



CACFP ABCs Flash Cards

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BANANA OAT SQUARES:



- 4 medium bananas
- 2 cups oats
- 6 tbsp peanut butter

25 min

8

Grains & Fruit



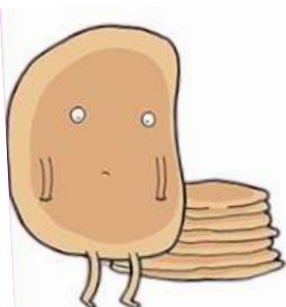
SERVINGS



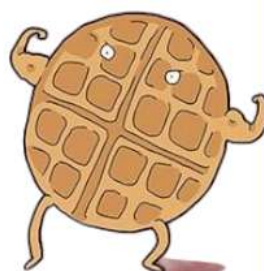
TOTAL TIME

COMPONENTS

1. Mash bananas and combine with oats and peanut butter.
2. Spread into 9x13" baking pan and bake at 350° F for 20 minutes.
3. Cut into 8 portions.



"Waffles are just Pancakes with Abs"



HEALTH BENEFITS OF GARDENING:

Spending time in outdoors affects our bodies mentally and physically. A home or community garden provides the perfect setting to explore the wonders of nature. With spring just around the corner, there is no better time to start planning a garden!

- Promotes Healthy Eating. Children are more likely try foods they grow.
- Improves Mood & Stress. Working with soil and harvesting foods release mood-boosting chemicals in the brain.
- Adults and children should strive for 60 minutes of physical activity a day. Digging, planting, and harvesting in the garden are all forms of physical activity.
- Experimental Learning where children learn through experience/ by doing.
- Gardening fosters social-emotional skills. It can help develop a sense of self-confidence, teamwork, and responsibility as they create, plant, and tend to the garden which is also a good way for children to learn environmental responsibility by taking care of the Aina.



GO

Eat anytime

Go foods can be eaten almost anytime and include fruits and vegetables.



SLOW

Eat sometimes

Slow foods may be higher in fat, sugar, sodium and calories.



WHOA

Eat once in a while

Whoa foods are the highest in unhealthy fat and added sugars.



Whole, fresh, frozen, or canned fruits/veggies without any added fat or sauces. Whole Grain. Lean meat like chicken, turkey, and tuna. Low fat yogurt/ cheese.

Veggies with added sauces/ fat. Juice. Fruit canned in light syrup. Dried fruit. Processed cheese. Baked fries

Pre-fried foods like fish sticks. Fruit in heavy syrup. Processed meats like hotdogs. Excess sugar like muffins.



REMINDER:

Continue serving local foods!

PARENT SURVEY RESPONSE:

"My child has become a way more adventurous eater thanks to the healthy meals and snacks he receives at Aunty's Daycare."

Photo Credit:

- Wendi (Big Island Provider)

Child picks the first squash that Daycare children planted.