



NUTRITIOUS NIBBLES

FALL 2019

Program Information

- 1. Reimbursement Rates** – Each year in July, the claims reimbursement rates typically change. The current reimbursement rates are listed below:

Meals	Tier 1	Tier 11
Breakfast	\$1.33	\$0.48
Lunch/Supper	\$2.49	\$1.50
Snack	\$0.74	\$0.20

- 2. CACFP Forms** – If you are in need of program forms, contact your monitor or visit our website. All of the forms are now available to download from our website, www.ccwilm.org. The website also has the latest edition of the Nutritious Nibbles newsletter. Once you enter the web address, www.ccwilm.org, there are 2 different ways to search the CACFP Program. You can either click on the word “programs” on the top of the site then scroll down to select Child and Adult Food Program or immediately scroll down to the right hand side at the bottom of the page. Listed under “other programs” is the Child and Adult Food Program.

- 3. License and Claim Submissions**-Please remember to mail, scan to email, or fax a copy of your renewal license to our office. We can't submit your monthly claims unless we have a current license on file. Also, please submit your claims to us as soon as you are finished for the month. All claims received after the 5th will not be entered for reimbursement until the following month. If the 5th falls on the weekend, claims will be considered on time the following business day.

- 4. Kent County**- Nancy Allaband, our Kent County Coordinator retired the end of August after 31 years. Nancy's retirement is something that she has looked forward to for a long time and we wish her the best. For the time being, one of us listed below will monitor and assist the Kent County providers.

Our office phone numbers and email addresses:

New Castle and Kent County:

Sussex County	Tina Doubet Kathi Rogers Joanne Varnes Karen Adams	302-468-4531 302-468-4535 302-468-4529 302-362-4026	email tdoubet@ccwilm.org email krogers@ccwilm.org email jvarnes@ccwilm.org email kadams@ccwilm.org
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“Sometimes you can’t see yourself clearly until you see yourself through the eyes of others”

-Ellen Degeneres

Small Hands Crafting

Cut the sides of a paper plates in an inward curve. Paint the pieces cut off green. Glue them to the top of the plate, sandwiching your green pieces to make leaves. Then have your kids paint their plates like an apple core. They can each choose how many seeds that they would like to paint.

Encourage them to paint different numbers.

You can then use the seeds in the apples as a visual to count 1-10 and also

compare

greater than,
less than,
and equal.



Happy Autumn!

Did you know that the USDA has strengthened nutrition standards for food and beverages served to young children and others in day care settings?

Young children and adults in child care homes and centers who participate in the Child and Adult Care Food Program (CACFP) will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. The science-based standards introduced in this final rule will elevate the nutritional quality of meals and snacks provided under the CACFP to better align with the Dietary Guidelines for Americans and to be consistent with the meals children receive as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

When your child care provider is a participant of the CACFP, you can be assured that your child is receiving the best nutrition to help them grow.

Apple Relay & Circle Time

Fall is a great time to get outside and apples are the perfect fruit to inspire talks about nutrition while incorporating physical activity. Have an apple relay! Divide the children into teams and establish a finish line. The children will take turns holding an apple and individually running around the finish line and back to their team. The next child in line will be passed the apple and take their turn. Change each round by skipping, hopping, or balancing the apple on a head or hand. Can't get outside? Try this indoor activity. Everyone knows the chant "Who Took the Cookie from the Cookie Jar?" Change it to "Who Took the Apple from the Apple Tree?" As the children sing the chant, they can pass an apple around the circle. If you can take a field trip to the grocery store in the fall, your kids will be excited to see the many varieties of apples! Which one is the sweetest, most tart? Do they all look the same inside? How many seeds do they have and are they the same color? Investigate together to promote curiosity and interest in healthy foods.

Peanut Butter & Apple Wraps

- 1 whole wheat tortilla (8 inch)
- 1/4 cup peanut butter, reduced-fat
- 2 tablespoons granola cereal
- 1/2 apple, sliced (suggest Red Delicious apple, but could use any variety of apple)

Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides. Sprinkle 2 Tablespoons granola over peanut butter. Cut apple slices into small chunks and place them on top of the granola. Fold over the edges of the tortilla and roll up "burrito style."

Recipe from USDA Mixing Bowl



Small Hands Crafting

On brown paper trace the outline of each child's foot. Then on multiple fall color sheets of construction paper, have the children trace the outline of their hand. Help your youngest to cut their tracings. Using the foot as the body of the turkey, glue the hands on the back for feathers. Add some googly eyes and a beak and they've made a take-home turkey!



Happy Thanksgiving

Did you know that the primary goal of the CACFP is to ensure that well-balanced, nutritious meals are served to children?

Research proves that good nutrition in young children not only contributes to their physical growth, but to their intellectual and emotional development as well. Children who participate in the CACFP have the opportunity to develop positive eating habits that will lead to a lifetime of good eating habits and good health while enjoying meals that meet USDA nutrition requirements. These nutritionally complete meals help the child learn and grow and are the foundations that will help them achieve their fullest potential in the future.

We are thankful for your children and the work you do to help them be at their best!



Do the Mashed Potato: Movement on Thanksgiving

Cut out several turkeys and hide them around the room. When you say go, ask the kids to find as many turkeys as they can. You can even "gobble" when a child is close to a turkey letting them know they are on the right track! Give bonus points to the children who waddle while they hunt. When everyone's ready to try something else, introduce the popular 1960's dance, "Mashed Potatoes" to you children – perfect for the day! Sing along as you teach them these simple steps: The feet are first faced inward then rotated outward. Repeating it inward and outward quickly, moving your feet apart a bit after each rotation and you have the Mashed Potato dance.

Turkey Sweet Potato Soup

- 1 teaspoon butter
- 5 cups turkey broth**
- 1 ½ pounds sweet potatoes, peeled and cubed
- 2 cups cooked turkey, shredded or cut in cubes
- ½ cup chopped onion
- 1 ½ cups corn

Saute onion in butter. In soup pan, add broth, potatoes, turkey, onion and corn. Simmer for 20 minutes until sweet potatoes are tender.

*** Turkey broth:* boil your leftover turkey bones with a full pot of water for 1 hour. Then strain off broth and reserve for soup. You can also use this for a great turkey soup.



Small Hands Crafting

To make puffy snowflakes and snowmen, mix equal parts salt and flour in a bowl. Food coloring is optional. Add enough water to make the consistency of pancakes. Pour the mixture into a squirt bottle and let the children make their snowflakes on heavy paper. Microwave the drawing on high for about 30 seconds. The paint is dry and puffy!



Happy Winter

Did you know that maintaining a healthy diet also means you are careful with what you drink?

- High sugar drinks take away a child's appetite for healthy foods.
- Sugar can provide the calories, but not the vitamins and minerals children need to grow and be healthy.
- Fruit juice contains 6 teaspoons of sugar in an 8 oz serving.
- A 20 oz soft drink can contain 15-20 teaspoons of sugar.
- There are 15-20 teaspoons of sugar with 500-700 calories in a 20 oz milkshake.
- Children over the age of 2 should drink 1% or skim milk.

It is important to be aware of the sugar and fat in your favorite beverages. As a CACFP provider, we use the best practice of only serving non-flavored milk or water to keep your child healthy and strong!

Inside Fun: Movement in Winter

Mitten Match – Place numbered mitten pairs around the room. The kids locate all of the mittens and practice numbers while hanging all of the mittens on a clothesline. Try greatest to least and least to greatest. Make sure the the kids move around to complete the task.

Masking Tape Fun – You can use masking tape to make lines (Straight and curved), designs (zigzags, grids) hopscotch/obstacle course, alphabet mazes, and large tic tac toe boards all of over the floor to get the kids moving. Ask the kids to follow the lines. Can they jump between them? If they're on a grid can they put a foot and a hand each in a different box? Can they follow the letters through the maze?

Twister – Make your own large twister board. Using colored feet or circles secure them on the ground with clear contact paper.

Winter Stew

- 1 cup winter squash (diced, or 1/2 can, about 8 ounces, low-sodium sweet potatoes, drained)
- 1 cup turnips (diced, or 1/2 can, about 8 ounces, low-sodium sliced potatoes)
- 1/2 cup onion (diced)
- 2 1/2 cups low-sodium tomato juice
- 1/4 teaspoon black pepper
- 1 tablespoon paprika (optional)
- 1 1/2 pounds cooked stew meat
- 1/4 cup canned apricots (drained and diced, about 2 ounces, optional)

In a large pot, combine all ingredients except beef and apricots and mix well. Bring the pot to a boil for 5 minutes. Cook over low to medium heat for 30 minutes. Stir every 15 minutes. Add beef and apricots to the pot and mix well. Cook over low heat for 10 minutes.

Recipe from USDA Mixing Bowl



Encourage Active Play and Participate With Children



Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

Active play is physical activity. Engaging in active play with children is good role-modeling, and a great way to relieve stress.

Children learn behaviors from adults. Encouraging children to be physically active each day can help them develop a positive attitude toward movement, dance, sports, and other physical activity. Playing actively with children in your care can help them develop healthy habits.



Why is it important to encourage active play?

By moving more and sitting less, children learn to live in a healthful way. When children participate in active play, they develop their large muscles. Large muscle development is important for movements such as walking, balancing, sitting up straight, kicking, jumping, lifting, reaching, and throwing a ball. Large muscle development also supports the development of small muscles, which helps with skills such as holding small objects and turning pages in a book.

Active play also develops children's confidence in their ability to be physically active. You should encourage active play every day because:

- ▶ **Active play** helps children build their bones.
- ▶ **Habits are learned early in life**, so being active while in child care can create lifelong physical activity habits.
- ▶ **Children may spend a lot of time at home in front of televisions** and computers instead of playing actively. Give them good habits while they are in your care!



What should I do to encourage active play?

To promote children's active play, **you** can:

- ▶ **Participate with children** during active play time.
- ▶ **Lead activities two or more times per day** that promote children's physical movement.
- ▶ **Wear clothing and footwear that permits easy and safe movement**, and let families know to dress children in appropriate clothing and footwear. (See the *Promote Active Play Through Written Policies and Practices* tip sheet on page 69 for more information.)
- ▶ **Plan and encourage physical activities** that are appropriate and safe.
- ▶ **Encourage movement** by getting children actively moving often.
- ▶ **Limit "screen time,"** such as TV and DVD viewing, video games, recreational computer use, and other electronic devices. (See the *Limit Screen Time Tip Sheet* on page 73 for more information.)



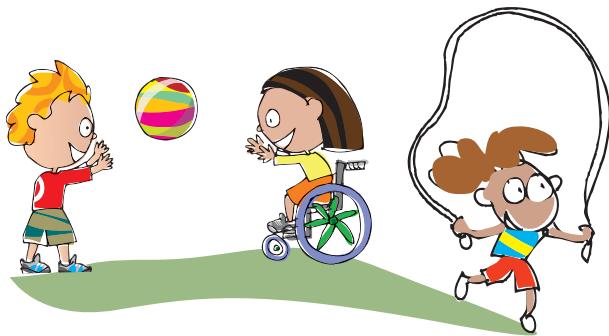
Activities

What are some specific ways I can encourage active play every day in my child care program?

Use every opportunity to show the children that you believe physical activity is important.

Which of these ideas will you try next week? Mark your choices.

- Encourage active play by offering children a variety of options** such as hula hoops, balls, and jump ropes and letting them choose what they want to do.

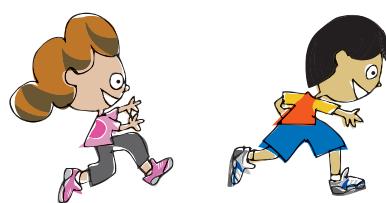


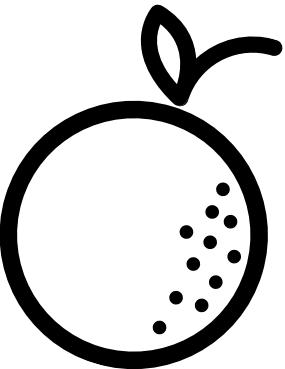
- Make a chart for tracking physical activity with children's and child care providers' names.** Have children place a sticker or a stamp by their name every time they participate in active play. Send ideas home to families so they can continue to encourage active play at home.
- Let families know that physical activity is an important part of the day** when children are in your care. Add physical activity messages to newsletters, posters, and posted schedules. http://www.teamnutrition.usda.gov/resources/Nibbles/Nibbles_Newsletter_36.pdf

- Display posters and pictures of children and adults being physically active.** Read books that promote physical activity as part of the story.
- Make activity cards and use them for a game** by having children select a card and then demonstrate the activity. Activity cards are easy to make – use index cards or square sheets of paper. On one side of the card, paste a picture of a physical activity movement. The child who chooses the card will show everyone else how to do the movement.
- Include physical activity in your special events and family events.** Lead children and their families in playing *Octopus Tag* or *Musical Hoops*. Add fun by using pool noodles, beach balls, and hula hoops.
- Be a good role model.** Participate with children in activities and show them through your actions that active play is an important and fun part of the day. Make positive comments about physical activity.

- Request that families dress children in clothing, shoes, and outerwear** that allow movement and play outside, or bring clothes to change into for playing outdoors.
- See the *Provide Opportunities for Active Play* tip sheet** on page 63 for instructions and other ideas.

List other ideas to show children that physical activity is fun:





Are You a Role Model?

Think about each statement and whether it's A lot like me (2 points), Sometimes like me (1 point), or Hardly ever like me (0 points). Add up your score to determine if you are a good role model. Then, write down two things you can do to make yourself a better role model.

I don't drink soda in front of the children. __

I sit at the table and eat with the children. __

I stop eating when I'm full. __

I am willing to try new foods in front of the children. __

I eat and drink the same foods as the children at my facility. __

I bring healthy snack for celebrations at my facility. __

I drink water instead of sweetened beverages when thirsty. __

I try to avoid high fat, fried foods. __

13-16 points: Excellent Role Model

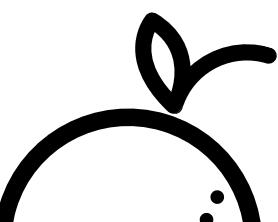
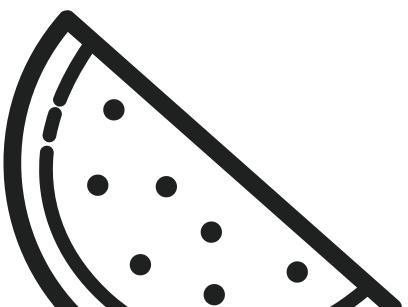
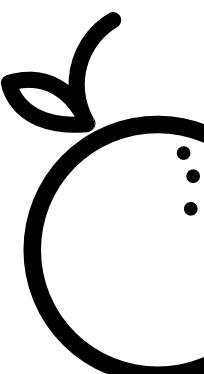
9-12 points: Good, but there's room for improvement!

9 or fewer: It's a good thing you're at this session!

In the future, I'm going to:

1.

2.

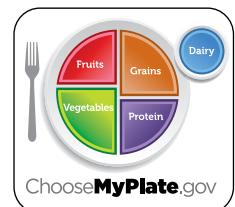


10 tips

Nutrition Education Series

build healthy mealtime habits

10 tips for preschoolers



ChooseMyPlate.gov

Preschoolers love to copy what their parents do. They mimic your table manners, your willingness to try new foods, and your preferences. Take a break from the TV or phone and build healthy mealtime habits together.

1 plan meals and snacks

Make time for three meals and one or two snacks every day. Offer choices from each food group—fruits, vegetables, whole grains, low-fat dairy, and protein foods—throughout the day so your preschooler gets the nutrition he or she needs.

2 make meals enjoyable

Eat meals with your children whenever possible. Let them help you prepare the meal. Make conversation about something that made them laugh. Keep mealtime upbeat and stress free.



3 try to get two food groups in a snack

Pair sliced tomato with low-fat cheese or add nut butter to a 100% whole-wheat mini bagel.



4 keep things positive

Talk about the color, feel, or flavor of foods so they sound appealing to your preschooler. Discourage others from making negative comments about foods during meals.

5 develop taste buds

When preschoolers develop a taste for many foods, it's easier to plan meals. Keep in mind that it may take a dozen tries for a child to accept a new food.

6 visit the market

Shopping can teach your preschooler about food and healthy eating—talk about where foods come from and how they grow.

7 let children practice serving themselves

Include smaller cuts of fish or meat and offer small serving utensils so they get just enough during meals. Encourage them to ask for more if they are still hungry.

8 beverages are important, too

Water helps to quench your preschooler's thirst, and milk provides nutrients for growth. Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.



9 help them know when they are full

Encourage your child to stop eating when he or she is full rather than when the plate is clean. When your child is not interested in the meal, excuse him or her from the table.

10 reward with attention, not treats

Rewarding children with sweet desserts or snacks may encourage them to think that treats are better than other foods. Comfort and reward with care and praise, not food.

MILK...

Part of a Healthy Eating Pattern

Drinking milk is an important habit for young children and serving them milk at meals is a CACFP requirement.

Each sip of milk is loaded with essential nutrients needed for growth and development. Milk is high in protein, calcium, potassium, and vitamin D.

Dairy milk delivers more!

- Builds strong bones and teeth
- Contains high-quality protein to help children grow and build strong muscles
- Keeps you fuller between meals and snacks
- Reduces risk of developing type 2 diabetes¹

CACFP Creditable Milk

All of these types of milk are equally wholesome and safe to drink. Whole milk is only creditable for 1 year olds. Low-fat and fat-free milk are only creditable for ages 2 and older. Lactose-free milk is creditable for all ages 1 and older.



Whole Milk



1% Low-Fat Milk



Fat-Free Milk



Lactose-Free Milk

Low-fat and fat-free milk have all the same essential nutrients found in whole milk, but with less fat. No water is added.

Not all 'milk' is the same. Drinks made with nuts, rice, or coconuts often contain little or no protein. Non-dairy beverages that are not nutritionally equivalent to cow's milk are not a creditable replacement for milk in the CACFP.

¹ref: 1 Drouin-Chartier, JP et al., 2016





**One Year
Whole Milk**
(unflavored)



**2-5 Years
1% or Fat-Free**
(unflavored)



**6 & Older
1% or Fat-Free**

The Truth About Dairy Milk

- 1** Milk is an important beverage for nutrients and hydration, even when your child has a cold.
- 2** Milk is a natural, fresh product that comes from cows, traveling from a local dairy farm to your grocery store in about two days.
- 3** In pasteurized milk, natural hormones and bacteria are destroyed or are broken down and do not enter the body.

Don't kids need fat to be healthy? Yes, children ages 12 months through 23 months need fat for brain and nerve growth and development. After age 2, children need less fat in their diet as growth slows significantly.

Isn't whole milk more nutritious than low-fat? Low-fat milk is equally nutritious as whole milk. Key nutrients in milk like vitamin A, vitamin D and calcium are the same or a little higher in 1% and fat-free milk compared to whole milk.

I'm concerned if I offer low-fat milk my kids won't drink it. It is surprising how easily most children make the transition from whole milk to 1% or fat-free. Serving milk very cold may be the key to the transition.

Are soy beverages creditable? Some fortified soy beverages may be creditable and served in the CACFP when the parent has submitted a written request and the soy beverage is nutritionally equivalent to cow's milk.

CACFP in the Know

- For newborn through 11 months, breastmilk and iron-fortified formula are reimbursable. Breastmilk is allowed at any age in the CACFP.
- Between the ages of 12 months and 13 months, iron-fortified formula may be served to children to help with the transition to whole milk.
- Between the ages of 24 months and 25 months, unflavored whole milk and unflavored reduced-fat (2%) milk may be served to help with the transition to fat-free (skim) or low-fat (1%) milk.
- Many non-dairy beverages may only be served when there is a medical statement on file. Contact your sponsoring organization or state agency for more information.
- Flavored milk is not allowed for children 5 years old and younger.
- Lactose-free and organic milk are reimbursable without a written request.



Learn more about healthy eating at HealthyEating.org.



Visit cacfp.org for more helpful tools.



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fajita chicken sheet meal

Make an easy family meal with red, green, yellow or orange bell peppers from the farmers' market!

3 boneless, skinless chicken breasts

2 bell peppers

1 onion

2 tablespoons vegetable oil

1 teaspoon Cajun seasoning

1 teaspoon garlic powder

1. Cut chicken, peppers and onion into strips.

2. Toss chicken and vegetables with oil and seasonings in a bowl. Pour on a metal baking sheet.

3. Roast in 425° oven for 25 to 35 minutes,
stirring a couple times.

4. Serve in tortillas with shredded cheese and salsa.



toasted pumpkin seeds

*Carve and decorate your pumpkin.
Save the seeds for a fun autumn snack!*

step 1 Remove all the fibers and spread
the seeds on a baking pan.

step 2 Spray lightly with vegetable oil spray
and toss the seeds to coat.

step 3 Bake the pumpkin seeds in a 350° oven
for 15 to 20 minutes, stirring occasionally.

step 4 Season the seeds with salt, parmesan
cheese, taco seasoning, garlic powder
or your favorite seasonings.



baked apples and squash

The end of the summer brings the harvest of squash.

Squash are some of our most nutritious vegetables.
They're a great source of vitamin A. Enjoy squash at your next family meal.

1 medium size squash
3 apples
1 tablespoon olive oil or vegetable oil
 $\frac{1}{2}$ teaspoon ground cinnamon
1 tablespoon sugar
 $\frac{1}{2}$ teaspoon salt

1. Peel the squash, remove the seeds, and cut into bite size pieces. Peel the apples, remove the core, and cut into bite size pieces.
2. Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
3. Spread the mixture on a metal baking pan. Bake in a 425° oven for 20 to 25 minutes, or until squash is soft.



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roasted spaghetti squash

Enjoy this squash in the fall -
a great source of vitamin A and fiber!



1. Cut a spaghetti squash in half and remove the seeds. Lightly rub the inside of the squash with vegetable oil.
2. Place the squash, cut side down on the baking sheet. Bake in a 400° oven for 40 to 50 minutes, or until tender.
3. Remove from the oven. Turn the squash over and fluff the cooked squash with a fork. Sprinkle with salt, black pepper and grated parmesan cheese.



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Stir-Fry Fajita Chicken, Squash, and Corn



Dark Green and Orange Vegetables

Ingredients

1 ¾ cups Brown rice, long-grain, regular, dry

1 ½ tsp Salt-free chili-lime seasoning blend

¼ tsp Granulated garlic

1 Tbsp Fresh cilantro, chopped

2 Tbsp Canola oil

1 cup Fresh onions, peeled, diced

4 cups Cooked fajita chicken strips (16 oz)

3 ½ cups Fresh butternut squash, peeled, seeded, diced ½"

½ cup Fresh red bell peppers, seeded, diced

1 cup Frozen corn, thawed

½ cup Canned diced green chilies

½ cup Canned low-sodium diced tomatoes

½ tsp Ground black pepper

¾ tsp Ground cumin

¼ tsp Garlic powder

Preparation Time: 30 minutes

Cooking Time: 1 hour

Makes six ¾-cup servings stir-fry and six ½-cup servings brown rice

Directions

1. Combine brown rice and 4 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Sprinkle with ½ tsp salt-free seasoning blend, granulated garlic, and cilantro. Mix well. Keep warm. A rice cooker may be used with the same quantity of brown rice and water.

2. Heat canola oil in a large skillet or a wok. Cook onions for 2 minutes or until translucent.

3. Add chicken, squash, and remaining salt-free seasoning blend. Stir-fry over high heat for 10 minutes or until squash is tender.

4. Add red peppers, corn, green chilies, tomatoes, pepper, cumin, and garlic powder. Stir-fry over medium-high heat for no longer than 2 minutes so vegetables will remain crunchy. Do not overcook. Reduce heat to low and let simmer 2 minutes. Serve hot.

¾ cup stir-fry and ½ cup brown rice provides 1 ¼ oz equivalent meat, ¾ cup vegetable, and 1 oz equivalent grains.

Nutrients Per Serving: Calories 396, Protein 20 g, Carbohydrate 59 g, Dietary Fiber 7 g, Total Fat 10 g, Saturated Fat 2 g, Cholesterol 62 mg, Vitamin A 7347 IU (359 RAE), Vitamin C 44 mg, Iron 2 mg, Calcium 58 mg, Sodium 574 mg

Sweet Potato and Black Bean Stew



Dark Green and Orange Vegetables

Ingredients

- 2 Tbsp** Vegetable oil
½ small pepper Dried New Mexican chili pepper, whole
1 ¼ cups Fresh onions, peeled, diced
1 tsp Ground cumin
1 ½ cups Fresh sweet potatoes, peeled, cubed ½"
6 cups Canned low-sodium black beans, drained, rinsed
¾ cup Orange juice
1 cup Low-sodium chicken stock
1 Tbsp Red wine vinegar
¼ tsp Salt
¼ tsp Ground black pepper
4 cups Fresh Swiss chard, no stems, chopped

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Makes six 1-cup servings

Directions

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.
2. Add cumin and cook for 2 minutes..
3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.
4. Remove chili pepper and discard.
5. Add vinegar, salt, and pepper.
6. Add Swiss chard. Cover and continue cooking until Swiss chard is tender. Serve hot.

May serve over brown rice or whole-wheat couscous.

1 cup provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate and ½ cup vegetable.

OR

Legume as Vegetable: 1 ¼ cup vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrients Per Serving: Calories 222, Protein 10 g, Carbohydrate 43 g, Dietary Fiber 12 g, Total Fat 4 g, Saturated Fat < 1 g, Cholesterol 0 mg, Vitamin A 8848 IU (442 RAE), Vitamin C 26 mg, Iron 4 mg, Calcium 103 mg, Sodium 536 mg

Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams



B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit?
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

Adapted from

Team Up At Home Team Nutrition Activity Book

