

Small Hands Crafting

To make A Star of David, give each child six craft sticks to paint blue and allow to dry. Glue three sticks together to form a triangle. Then glue the other three sticks together for a second triangle. Glue the triangles together to form a star. Next have your kids decorate with sequins or glitter.



Happy Hanukkah

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! Movement on Hanukkah

This is a fun twist on a traditional children's physical activity. Designate two candlemakers and two Shamus candles. The candlemakers will try to tag the other children. If a child is tagged, they will place their hands over their head to make the tip of their candle and freeze in one spot. The Shamus candles will touch them to unfreeze them. Switch candlemakers and Shamus candles every two minutes. Want some variation? Try skipping, galloping or side-stepping instead of running.



Oven-Baked Potato Pancakes

- 2 tablespoons olive oil
- 3 tablespoons whole wheat flour
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 2 russet potatoes, large
- 1 onion, small peeled
- 1 egg, large
- applesauce and low-fat yogurt

Preheat oven to 425°F. Lightly oil the baking sheet. Mix the flour, baking powder, and salt, in a small bowl. Use the large holes on your grater to grate the potatoes and onion and stir together into a colander. Using a paper towel, press the potato mixture down to remove excess moisture. Stir it and blot again. Mix the potatoes and onion together in a large bowl with egg. Add flour mixture and stir well. Put a scoop of the potato mixture on the baking sheet and spread it into a round, flat nest: it should make a circle that's about 3 inches wide and 1/4 inch thick. Repeat to fill the sheet. Bake until the bottoms are deeply golden, 15 to 20 minutes, then turn the pancakes over, and bake for 10 more minutes. Serve the latkes with applesauce and yogurt (optional).

Recipe from USDA Mixing Bowl