

# Parent Provider Connections - April 2022

## I'M AN ASTRONAUT!

Have children cut out and decorate the astronaut template from [cacfp.org](http://cacfp.org). Take a headshot picture of each child. Complete each astronaut with the children's pictures.

## SWEET STOP

As CACFP providers, we can educate children on the importance of limiting sugar and fueling our bodies with vitamins, minerals and protein to help us grow big and strong. We wouldn't want to fill up a space shuttle with bad gasoline, and that's what sugar does to our bodies. Limit sugars in cereals and yogurt and read labels for added ingredients ending in "-ose," such as fructose and sucrose.

## SPACE FRUIT POPS

4 cups fruit - berries, mango, or peaches, sliced or crushed  
2 cups yogurt

Combine ingredients and pour into 3 oz paper cups. Freeze until consistency allows you to put popsicle stick in the mixture. Continue to freeze until firm. Peel off plastic cups and enjoy!

#CACFPcreditable

## COLD ASTEROID

Asteroids are actually very cold to the touch. Too cold, in fact! Create an asteroid from crumbled aluminum foil and play just like the traditional game of hot potato, where the goal is to pass it along as fast as possible. Fun twist on a classic!



[cacfp.org](http://cacfp.org)