

PARENT CONNECTIONS

MAY

Smoothie Snack

3 cups frozen fruit
3 cups unflavored, fat-free milk

Blend the frozen fruit and milk together until smooth. Serve immediately.

#CACFPCREDITABLE

Circle Cyclists

Get kids outside pretending to be cyclists at the circus. Can they follow the leader in a big circle on their tricycle, bicycle, or imaginary unicycle? Let the children create their own cycle routine as they wheel around outside.

Clown Nose

Cut up a recycled egg container and give kids each their own cup to paint red. When dry, have them tape on a foot of yarn on two opposing sides. Tie on the clown noses and start the show.

Milk Matters

Milk is loaded with calcium, potassium, vitamin D and protein which are essential nutrients needed for growth and development. Milk builds strong bones, teeth, and muscles helping grow healthy kids.



May 2020

CACFP is an indicator of quality child care.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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