





Activities to Celebrate **CACFP** Week 2024!




Day	Activity	Recipe of the Day
<p>Monday, March 11, 2024</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>Waffle Fruit Pizza</p> 
	<p>Infants & Toddlers</p> <ul style="list-style-type: none"> Share information with families about breastfeeding in the CACFP. Provide strawberries as a snack and engage in conversation. Are they sweet or sour? Squishy or hard? Describe the strawberries out loud as they are eaten. Take a trip to the supermarket with Elmo, Cookie Monster, and Abby. After the video, ask children to share some of the foods they spotted in the supermarket. Talk with children about the various places in their community where they can buy healthy food. Ask children about where they go grocery shopping. 	
	<p>Preschoolers</p> <ul style="list-style-type: none"> Provide each child with a blank sheet of paper. Ask the children to draw a picture of their favorite food. Engage children in conversation by asking what their favorite food is, where they buy food with their family, and what foods they love to eat. 	
	<p>School-Aged</p> <ul style="list-style-type: none"> Connect with a local farmer to bring in fresh fruits and vegetables and to explain how they grow. Have children write a new recipe that includes a produce item the farmer grows as one of the ingredients. 	
	<p>Adults</p> <ul style="list-style-type: none"> Complete the “Find Someone Who” Scavenger Hunt on the CACFP Week website. Encourage adults and their caregivers to visit local farmer markets to purchase fresh fruits and vegetables to include in their diet. 	
<p>Webinar: Good News! Sharing Your CACFP Story brought to you by the National CACFP Sponsors Association.</p> <p>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.</p> <ul style="list-style-type: none"> March 11, 2024 at 2:00pm - 2:30pm. Register for the webinar here. 		

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<p>Tuesday, March 12, 2024</p> <p>A is for Adults</p> <p>#DECALNutrition #CACFP #CACFPWeekGA</p>	<p>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>	<p>Veggie Delight Pinwheels</p> 
	<p>Infants & Toddlers</p> <ul style="list-style-type: none"> • Let’s talk about family! Ask the children to draw a picture of themselves and a grandparent or an older adult figure in their life. What is their favorite meal to eat with them? • Encourage staff to sit and converse with children while eating. Ask the children to share their favorite colors of food. What descriptive words do the children use to describe the food they are eating? 	
	<p>Preschoolers</p> <ul style="list-style-type: none"> • Provide each child with a set of “Nutrition Memory Card Game” and “Physical Activity Memory Card Game” print-outs on the CACFP Week website to play at home with a grandparent or older adult. • Print and decorate a Fruit and Veggie Crown for each child to wear on their head. 	
	<p>School-Aged</p> <ul style="list-style-type: none"> • Find Your Pair! In advance, make a list of paired food items (ex. salt & pepper; peanut butter & jelly). Gather all children with their backs facing the leader. Write the name of the item on the paper and tape it to the child’s back, so they cannot see the item. Next, each child must try to find the person with their pair by asking questions around the room; this is in group format. Children cannot ask another player the name of their item. Celebrate the pairs who found each other first! • Invite grandparents or parent to participate in a taste test of the Harvest of the Month items and to discuss about healthy eating. 	
	<p>Adults</p> <ul style="list-style-type: none"> • Enjoy the Pasta Word Search & Winter Sports Puzzle • Collage Creation! Using newspapers and magazines, adults can create a collage of their favorite foods they have enjoyed throughout their lives. • 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. 	
<p>Try at Home!</p> <ul style="list-style-type: none"> • As yoga gives you better concentration and focus, it also opens the mind to have the creative energy flow to the body. Check out this 11-Minute Chair Yoga Practice video! 		

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<p data-bbox="123 602 585 638">Wednesday, March 13, 2024</p> <p data-bbox="123 675 585 711">C is for Children & Families</p> <p data-bbox="163 748 553 816">#DECALNutrition #CACFP #CACFPWeekGA</p>	<p data-bbox="628 159 1489 188">Children receive healthy and nutritious meals through the CACFP.</p> <p data-bbox="628 225 1956 287">We encourage you to send a copy of your weekly menu home with children, so families can try them at home.</p>	<p data-bbox="2220 407 2395 440">Spring Rolls</p> 
	<p data-bbox="628 316 916 345">Infants & Toddlers</p> <ul data-bbox="682 350 1943 451" style="list-style-type: none"> • Join Blippi on a visit to Tanaka Farm to learn about healthy eating. • Food Collage: Have children create a collage of their family’s favorite healthy foods on a paper plate using pictures from magazines or newspapers. 	
	<p data-bbox="628 495 835 524">Preschoolers</p> <ul data-bbox="682 529 1978 699" style="list-style-type: none"> • Invite families to visit your program and to eat a meal with their child(ren). • Host a taste test featuring the Harvest of the Month or the Recipe of the Day with children and their families. • 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 data-bbox="628 719 822 748">School-Aged</p> <ul data-bbox="682 753 2005 924" style="list-style-type: none"> • Blind Touch Test: Cut a hole in a box on one side large enough for a child’s arm to fit in it. Place foods in the box with unique textures such as bell peppers, pineapples, and carrots. Have the child touch and describe what they feel and try to guess the type of food. • Encourage children and their families to prepare a simple, healthy meal at home together, and to take pictures and share their experience with the class. 	
	<p data-bbox="628 969 733 998">Adults</p> <ul data-bbox="682 1003 1583 1036" style="list-style-type: none"> • Host a Family Game Night featuring this Five Food Groups Bingo. 	
	<p data-bbox="628 1079 1763 1112">Family Challenge! Encourage families to try at least one [1] of the following at home:</p> <ul data-bbox="682 1117 1610 1219" 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 style="text-align: center;">Thursday, March 14, 2024</p> <p style="text-align: center;">F is for Farm to Early Care & Education</p> <p style="text-align: center;">#DECALNutrition #CACFP #CACFPWeekGA #GAFarmtoECE</p>	<p>Farm to ECE encourages healthy choices through hands-on cooking and gardening education, while improving access to healthy food at home and in the community. The USDA encourages incorporating seasonal and locally produced foods into CACFP meals.</p>	<p>Afghan Salata</p> 
	<p>Infants & Toddlers</p> <ul style="list-style-type: none"> • Farm-Fresh Food: The Kafarski Family Watch as Wyatt and Violet learn how food grows and to enjoy a nutritious meal together. • Fresh Fruit Salad: Create a fruit salad with a variety of favorite fruits that are cut into child safe bites. A snack of fresh fruit allows for great meal time conversation. Where did all the fruit come from? How did it grow? • Host a Taste Test utilizing the Very Berry Smoothie recipe & activities with Small Bites Adventure Club through the USDA Farm to School Grant. • Engage children in a Guided Yoga Garden Adventure with CALi. 	
	<p>Preschoolers</p> <ul style="list-style-type: none"> • Plants Feed Me: After listening to the book, ask children to name the plants they eat. Together, make a list of the plants (or plant products) they eat at your child care site or at home. • Yoga Time on the Farm: Click on the link to practice mindfulness, deep breathing, and emotional regulation with this fun farm yoga class! • Take a Field Trip to the Animal Farm: Talk with children about their favorite animals. Ask them to describe the animal they chose and why they made that choice. 	
	<p>School-Aged</p> <ul style="list-style-type: none"> • Plan a trip to a local farm or farmers market for children to learn where their food comes from and all the hard work that goes into getting fresh, locally grown foods. • Host a Taste Test utilizing the Very Berry Smoothie recipe & activities with Small Bites Adventure Club through the USDA Farm to School Grant. Involve children throughout the process and engage in conversation (i.e., colors, taste, texture, etc.). 	
	<p>Adults</p> <ul style="list-style-type: none"> • Container Gardening: With spring approaching, decorate plant pots (indoor or outdoor), and plant some seasonal produce. • Do It Yourself (DIY) Terrariums! 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 Multicultural Collection of Farm to ECE Books. • 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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<p style="text-align: center;">Friday, March 15, 2024</p> <p style="text-align: center;">P is for Physical Activity</p> <p style="text-align: center;">#DECALNutrition #DECALPhysicalActivity #CACFP #CACFPWeekGA</p>	<p>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.</p>	<div style="text-align: center;"> <p>Stay Hydrated with Peach & Blueberry Spritz</p>  </div>
	<p>Infants & Toddlers</p> <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 time every day, both indoor and outdoor. Throw a dance party, set up an obstacle course and use transition times to get toddlers moving. 	
	<p>Preschoolers</p> <ul style="list-style-type: none"> • Pull your favorite activities from 50 Things To Do with a Beach Ball to get your preschoolers up and active. Engage preschoolers in at least 120 minutes or more of active play time every day, both indoor and outdoor. • Engage children in a Guided Yoga Garden Adventure with CALi. 	
	<p>School-Aged</p> <ul style="list-style-type: none"> • Classroom Physical Activity Ideas and Tips: Engage school-aged children in at least 60 minutes of daily activity. • Check out these Fun Physical Activities for Children of All Ages. 	
	<p>Adults</p> <ul style="list-style-type: none"> • What’s Your Move? It is are recommended that adults move more and sit less throughout the day. • Engage adults with this chair demonstration video, led by HealthMPowers, and learn how you can incorporate physical activity into your program. 	
	<p>Family Resources</p> <ul style="list-style-type: none"> • Spring Physical Activity Bingo • Elementary Health & Physical Education Calendar • Tummy Time for Babies • Physical Activity Resources for Children 	