MAY 2022
Patch Food Program Newsletter

CACFP ABCs Flash Cards
Click on the link below (ctrl + click)
https://www.cacfp.org/assets/pdf/CACFP+-+ABCs+Flash+Cards+cacfp.org/

BANANA OAT SQUARES:

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

25 min 8 Servings

TOTAL TIME

Grains & Fruit

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:

- Promotes Healthy Eating. Children are more likely to 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.

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!
REMINDER:
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.

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.


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

Photo Credit:
- Wendi (Big Island Provider)
Child picks the first squash that Daycare children planted.

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."