

Small Hands Crafting

Part of the joy of Christmas is receiving thoughtful handmade gifts from your children. With sequins, glitter, and cut out trees and snowmen, have your kids make Christmas cards. With your older kids, you can work on writing and spelling as they write out a Christmas wish.

For the little ones, use any color ink pad to create an angel body with a foot stamp and two hand stamps for wings.



Merry Christmas

Did you know that the CACFP has grown throughout the years and serves over 3.3 million children?

Children are served meals nationwide in family day care homes, in child care centers, and Head Start Programs. The goals of the CACFP are to ensure that well-balanced, nutritious meals are served and to help children learn to eat a wide variety of foods as part of a balanced diet. The CACFP serves children under the age of 13, migrant workers' children, age 15 and under, physically or mentally disabled persons receiving care in a family day care home or child care center, adults who are functionally impaired or over the age of 60, and unable to care for themselves.

This Holiday season we honor and appreciate CACFP providers and staff. Happy Holidays!

Freeze Tag! Grinch Style Movement on Christmas

This is a fun wrap on a traditional children's physical activity. Designate two kids to be "grinches" and two others to be Santa and Mrs. Claus. All of the other children will be elves. The goal of the Grinch is to stop the elves from working. If an elf is tagged by a Grinch they must freeze. Santa or Mrs. Claus must touch them to unfreeze them. Switch Grinches and Santa and Mrs. Claus every two minutes. Want some variation? Try skipping, galloping or side-stepping instead of running.



Applesauce Pancakes

- 1 cup applesauce
- 1/4 cup dry milk powder, non-fat instant
- 1 cup water
- 2 eggs
- 1 tablespoon canola oil
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder

In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil. Add flour, sugar, cinnamon, and baking powder. Stir until mixture has only small lumps. Place large skillet on medium-high heat. Spray skillet with non-stick cooking spray. Pour 1/2 cup batter onto skillet. Turn pancake when bubbles form on top of batter. Cook the other side for about 1 minute or until golden brown.

Recipe from USDA Mixing Bowl