

CACFP WEEK Activity Guide



**Celebrate National Child & Adult Care Food Program
(CACFP) Week March 10-16, 2024
Theme: Eat a Rainbow!**

Celebrate to raise awareness of the important role CACFP has in bringing nutritious meals to over 4.5 million children and adults in care daily, as well as battling food insecurities. CACFP also provides nutrition education to help participants establish positive eating habits at the earliest stages of development and beyond. In addition, the CACFP provides training and support to the child and adult care personnel.



Source: <https://www.cacfp.org/campaign/>

Ways to Celebrate

Celebrate CACFP Week by planning activities and healthy menu items during the week. The following pages have activity ideas and promotional material for an exciting and fun filled CACFP Week.

The National CACFP Association sponsors the CACFP Week Campaign each year. You can **REGISTER** your CACFP Week participation and receive a free Eat the Rainbow sample menu.

- Read healthy eating books:
- I Can Eat a Rainbow by Olena Rose
 - The Very Hungry Caterpillar by Eric Carle
 - Can You Eat a Rainbow? by Anastasia Suen
 - Baby Eats the Rainbow by Ashley Nagi

- Related Activities:
- Try a new recipe
 - Do the "Eat a Rainbow" color activity sheet and discuss health benefits of eating different colors of foods
 - During circle time share favorite healthy meals at home or day care
 - Do the "Rainbow Vegetable Kabobs Food Activity"

Family engagement:

- Share the parent newsletter
- Invite families for an event
- Invite families to do a food activity together
- More resources available at NDE webpage **CACFP Week Resources**

More CACFP Week resources available at:
<https://www.education.ne.gov/ns/cacfp/cacfp-week-resources/>

Planning for CACFP Week

- Print materials you will be using
- Purchase needed supplies
- Display “We Proudly Participate in CACFP” poster



- Read: I Can Eat a Rainbow by Olena Rose
- Send home the “Parent News Letter”



- Read: The Very Hungry Caterpillar by Eric Carley
- Color “The Hungry Caterpillar” coloring sheet



- Read: Can You Eat a Rainbow? by Anastasia Suen
- Try a new snack: “Owl Face Cakes”



- Invite families to join for snack and do the “Rainbow Kabobs Food Activity” together



- Discuss the colors of food eaten this week and color one of the “Eat the Rainbow” activity sheets
- Hand out “Certificate of Awesomeness”



Dear Parents/Guardians:

Did you know we participate in the USDA Child and Adult Care Food Program (CACFP), which means your child/adult gets daily access to healthy and nutritious foods?

Celebrating CACFP Week March 10-16, 2024

We will be celebrating National Child & Adult Care Food Program Week March 10-16, 2024. The primary goal of the Child and Adult Care Food Program (CACFP) is to serve nutritious meals to children and adults attending family daycare homes, centers and adult care centers. Secondary goals are: 1) The establishment of positive eating habits at the earliest stages of development; 2) Reduction of future



health care and education costs due to lack of proper early development; 3) Training and support of local child and adult care personnel. Research also indicates

that the CACFP is one important factor in providing quality child and adult care.

During National CACFP Week family daycare homes, child and adult care centers, afterschool programs and center staff joins with the Nebraska Department of Education (NDE) and others across the nation in acknowledging the many ways our community benefits from the CACFP.

Children that are cared for by providers participating in the CACFP benefit by being fed nutritious USDA regulated meals that ensure their proper development. These children gain from early nutrition education that helps them establish positive eating habits that will enrich the quality of their diet throughout their life.

Parents/guardians of children and adults in care are assured that their child(ren)/adults receives high quality meals. With proper nutrition, children and adults are less likely to experience illness and fatigue and will develop

at normal physical and intellectual pace. Good nutrition is the key to optimal health and happiness.

Providers receive nutrition education and support services from their CACFP sponsor and NDE that help them serve nutritious meals and create a positive eating environment for children and adults. The quality of child and adult care provided in our community is improved due to educational and financial resources available to caregivers through the CACFP.

CACFP helps to provide children and adults with high quality nutrition and learning experiences. Nationally in 2022, CACFP served over 1.7 billion meals and snacks to more than 4.6 million children and adults in child care centers, family daycare homes, after-school programs, and adult day care centers. Closer to home, Nebraska in 2022 served over 17 million meals with average daily participation of 30,081 children and adults.

Sources:

USDA Food and Nutrition Service (January 12, 2024) and National CACFP Sponsors Association

Essential Worker Heroes



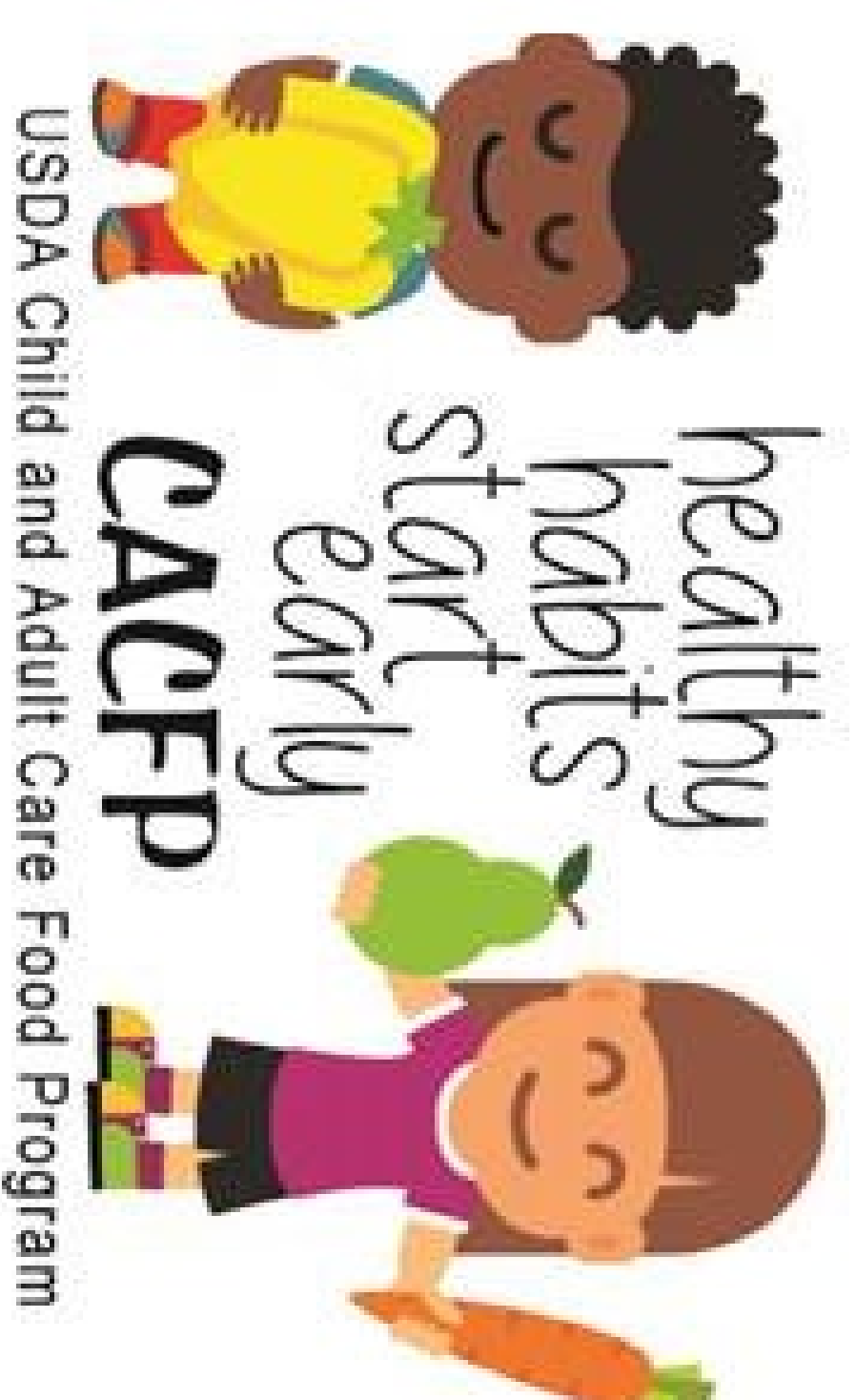
Please join us in honoring all CACFP providers as essential worker heroes. We thank them for their invaluable work on behalf of all children and adults in their care.

WE PROUDLY PARTICIPATE IN THE CHILD AND ADULT CARE FOOD PROGRAM

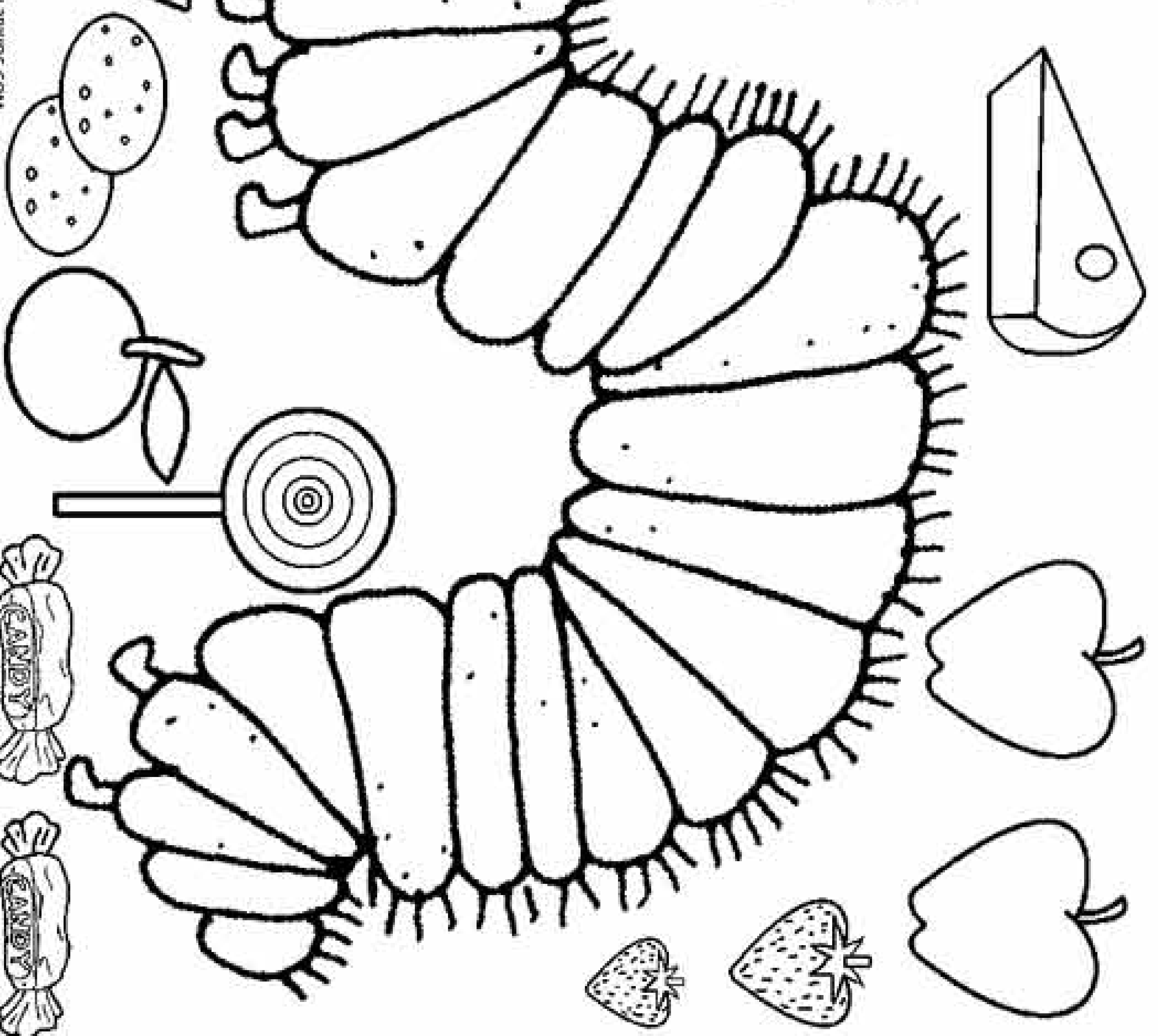


EAT A RAINBOW

CELEBRATE CACFP WEEK
MARCH 10-16, 2024



The Very Hungry Caterpillar



Owl Rice Cakes



Ingredients: Rice cakes, sliced banana, peanut butter, blueberries, apple, carrot, and Cheerios

How to Make Owl Rice Cakes:

1. **Slice** your apple and banana.
2. **Spread** your rice cakes with peanut butter.
3. **Top** with sliced apples for your owl wings.
4. **Add** cheerios to resemble feathers.
5. **Place** banana slices for eyes. Use a dab of peanut butter to adhere the blueberries to the center of the banana slices.
6. **Cut** your carrot into small triangles to resemble a beak, add to your owl rice cake.
7. **Serve** your owl rice cakes with the additional carrots, apples, blueberries and bananas on the side.

Source: <https://www.superhealthykids.com/owl-rice-cakes/>

Rainbow Vegetable Kabobs Food Activity/Snack

Fresh ingredients: cherry tomatoes, baby carrots, yellow peppers, celery, broccoli, and red cabbage, Other: small cups and wooden skewers. Serve with hummus.

Directions:

1. Wash vegetables and cut into small pieces (about 1.5 inches) and put one of each type to make 1 kabob into a small cup.
2. For young children, prepare skewers by cutting off sharp tips.
3. Teacher demonstrates how to put the rainbow kabob on the skewer while discussing healthy eating includes eating all the colors of the rainbow.
Red: Keeps your heart and blood healthy
Orange: Protects your eyes & reduces sickness
Yellow: Good for skin health, digestion & immunity
Blue & Purple: Improve memory & brain function
4. Have children wash their hands. Pass out cups and skewers to each child to make their own kabob(s). Refer to serving size information below. Serve with hummus.



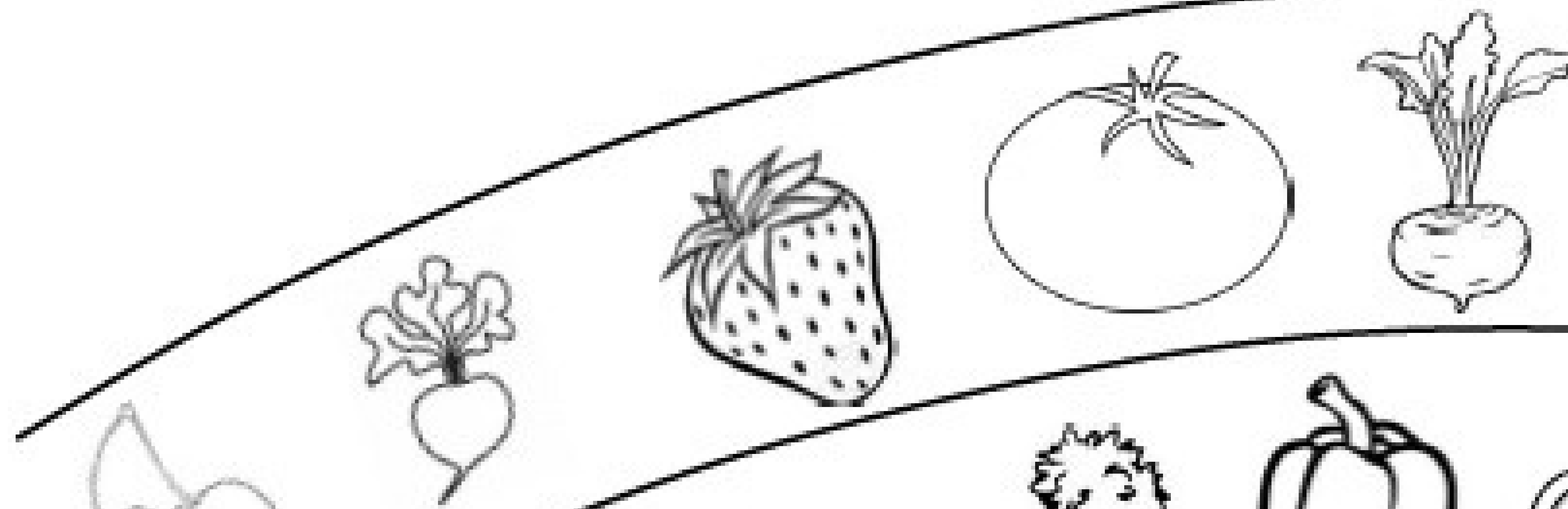
Picture source: <https://calorganicfarms.com/>

NOTE: To serve as a creditable CACFP snack meal, the vegetable serving size for children ages 1-2, 3-5 and adults is $\frac{1}{2}$ cup or approximately 2.5 ounces by weight. Ages 6-18 need $\frac{3}{4}$ cup or approximately 3.25 ounces by weight. Use a kitchen scale to weigh the vegetables for the portion size needed. More than one kabob may need to be served. A second component is required. A USDA Hummus recipe link is below or choose one of the other components to meet the snack meal pattern.

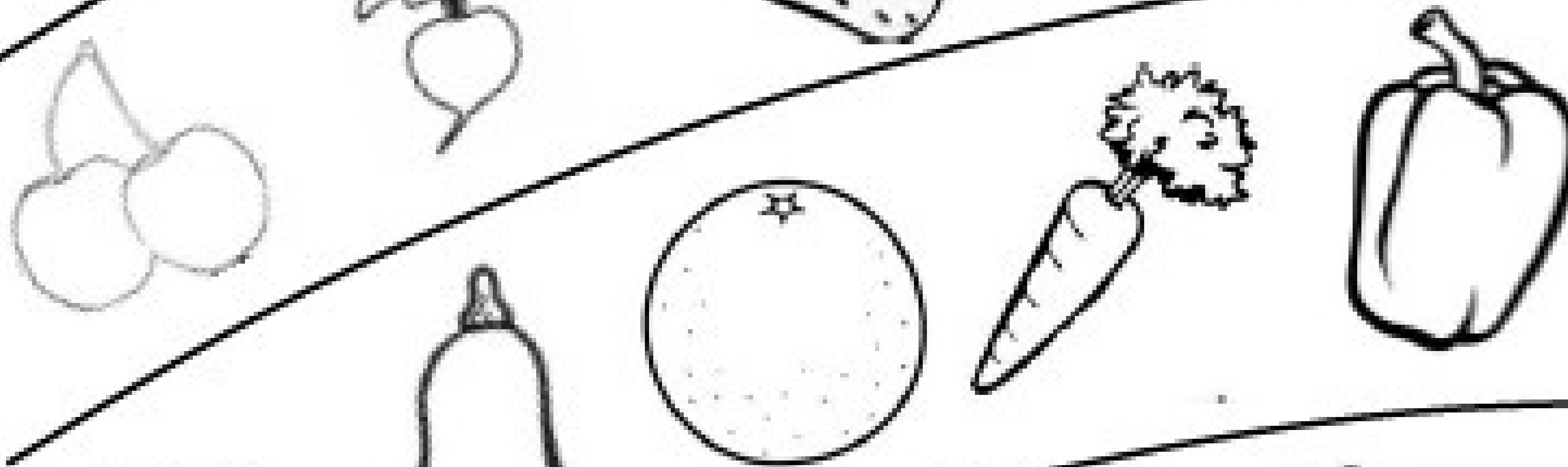
Hummus – USDA recipe: <https://healthyschoolrecipes.com/recipes/hummus-usda/> (1/4 cup provides 1 oz. meat/meat alternate).

Eat the Rainbow!

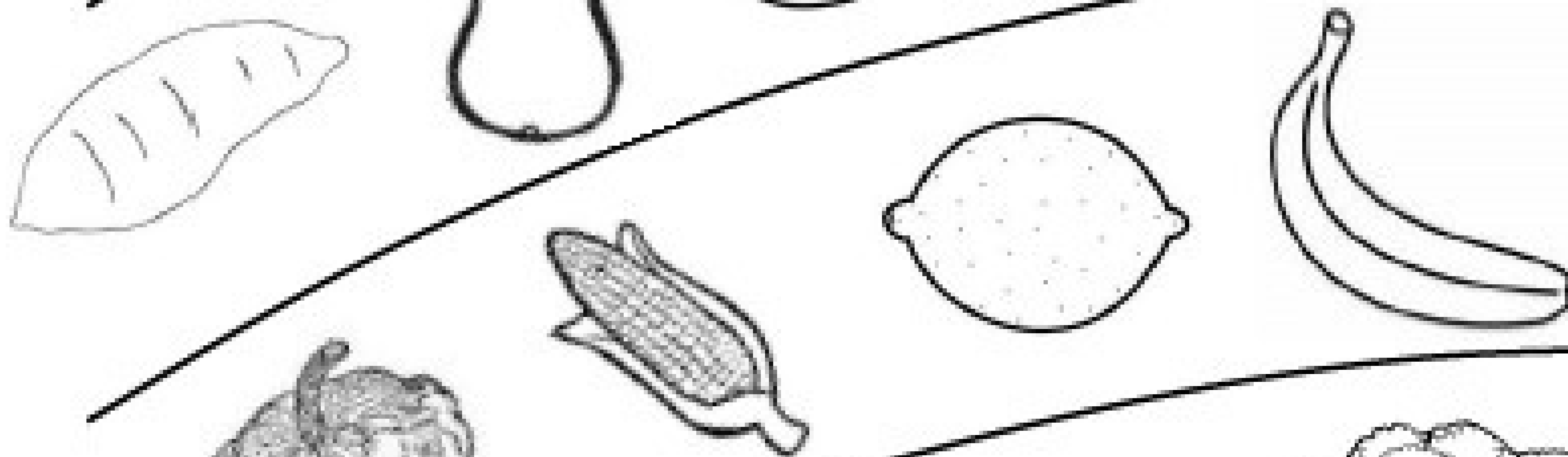
Red



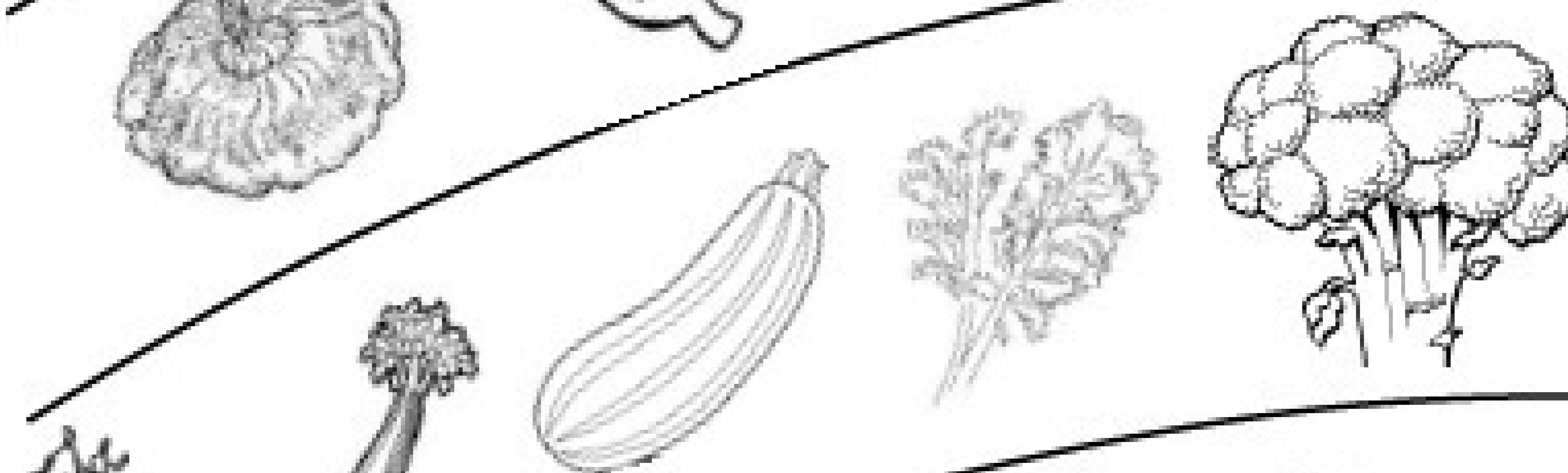
Orange



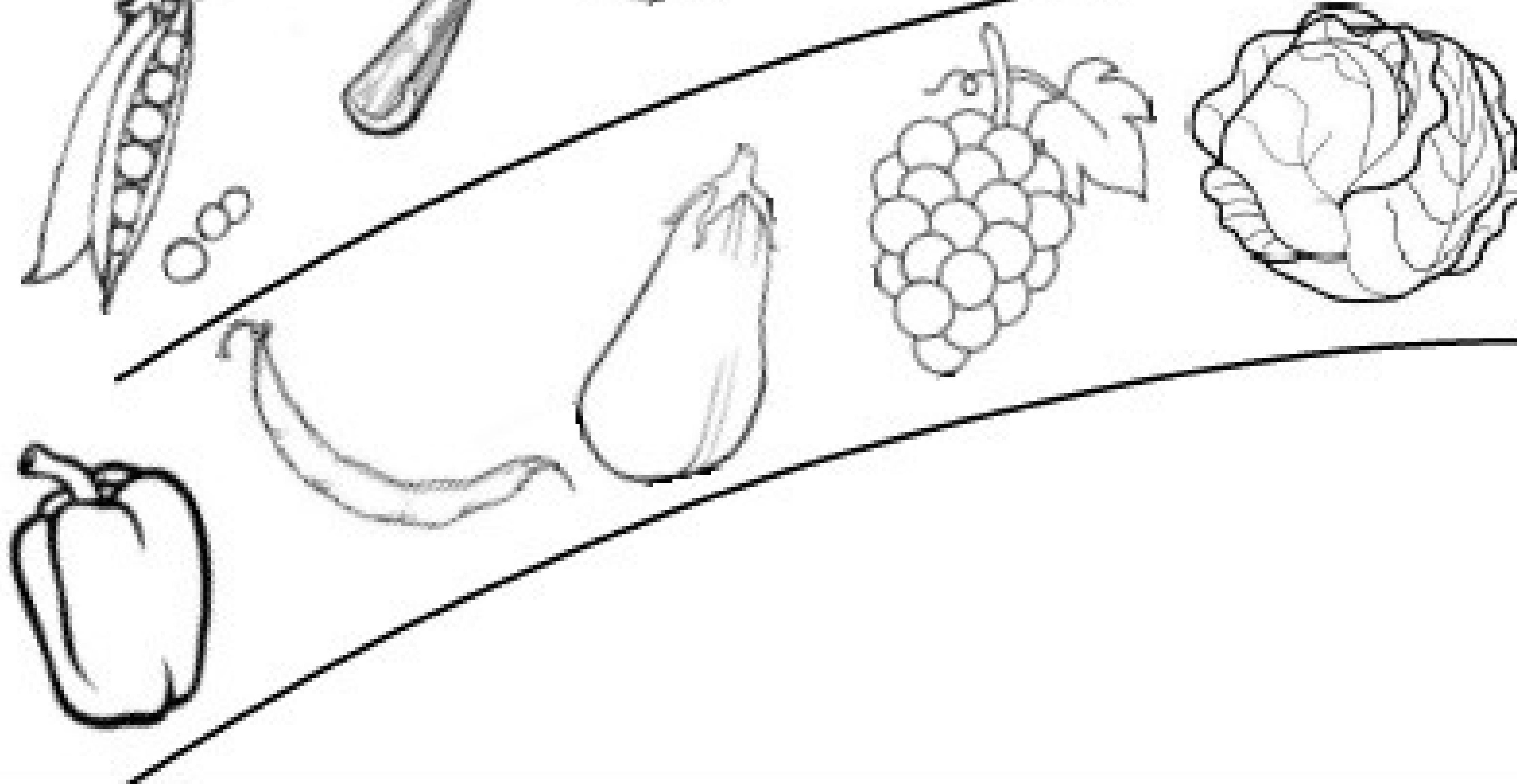
Yellow



Green



Purple

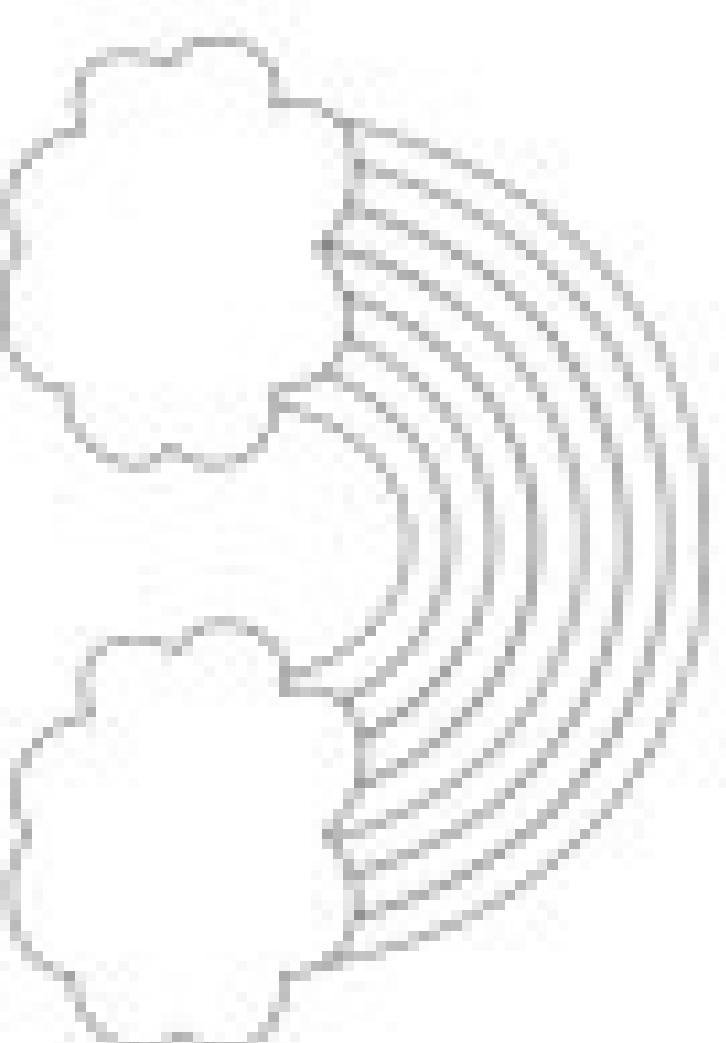


Name: _____

Eat the Rainbow

HEALTHY EATING HABITS

Draw, label and color all the different foods you tasted.



Red: Keeps your heart and blood healthy

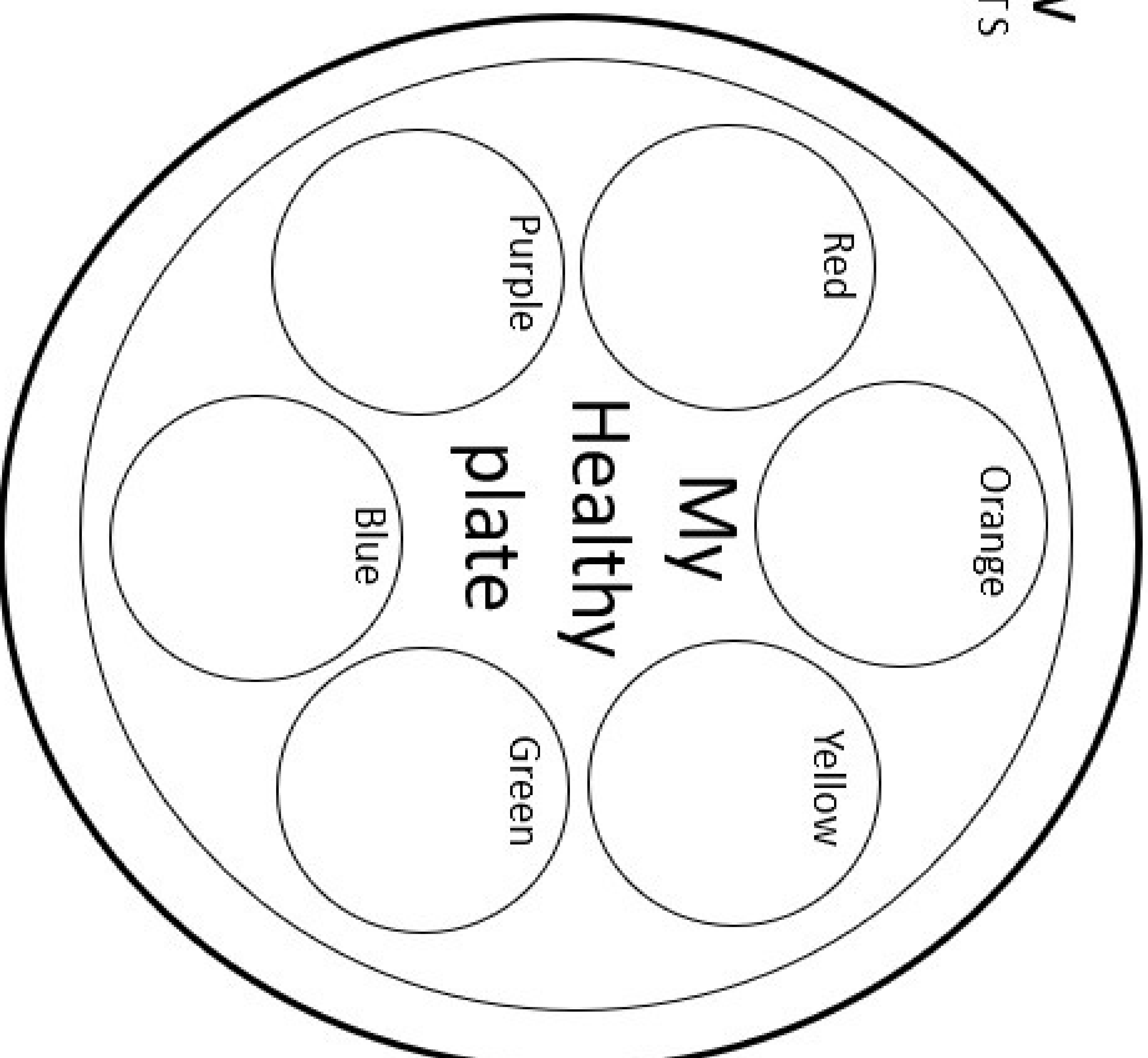
ORANGE: Protects your eyes & reduces sickness

YELLOW: Good for skin health, digestion & immunity

GREEN: Keeps bones strong & strengthens immunity

BLUE & Improve memory and

PURPLE: brain function



CERTIFICATE OF

AWESOMENESS

Thank you for your commitment to the **Child and Adult Care Food Program**

and to the health and well-being of the children in your care.

CACFP is an indicator of **quality child care**.

Presented to

Presented by



www.CACFPWEEK.org

This institution is an equal opportunity provider.





CERTIFICATE OF

AWESOMENESS



Thank you for your commitment to the **Child and Adult Care Food Program**
and to the health and well-being of the adults in your care.
CACFP is an indicator of **quality care**.



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Resources

<https://www.cacfp.org/campaign/>

<https://blog.learningresources.com/eat-rainbow-healthy-eating-habits-kids/>

<https://healthbeet.org/free-nutrition-coloring-pages-to-print/>

Eat the Rainbow, Hudson Valley Seed

Photo credit: <https://www.istockphoto.com/portfolio/Viktar?mediatype=photography>

