

Parent Provider Connections - January 2022

UPCYCLED RACE CAR

Use a tissue paper cardboard tube, cut a hole in the top where the "seat" will be. The children can decorate as they choose and attach black construction paper circles with paper brads for wheels. Adult help will be needed to cut out top for race car seat and attaching wheels.

MEAT ALTERNATES

Meat alternates include foods such as eggs, peanut or soy butter, yogurt, cheese, cottage cheese, tofu, and beans. You can serve meat alternates up to three times per week in place of grains at breakfast, but remember the amount you serve must be equal to or more than the grains component for the age group.

SPEEDY SALSA CHICKEN

1 lb chicken breasts, skinless, boneless
8 oz salsa

Place chicken in Crockpot and cover with 8 oz salsa. Add taco seasoning or other seasonings to taste. Cook on low for 6 hours. Shred. Serve in tacos, stuffed peppers or over sautéed vegetables.

#CACFPCreditable

FLOOR RACING

Using painter's tape, children can create their own racetrack or streets. Add obstacles with small building blocks or other toys around the child care. They will have a great time racing toy cars on their own track!



cacfp.org