

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 Hannuakah

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 Hannuakah

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

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

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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

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Have your children make a Kwanzaa Bracelet! You'll need a 12" piece of yarn in red, green and black. Show the kids how to braid the three colors together. When their yarn is braided, tie it off and make a bracelet for them to wear.



Celebrate Kwanzaa

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Safari Counting Tag! Movement on Kwanzaa

Kwanzaa is a holiday that lasts for seven days. Kwanzaa Tag is a good way to learn about the holiday and reinforce counting to seven. Designate one or two children as the lions. The other children are the impalas. When the impalas are tagged by the lions they must "freeze" as they count to seven. After seven, they are free to go again. Change lions every two minutes. Want some variation? Try skipping, galloping or side-stepping instead of running.



Corn-Casserole

- 1/2 cup onion (chopped)
- 1 1/2 teaspoons vegetable oil
- 1 (15-ounce) can low-sodium cream style corn
- 3/4 cup yellow or white cornmeal
- 2 eggs
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- nonstick cooking spray

Preheat oven to 350 degrees F. In a saucepan, cook onions over medium heat in vegetable oil until tender (about 4 to 5 minutes). Open canned corn and drain liquid into a measuring cup. If needed, add low-fat milk to make 1 cup of liquid. Add liquid and cornmeal to the cooked onions in the saucepan. Stir until the mixture boils. Remove saucepan from heat and mix in corn. In a mixing bowl, mix flour and baking powder. Add cornmeal mixture. Mix well. Spray a 9-inch baking pan with nonstick cooking spray. Pour mixture into baking pan. Bake for 25 to 30 minutes. Cut into 6 servings.

Recipe adapted from USDA Mixing Bowl