

Small Hands Crafting

On brown paper trace the outline of each child's foot. Then on multiple fall color sheets of construction paper, have the children trace the outline of their hand. Help your youngest to cut their tracings. Using the foot as the body of the turkey, glue the hands on the back for feathers. Add some googly eyes and a beak and they've made a take-home turkey!



Happy Thanksgiving

Did you know that the primary goal of the CACFP is to ensure that well-balanced, nutritious meals are served to children?

Research proves that good nutrition in young children not only contributes to their physical growth, but to their intellectual and emotional development as well. Children who participate in the CACFP have the opportunity to develop positive eating habits that will lead to a lifetime of good eating habits and good health while enjoying meals that meet USDA nutrition requirements. These nutritionally complete meals help the child learn and grow and are the foundations that will help them achieve their fullest potential in the future.

We are thankful for your children and the work you do to help them be at their best!

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Do the Mashed Potato: Movement on Thanksgiving

Cut out several turkeys and hide them around the room. When you say go, ask the kids to find as many turkeys as they can. You can even "gobble" when a child is close to a turkey letting them know they are on the right track! Give bonus points to the children who waddle while they hunt. When everyone's ready to try something else, introduce the popular 1960's dance, "Mashed Potatoes" to you children – perfect for the day! Sing along as you teach them these simple steps: The feet are first faced inward then rotated outward. Repeating it inward and outward quickly, moving your feet apart a bit after each rotation and you have the Mashed Potato dance.

Turkey Sweet Potato Soup

- 1 teaspoon butter
- 5 cups turkey broth**
- 1 ½ pounds sweet potatoes, peeled and cubed
- 2 cups cooked turkey, shredded or cut in cubes
- ½ cup chopped onion
- 1 ½ cups corn

Saute onion in butter. In soup pan, add broth, potatoes, turkey, onion and corn. Simmer for 20 minutes until sweet potatoes are tender.

*** Turkey broth:* boil your leftover turkey bones with a full pot of water for 1 hour. Then strain off broth and reserve for soup. You can also use this for a great turkey soup.



CACFP is an indicator of quality child care.

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