









Celebrate CACFP Week 2025






Day	Activity	Recipe of the Day
<p>Monday, March 17, 2025</p> <p>C is for Community & Food Access</p> <p>#DECALNutrition #CACFP #CACFPWeekGA</p>	<p>The CACFP Community ensures that children and senior adults have access to healthy foods and nutrition education.</p>	<p>Gonger’s Build Your Own Taco</p> <p>Meal Components: Meats/Meat Alternates, Grains, Vegetables</p>  <p><i>Recipe & Photo Credit: National CACFP Sponsors Association</i></p> <p><i>This recipe was created in partnership with</i></p>  <p>in Communities</p>
	<p>Infants & Toddlers</p> <ul style="list-style-type: none"> <i>Food-Themed Storytime:</i> Read simple books about food and community, such as "Eating the Alphabet" by Lois Ehlert or "The Very Hungry Caterpillar" by Eric Carle. <i>Sensory Engagement:</i> Encourage children to engage their senses by touching, smelling, and looking at different whole fruits and vegetables. Talk about the colors and names of each food item. This sensory activity helps them get acquainted with healthy foods in a fun and engaging way. 	
	<p>Preschoolers</p> <ul style="list-style-type: none"> <i>Community Food Exploration:</i> Engage children in conversation about the various locations in their community where they can find nutritious food options, such as grocery stores and farmers markets. Inquire about their usual grocery shopping spots. After the discussion, hand out paper and drawing supplies to each child and encourage them to draw a picture of their favorite meal or snack. <i>Host a Taste Test:</i> Arrange a taste test activity where children can learn to make a healthy snack, like fruit salad or veggie wraps. Talk about the importance of nutritious food and how it contributes to the well-being of the community. 	
	<p>School-Aged</p> <ul style="list-style-type: none"> <i>Food Connections:</i> Coordinate with a local farmer to bring in fresh fruits and vegetables and explain the growing process to the children. Encourage the children to write a new recipe that includes one of the produce items the farmer grows. <i>Food Collage Craft:</i> Gather magazines, scissors, glue, and paper. Let adolescents cut out pictures of various foods and create a collage. Use this activity to talk about the importance of healthy eating and inquire about their favorite foods. 	
	<p>Adults</p> <ul style="list-style-type: none"> <i>Brain Boost:</i> Complete the “Fruit & Vegetables Word Search” on the CACFP Week webpage. <i>Food Field Trip:</i> Motivate adults and their caregivers to visit local farmer markets to purchase fresh fruits and vegetables to incorporate into their diet. Email farmers.market@dph.ga.gov to inquire about the Senior Farmers Market Nutrition Programs. 	
	<p>Family Resources: Share these resources with families to locate essential resources in their area such as food pantries.</p> <ul style="list-style-type: none"> Find Help Georgia Food Finder 	

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Tuesday, March 18, 2025 A is for Adults #DECALNutrition #CACFP #CACFPWeekGA	CACFP meals give adults the nutrition they need as a routine part of their day care program. CACFP reimbursements help to lower the cost of serving meals at centers that provide adult day care services to meet the needs of functionally impaired adults.	<p>Rudy's Hand Pies</p> <p>Meal Components: Meats/Meat Alternates, Grains</p>  <p><i>Recipe & Photo Credit: National CACFP Sponsors Association</i></p> <p><i>This recipe was created in partnership with</i></p>  <p>Communities</p>
	Infants & Toddlers <ul style="list-style-type: none"><i>Who's in your family?</i> Ask caregivers to share photos of their families, which are printed and displayed. Teachers talk about the family members using the photos as a visual aid, fostering a sense of belonging and community.<i>Mealtime Connections:</i> Encourage staff to sit and converse with children during meals to help enhance their vocabulary and engagement with food by prompting them to use descriptive words like "crunchy," "sweet," or "juicy." Narrating to infants and toddlers is crucial for vocabulary development as it exposes them to a rich variety of words and sentence structures, helping them learn new words in context and building a strong foundation for future communication skills.	
	Preschoolers <ul style="list-style-type: none"><i>Family Connections:</i> Provide each child with CACFP Week activity pages to complete at home with a grandparent, caregiver or older adult: Sesame Street Activity Pages and Non-Sesame Street Activity Pages<i>Produce Royalty:</i> Print and decorate a Fruit and Veggie Crown for each child to wear on their head. March around in a produce celebratory parade as every child wears their crowns!	
	School-Aged <ul style="list-style-type: none"><i>Family-Focused Taste Test:</i> Encourage grandparents, older adults, or caregivers to participate in a taste test of the Harvest of the Month items and discuss their favorite ways to prepare them.<i>Find Your Pair!</i> Beforehand, create a list of paired food items (like salt & pepper or peanut butter & jelly). Gather the children and have them face away from the leader. Write the name of a food item on a piece of paper and tape it to each child's back so they can't see it. The children must then find their matching pair by asking questions to others in the group, but they are not allowed to ask directly for the name of their item.	
	Adults <ul style="list-style-type: none">Maze to a Healthy Plate: Help the vegetables and fruits find their way to the plate in the center of the maze!<i>Let's Move!</i> Engage adults to participate with this chair exercise video, provided by HealthMPowers, to see how you can incorporate physical activity into your program.Need a refresher on serving meals at adult day care centers? Check out our Nutrition for Adult Day Care Centers training.	
	Webinar on Wednesday, March 18, 2025: Good News! The Importance of Sharing Your CACFP Story brought to you by the National CACFP Sponsors Association. Join this webinar to hear stories about what the CACFP community is doing to share its message, and learn how to use social media strategies, local and state proclamations, local news stories and more to help raise awareness about the CACFP. Register for the webinar here.	

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<p>Wednesday, March 19, 2025</p> <p>C is for Children & Families</p> <p>#DECALNutrition #CACFP #CACFPWeekGA</p>	<p>Children receive healthy and nutritious meals through the CACFP.</p> <p>We encourage you to send a copy of your weekly menu home with children, so families can try them at home.</p>	<p>Tamir's Pizza Party Dip</p> <p>Meal Components: Meats/Meat Alternates</p>  <p><i>Recipe & Photo Credit: National CACFP Sponsors Association</i></p> <p><i>This recipe was created in partnership with</i></p>  <p>in Communities</p>
	<p>Infants & Toddlers</p> <ul style="list-style-type: none"><i>Breastfeeding Support:</i> Communicate with families about breastfeeding at home and how you can support them in the CACFP.<i>Fun with Fruit:</i> Read "Oliver's Fruit Salad" by Vivian French with the children to introduce them to the joy of making a fruit salad. After reading, serve an age-appropriate fruit salad with small cut bananas, blueberries, and strawberries. Bonus: have toddlers help in preparing the fruit salad with kid-friendly knives.	
	<p>Preschoolers</p> <ul style="list-style-type: none"><i>Family Engagement:</i> Engage families in your program by inviting them to prepare healthy snacks for children to taste test. Try fresh cut veggies such as bell peppers with Tamir's Pizza Party Dip. Share the recipe home with families to make together!<i>Special Guests:</i> Enlist the help of family volunteers in the classroom to help read to the class, lead an art activity, or play games with the children.	
	<p>School-Aged</p> <ul style="list-style-type: none"><i>Blind Touch Test:</i> Create a hole in one side of a box, large enough for a child's arm to fit through. Place various foods with distinct textures, such as bell peppers, pineapples, and carrots, inside the box. Ask the child to reach in, feel the food, describe its texture, and try to guess what type of food it is.<i>Family Cooking Night:</i> Motivate children and their families to cook a simple, healthy meal together at home. Ask them to take pictures of their cooking experience and share these with the class.	
	<p>Adults</p> <ul style="list-style-type: none"><i>Family Fun:</i> Host a Family Game Night featuring this Five Food Groups Bingo.<i>Brain Boost:</i> Engage adults in arts and crafts use coloring sheets with themes after the five food groups. Coloring helps older adults reduce stress, improve motor skills, and boost cognitive function. It also enhances mental health, promotes social engagement, and encourages mindfulness.	
	<p>Family Challenge! Encourage families to try at least one [1] of the following at home:</p> <ul style="list-style-type: none">Try Healthy Recipes at home!Read a Nutrition Book Together. Find your local public library here!Participate in Grocery Story or Local Farmers Market challenge.	

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<p>Thursday, March 20, 2025</p> <p>F is for Farm to CACFP</p> <p>#DECALNutrition #CACFP #CACFPWeekGA #GAFarmtoCACFP #FarmtoCACFP</p>	<p>Farm to Early Care and Education (Farm to ECE) is an initiative that integrates local food purchasing, gardening, and food education into early care settings. It aims to improve children's nutrition, enhance educational environments, and support sustainable local food systems. The USDA encourages incorporating seasonal and locally produced foods into CACFP meals.</p>	<p>Gabrielle's Curry Carrots</p> <p>Meal Components: Meats/Meat Alternates</p>  <p><i>Recipe & Photo Credit: National CACFP Sponsors Association</i></p> <p><i>This recipe was created in partnership with</i></p>  <p>in Communities</p>
	<p>Infants & Toddlers</p> <ul style="list-style-type: none"> <i>Sensing the Farm:</i> Creating a farm sensory bin for infants and toddlers is a fun and educational activity that engages their senses and introduces them to farm life. Use a large bin filled with age-appropriate plastic or wooden farm animals, toy tractors, artificial grass, play fruit & vegetables, and miniature barns to help develop fine motor skills and sensory awareness. Note: Ensure none of the items pose a choking risk for children. <i>Garden Yoga:</i> Engage toddlers in a Guided Yoga Garden Adventure with CALi. 	
	<p>Preschoolers</p> <ul style="list-style-type: none"> <i>Take a Field Trip to the Animal Farm:</i> Talk with children about their favorite animals. Ask them to describe the animal they chose and why they made that choice. After the video, children can create crafts related to farming, such as making paper plate animals or planting seeds in small pots. <i>Future Entrepreneurs:</i> Set up a pretend farmers market where children can "buy" and "sell" local foods such as fruits, veggies, eggs, and milk. Encourage them to take turns being the shopper and the farmer, practicing their social and math skills. <i>Read What's in My Garden: A Food Mystery Book:</i> Follow along with Buzz the Bee as she visits farms, an orchard, a community garden, backyards, and more. Use Quality Care for Children's teaching guide to get tips for reading this book, curriculum connections, and strategies for helping children grow into adventurous eating. Watch QCC's read-aloud video demonstrating techniques to encourage early literacy. 	
	<p>School-Aged</p> <ul style="list-style-type: none"> <i>What's in your Neighborhood?</i> Organize a visit to a local farm or farmers market for children to learn about the origins of their food and the effort involved in producing fresh, locally grown items. <i>Student-Led Taste Test:</i> Organize an activity where school-aged students select a simple recipe to make and then have a taste test. This involves choosing recipes, preparing the dishes, and sampling each other's creations, followed by a discussion about healthy eating and cooking at home. 	
	<p>Adults</p> <ul style="list-style-type: none"> <i>Container Gardening:</i> With spring approaching, decorate plant pots (indoor or outdoor), and plant some seasonal produce. <i>Do It Yourself (DIY) Terrariums!</i> Terrariums are super easy to make and upkeep and making them is a perfect gardening activity for our adults. 	
	<p>Family Challenge! Encourage families to try at least one [1] of the following at home:</p> <ul style="list-style-type: none"> Enjoy a Nature Walk or Insect Walk and color in your findings. Read a book(s) from the Farm to ECE Children's Book List. Let's Try a Game of Grow Your Colors. Help your Sesame Street friends grow colorful, healthy veggies for their picnic. Afterward, enjoy a colorful snack of fruits or vegetables together. 	

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<div>Friday, March 21, 2025</div> <div>P is for Physical Activity</div> <div>#DECALNutrition #DECALPhysicalActivity #CACFP #CACFPWeekGA</div>	Physical activity contributes to both children and adults’ development, ability to focus, and physical and psychological health. It enables them to improve their strength and balance, provides increased energy, prevents, or delays chronic diseases, and can improve mental health outcomes.	<div>Ji-Young’s Beef Over Rice</div> <div>Meal Components: Meats/Meat Alternates, Grains</div> <div></div> <div><i>Recipe & Photo Credit: National CACFP Sponsors Association</i></div> <div><i>This recipe was created in partnership with</i></div> <div></div> <div></div>
	Infants & Toddlers <ul style="list-style-type: none">• Essential Tummy Time Moves: Engage infants in supervised tummy time two to three times daily for 3-5 minutes.• Early Childhood Activities for Toddlers: Engage toddlers in at least 60 minutes of active play daily, both indoors and outdoors. Activities can include dance parties, obstacle courses, and using transition times for movement. These activities help develop motor skills, keep toddlers active, and make playtime fun.	
	Preschoolers <ul style="list-style-type: none">• Silly Sponge Balls: To make sponge balls, cut sponges into 1-inch strips, stack them, and bind them tightly in the center with a rubber band or string. Fan out the strips to create a fuller ball, which can be used for various motor skill activities and fun games.• Mindful Moment Nature Poses: Noticing our bodies and our breathing are great ways to stay healthy and strong. Use these nature-inspired poses and strategies together throughout the day, or whenever children need to calm, focus, or refuel.	
	School-Aged <ul style="list-style-type: none">• <i>Active Scavenger Hunt</i>: Organize an active scavenger hunt to get school-aged kids moving. Create a list of items or clues for them to find, explain the rules, and encourage teamwork and quick movement. Celebrate their success with small prizes or recognition, combining physical activity with problem-solving and fun.• <i>Obstacle Course</i>: Set up an outdoor obstacle course using cones, hula hoops, jump ropes, and other equipment to get kids active. Explain the course, have them take turns completing it, and consider organizing relay races for added fun. Finish with cool-down exercises to help them relax and recover. This activity promotes physical fitness, teamwork, and coordination.	
	Adults <ul style="list-style-type: none">• <i>Active Sitting</i>: Encourage adults to participate in a Chair Workout video that incorporates fun, low-impact exercises set to music, working the entire body. Learn how to integrate physical activity into your program through this engaging and accessible workout.• <i>Social Activities</i>: Engaging in physical activities provides exercise, improves hand-eye coordination, and offers a sense of control over the physical world. These activities can be particularly satisfying when overcoming obstacles or competing in a friendly manner. Examples include miniature golf, shuffleboard, bocce, tossing, frisbee tossing, horseshoes, and lawn bowling.	
	Family Resources <ul style="list-style-type: none">• Fun Activities for Kids• Tummy Time for Babies• Five (5) Tips for Active Families	