

CACFP Week Activity Ideas

“Stirring Up Goodness”

Day of the Week	Theme of the Day	Activity Idea
Monday	 C — Community & Food Access	<ul style="list-style-type: none"> Art Activity: Have kids or adults draw or color what “stirring up goodness” looks like in their lives, such as enjoying meals with family and friends, helping prepare food, or activities that help them feel good like playing outside. Thank-You Cards for Food Heroes: Create simple cards to thank kitchen staff, cooks, and others who “stir up goodness” every day by supporting healthy food access in your program.
Tuesday	 A — Adults	<ul style="list-style-type: none"> Share Your Smiles: Post a photo of the children or adults you serve enjoying a healthy meal or activity using #CACFPWeekGA and #StirringUpGoodness. Mini Wellness Break: Lead a 3-minute stretch or breathing activity to highlight adult well-being as part of good nutrition.
Wednesday	 C — Children & Families	<ul style="list-style-type: none"> Goodness in a Cup: Guide children in layering yogurt, fruit, and whole-grain cereal to create a quick parfait. After they finish, print the “I Made This” card. Take a photo of the participants holding their creation along with the card and share using #CACFPWeekGA and #StirringUpGoodness. <ul style="list-style-type: none"> Bonus: Print and wear your CACFP chef hats to showcase any #CACFPCreditable snacks or recipes you have made this week! Take-Home Goodness Bag: Send home a small bag with a fruit, a recipe card, and the Parent Newsletter about CACFP’s role in “stirring up goodness” for children and families.
Thursday	 F — Farm to CACFP	<ul style="list-style-type: none"> Local Food Spotlight: Feature one Georgia-grown food (strawberries, carrots, broccoli) and share a fun fact. Grow a Bean in a Bag: Invite children to plant a bean seed in a clear plastic bag with a damp paper towel and place it in a sunny window. Children observe the seed as it germinates and grows over time. Bags can be sent home or displayed in the classroom.
Friday	 P — Physical Activity	<ul style="list-style-type: none"> Stir It Up Dance Break: Play music and have children pretend to “stir,” “mix,” “shake,” and “pour” as movement prompts. Yoga: Simple poses like “fruit tree pose,” “seed,” “sun,” and “rainbow.”