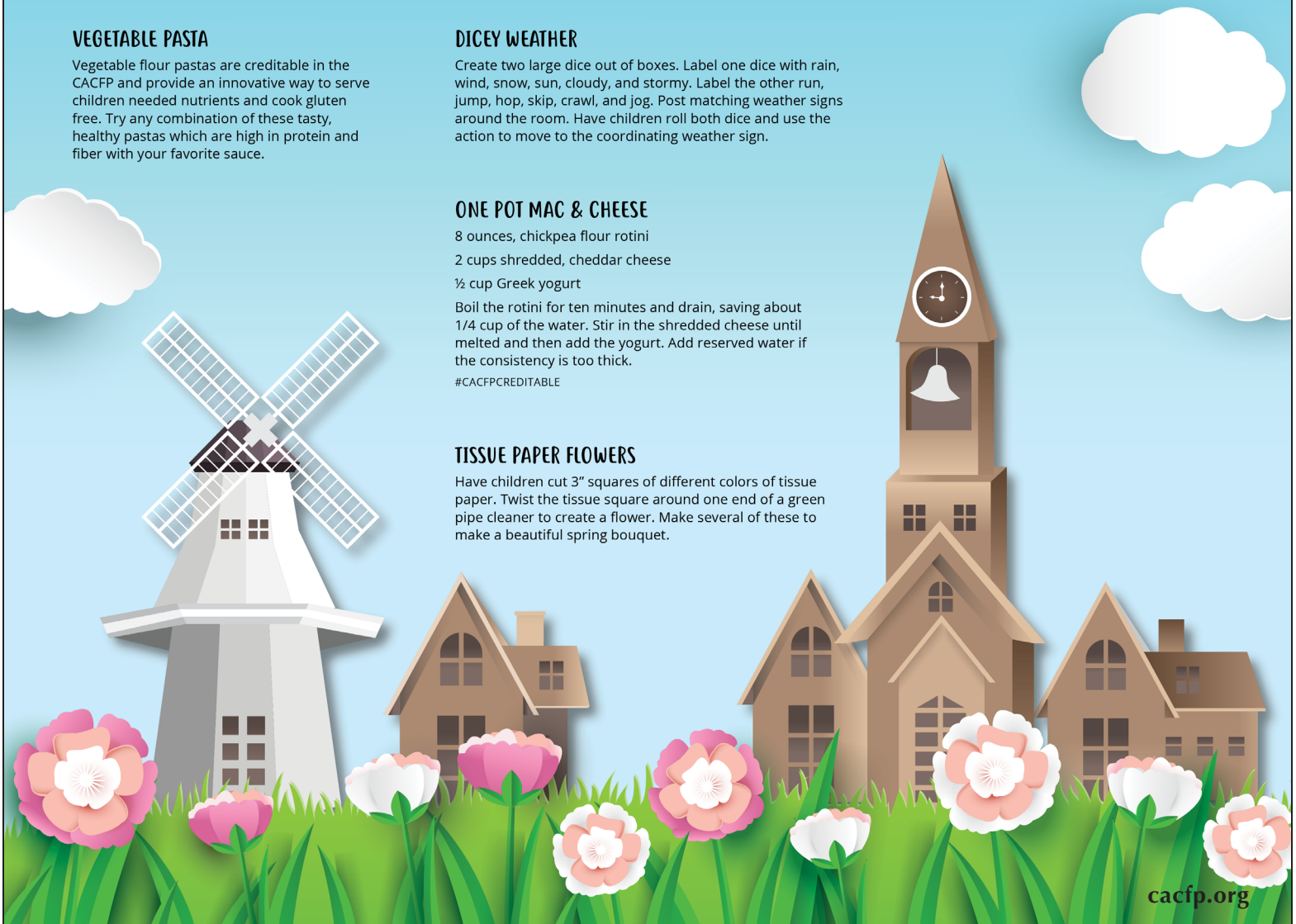
8 ounces, chickpea flour rotini
2 cups shredded, cheddar cheese
½ cup Greek yogurt

Boil the rotini for ten minutes and drain, saving about 1/4 cup of the water. Stir in the shredded cheese until melted and then add the yogurt. Add reserved water if the consistency is too thick.

#CACFPCREDITABLE

TISSUE PAPER FLOWERS

Have children cut 3" squares of different colors of tissue paper. Twist the tissue square around one end of a green pipe cleaner to create a flower. Make several of these to make a beautiful spring bouquet.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday