

Celebrate CACFP During National Nutrition Month!



Here's some fun for every day next week:



Mixing Bowl Monday: Try the *Eagle Pizza* recipe for centers or homes from the USDA's What's Cooking? Mixing Bowl Web site. You can also download a cookbook or create your own!

Terrific Tuesday: Choose and try some of the terrific ways to serve cantaloupe, squash, peaches, spinach, strawberries, and sweet potatoes from Grow It, Try it, Like It! (Book 1-The Basics, Page 48).

Walking Wednesday: Get active by taking a walk around your neighborhood! Looking for other ways to be active? Check out the "Encourage Active Play and Participate with Children" Tip Sheet from Nutrition and Wellness Tips for Young Children: Provider Handbook for the CACFP.

Tips for Thursday: Share tips for healthy eating and physical activity with parents and other caregivers by sending home Nibbles for Health newsletters.

Try-Day Friday: Get Inspired with The Two-Bite Club and try something new! Share with others by displaying the Make Today a Try-Day in CACFP Poster/Sticker set.



For more ideas, look for Team Nutrition's CACFP e-Newsletter next week!
Subscribe to Team Nutrition e-Newsletters here.

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