



CACFP WEEK Activity Guide

Celebrate National Child & Adult Care Food Program (CACFP) Week March 15-21, 2026

Theme: Stirring Up Goodness

Celebrate to raise awareness of the important role CACFP has in bringing nutritious meals to over 4.6 million children and adults in care daily, as well as battling food insecurity. 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 professionals.

Source: [CACFP-Week-2026-Advocacy-Templates-cacfp.org_.docx](#)



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

Register for CACFP Week

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

[REGISTER HERE](#)

Books To Read

Monsters Don't Eat Broccoli
by Barbara Jean Hicks

Right This Very Minute
by Lisl H. Detlefsen

Eating the Alphabet by Lois Ehlert

Dragons Love Tacos by Adam Rubin

Bread and Jam for Frances
by Russell Hoban

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](#)

Related Activities

Try a new recipe

Do the “Apron Art” and “Shadow Mix Up” activity sheets

During circle time share favorite healthy meals at home or day care

Incorporate Physical Activity cards into daily activities

Planning for CACFP Week

Print materials you will be using

Purchase needed supplies

Display “We Proudly Participate in CACFP” poster

M

Stirring up Something Healthy

Video (25min)” : [Cookie Monster is a Veggie Monster?](#)

Send home the “Parent Newsletter”

T

Stirring up Something Local

Read: Right This Very Minute by Lisl H. Detlefsen

Color “Tasty Acres Farm Map” coloring sheet

NCA Free Webinar: [Discovering Goodness Through Food Adventures](#)

W

Stirring up Something New

Try a New Food Activity Chart

Grocery Store Scavenger Hunt

T

Stirring up Something To Go

Chefs At Any Age Chef Hat Activity

Make and Take: Trail Mix for the family activity

- Send recipe and “We Made This” card home

F

Stirring up Something Colorful

Rainbow cup snack idea

Hand out “Certificate of Awesomeness”



Celebrating National CACFP Week March 15-21, 2026

Dear Parents and Families,

We're excited to celebrate **National CACFP Week**, one of our favorite times of the year! Programs across Nebraska and the nation join together to recognize the **Child & Adult Care Food Program (CACFP)** and the providers who help children and adults grow, learn, and thrive.



CACFP brings healthy, well-balanced meals to family childcare homes, centers, afterschool programs, and adult day care. But it does more than serve food—it helps create joyful mealtime moments, builds lifelong healthy habits, supports early development, and gives providers the tools they need to make nutrition meaningful.

CACFP is making big things happen in Nebraska-

serving over 16.6 million meals each year and supporting more than 30,000 children and adults every day.

Make Mealtime Shine!

During CACFP Week, we invite families, staff, and community partners to join the fun and celebrate the amazing work happening in child and adult care programs every day. Taste a new fruit or veggie, cook something simple together, or chat about favorite healthy foods at home. Let's turn mealtime into a joyful little adventure—
one delicious bite at a time!

Sources:
USDA Food and Nutrition Service (January 12, 2026) and National CACFP Sponsors Association

Celebrating Our Mealtime Heroes

Behind every great meal is an even greater provider! Thank you to the CACFP heroes who chop, prep, and stir in goodness to make every meal safe, nutritious, and kid-approved. You make a big difference every day!

Attention Parents!

Looking for child care?

We are proud to serve healthy meals through the CACFP.

The Child and Adult Care Food Program (CACFP) is a way for child care providers to receive reimbursement through the USDA for serving healthy, nutritious foods. Through the CACFP, we provide meals and snacks with more whole grains and vegetables, and fewer added sugars.

The CACFP is an indicator of quality care, so you can rest assured that your child's nutrition, well-being and development is a top priority.

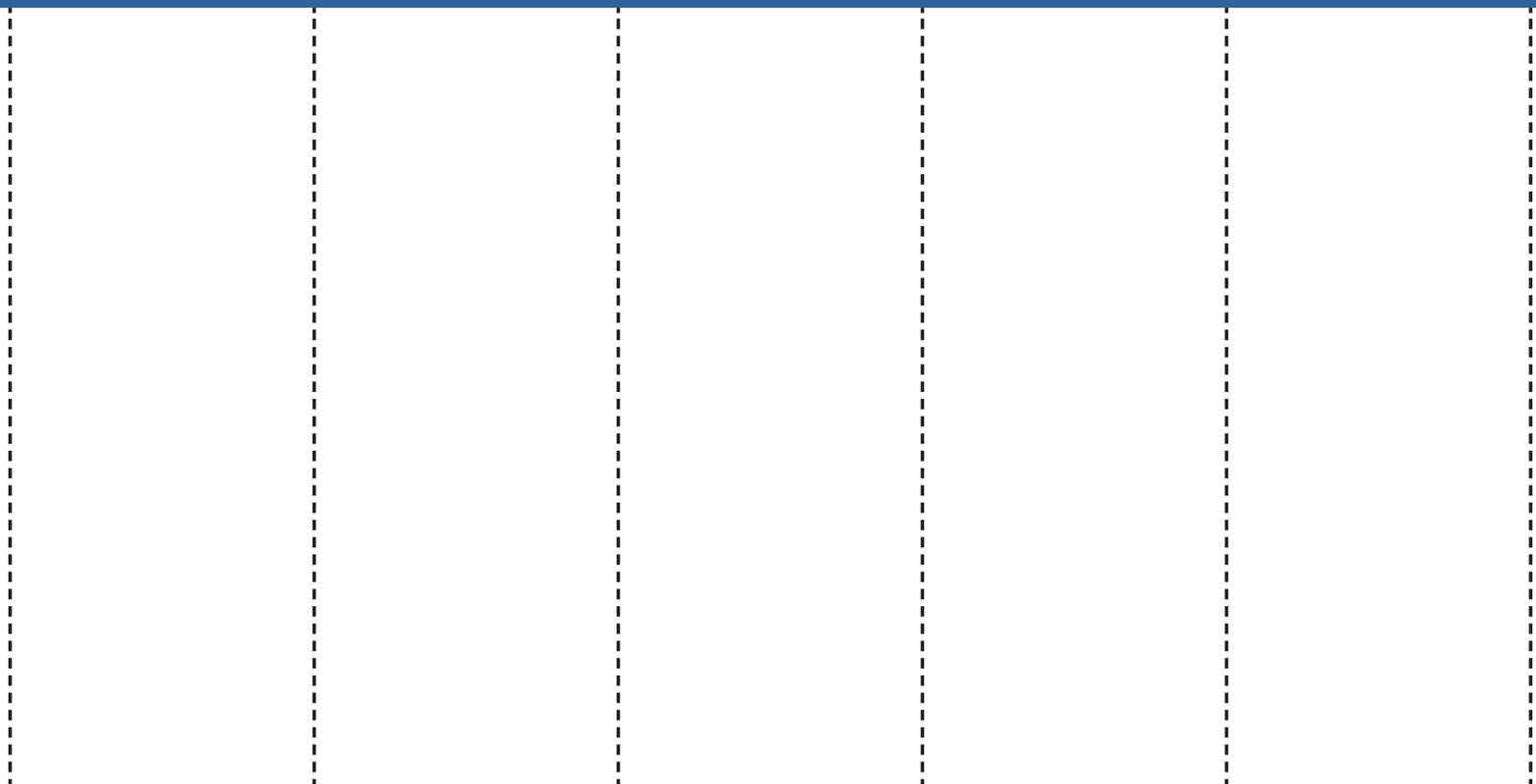


Want to know more? Contact us today.

NATIONAL
CACFP
ASSOCIATION

cacfp.org

This institution is an equal opportunity provider.



¡Atención padres!

¿Busca cuidado infantil?

Nos enorgullece ofrecer comidas saludables a través del Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP).

El CACFP es una manera para que los proveedores de cuidado infantil reciban reembolsos del USDA por servir alimentos saludables y nutritivos. A través del CACFP, se proporcionan comidas y refrigeradores con más granos integrales y verduras, y menos azúcares añadidos.

El CACFP es un indicador de cuidado infantil de calidad, por lo que puede tener la seguridad de que la nutrición, el bienestar y el desarrollo de su hijo son nuestra máxima prioridad.



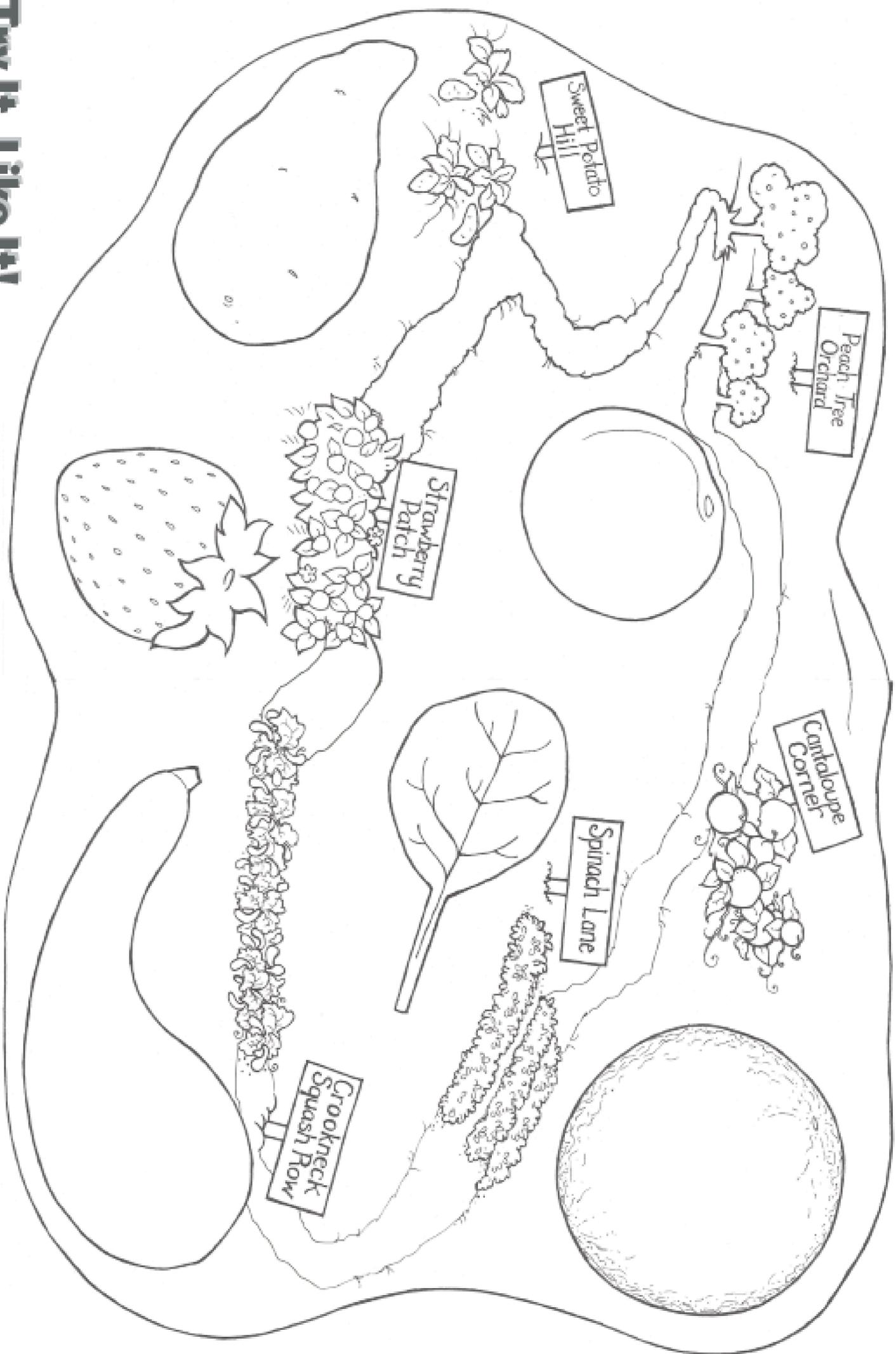
¿Quiere saber más? Contáctenos hoy mismo.

NATIONAL
CACFP
ASSOCIATION

cacfp.org

Esta institución es un proveedor de igualdad de oportunidades.

Tasty Acres Farm Map



Grow It, Try It, Like It!

FUN WITH FRUITS AND VEGETABLES
AT FAMILY CHILD CARE



December 2018

FNS-642-B

USDA is an equal opportunity provider, employer, and lender.

<https://teamnutrition.usda.gov>

Trying New Foods

 _____'s Fantastic
Foods Chart

New Food I Tried	I LOVE IT! 	I LIKE IT 	I DO NOT LIKE IT 

©thatgoodteacher

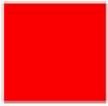
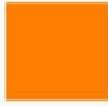
Teacher instructions:

1. Prepare some new foods to try (ideas: Papaya, Starfruit, Kiwi, Dragon Fruit, Jicama, Turnip, Squash, Rainbow Carrots, Okra).
2. Discuss how each food looks, smells, and feels before trying them.
3. Identify each food and draw or write the name in the first box.
4. Explain the meaning of each reaction picture on the chart.
5. Try the foods one at a time and color in the appropriate reaction box.
6. Discuss the chart results. Which food had the most loves, likes, and dislikes?

Find Something New at the Grocery Store

Grocery Store Scavenger Hunt

Find a fruit & vegetable of each color below and write down what you found next to the color.

<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____

Grocery Store Alphabet Hunt

Find something that starts with each alphabet letter below:

- a _____
- b _____
- c _____
- d _____
- e _____
- f _____
- g _____
- h _____
- i _____
- j _____
- k _____
- l _____
- m _____
- n _____
- o _____
- p _____
- q _____
- r _____
- s _____
- t _____
- u _____
- v _____
- w _____
- x _____
- y _____
- z _____

Chefs at Any Age

Cut out the chef's hat and a long strip of construction paper that you can wrap all the way around your head. Staple or glue the ends of the construction paper together so it makes a circle. Then staple or glue the bottom of the chef's hat along the construction paper circle so you can wear your very own chef's hat.



Stirring up goodness

by feeding over 4.5 million children & adults every day.

www.CACFPWeek.org



Make and Take: Trail Mix

Spend time in the classroom preparing a healthy trail mix children can take home and share with their families.

Supplies Needed

- 1 ziploc bag per child
- Recipe card per child
- WG cereal (Cheerios, Kix, Chex, etc.) (1 cup per child)
- WG fish crackers (1/2 cup)
- WG crackers (Wheat Thins, Triscuit, etc.) (1 cup per child)
- Dried fruit (raisin, craisins, etc.) (1/2 cup per child)
- 1 "We Made This" certificate per child

Each child can leave your classroom with one bag of trail mix to take home, one recipe card, and one "We Made This" certificate.

Trail Mix Recipe

Look what I made today!

This is a recipe we can make at home too.

Ingredients:

- 1 cup whole-grain (WG) cereal
(Cheerios, Kix, Chex, etc.)
- ½ cup WG fish crackers
- ½ cup WG crackers
(Wheat Thins, Triscuit, etc.)
- ½ cup dried fruit (raisin, raisins, etc.)

Instructions:

Combine all ingredients in a bowl or bag
Store: Keep in an airtight container for up
to 2 weeks.

**TIP: Customize your trail mix by choosing
your favorite healthy ingredients!**

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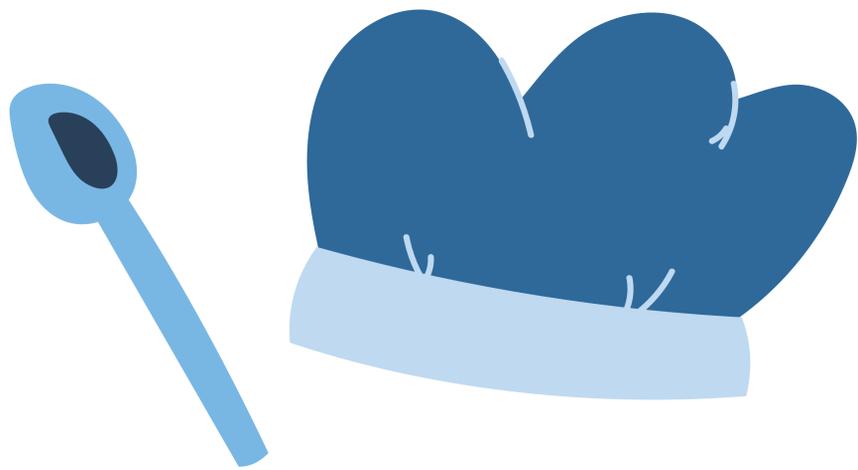
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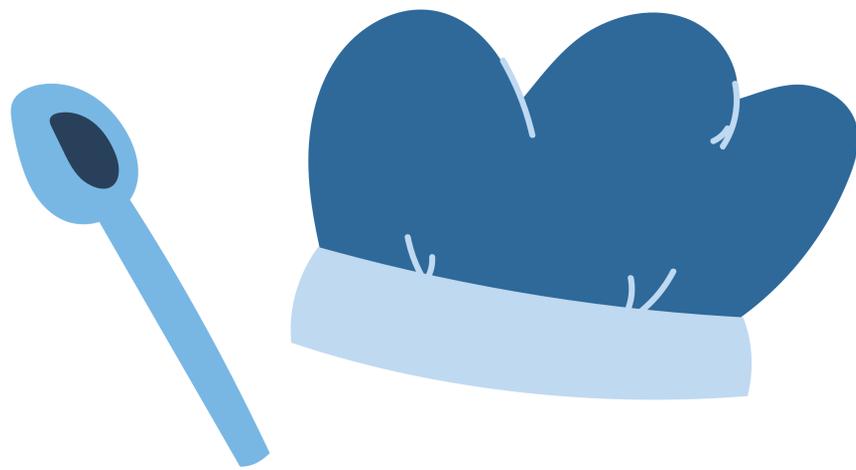
I made this!



Stirring Up Goodness

cacfpweek.org

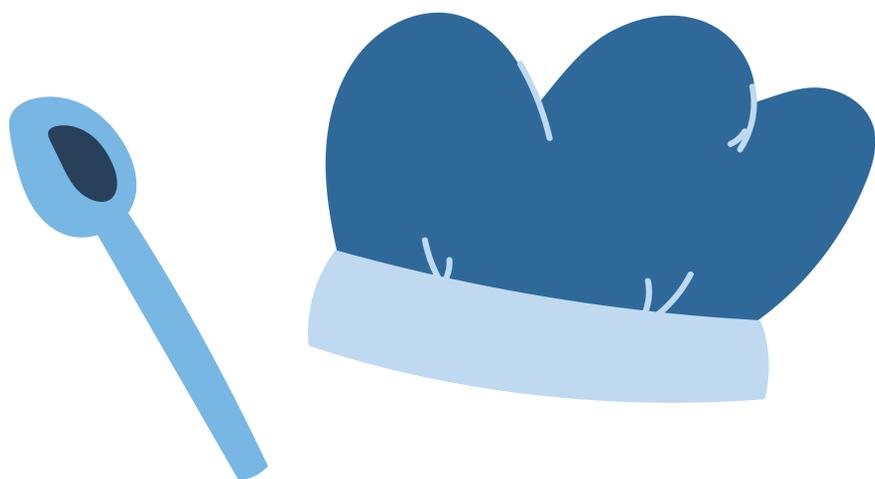
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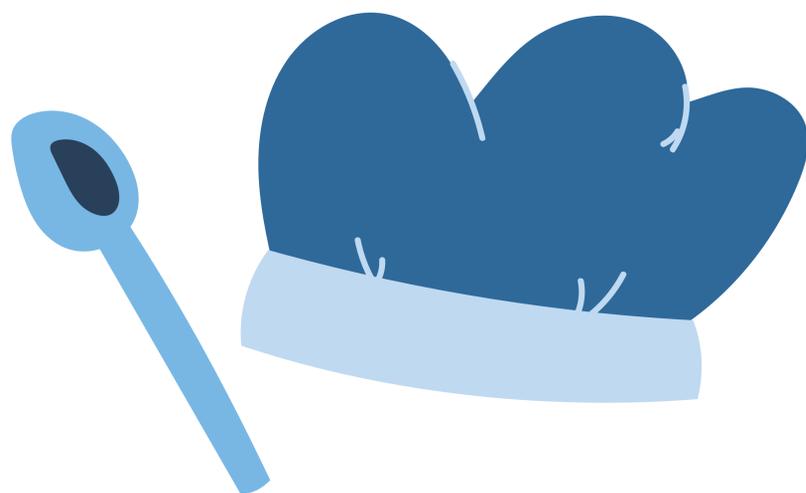
We made this!



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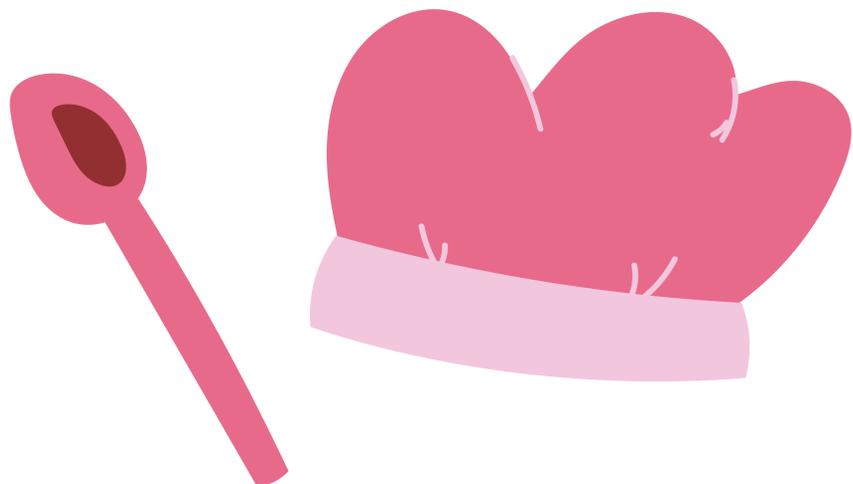
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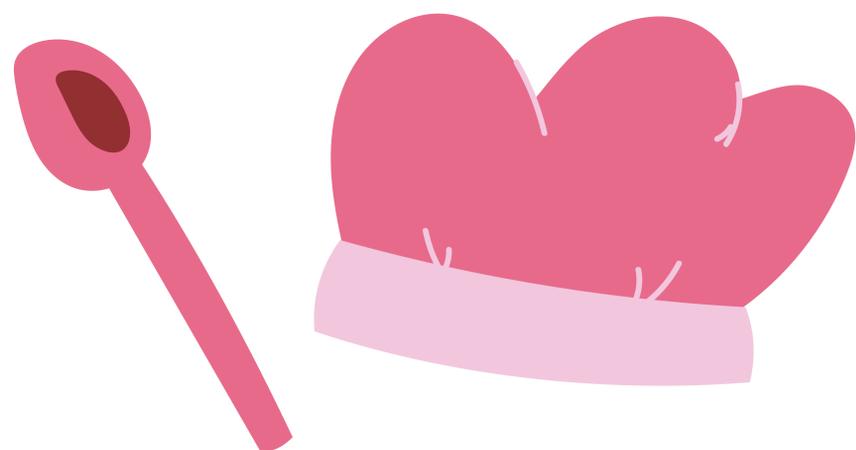
cacfpweek.org

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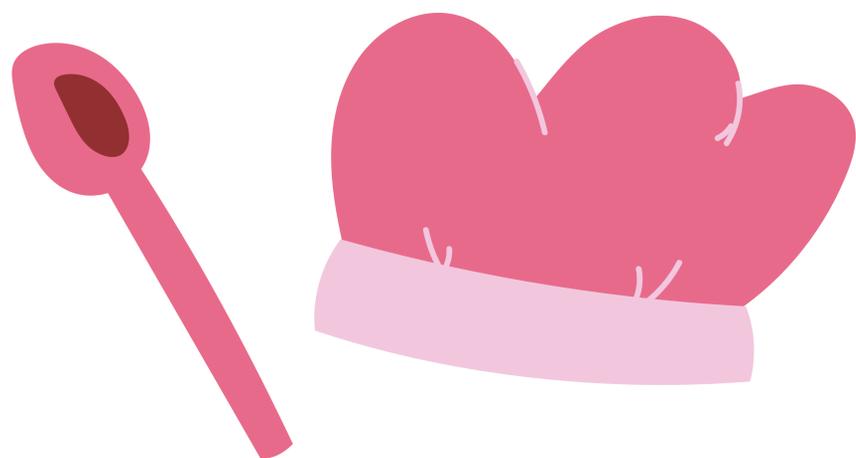
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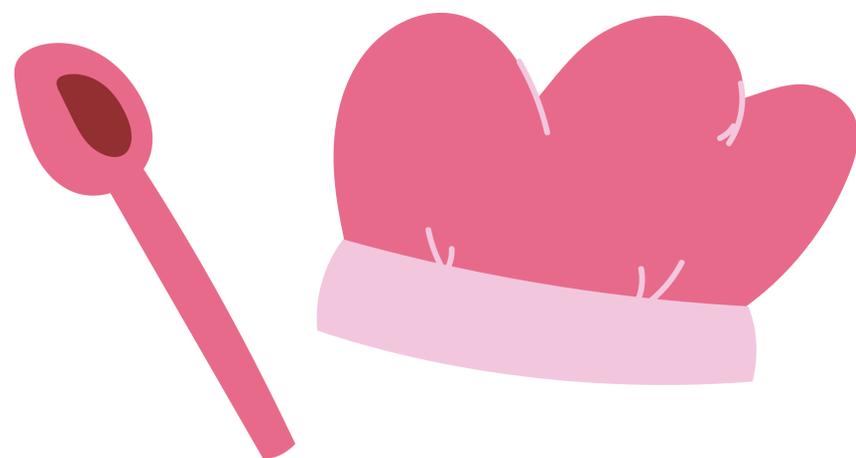
Stirring Up Goodness
cacfpweek.org

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cacfpweek.org

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Stirring Up Goodness
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Rainbow Fruit Cups

These fun cups please children and adults - and make a colorful, tasty dessert.

Total Time: 15 minutes

Ingredients:

fresh blueberries

fresh green seedless grape, halved

fresh pineapple chunks

fresh mandarin orange segment

fresh strawberries, diced



Directions:

Layer fruit into little clear plastic cups

TIPS:

Consider other fruits in the needed color (I.E honeydew for green, mango for orange, etc.)

Avoid apples and bananas for the browning factor.

Layer it all at the last minute to keep the colors nice and bright.

Cut up all the fruit the night before- and for little ones, dice the fruit for small bite size pieces.

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



Certificate of

Awesomeness

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

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Certificado de

Genialidad

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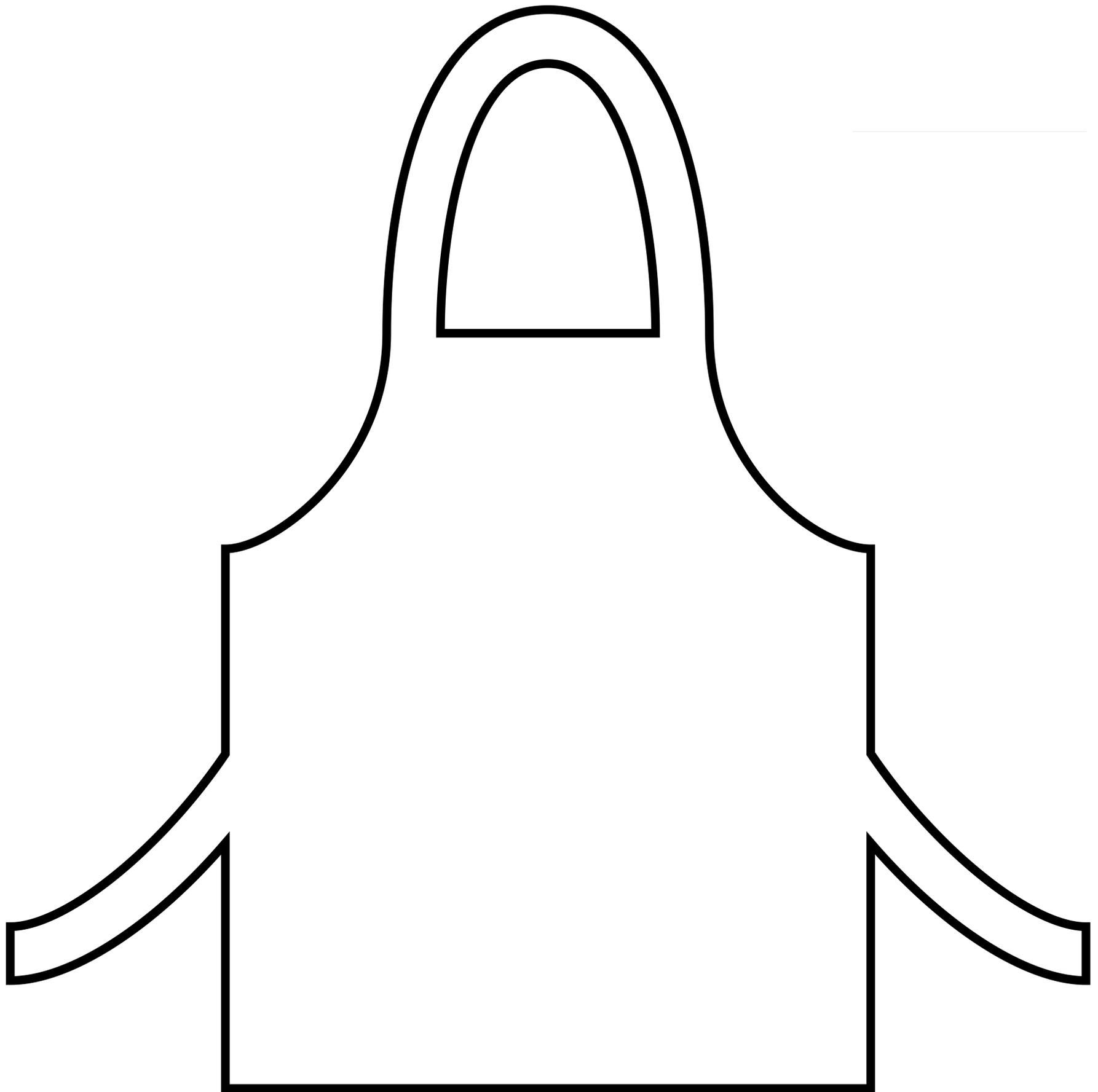
Presentado Por



Apron Art

Every chef needs an apron! Draw your favorite healthy foods inside the apron to decorate it.

What is your favorite healthy food?



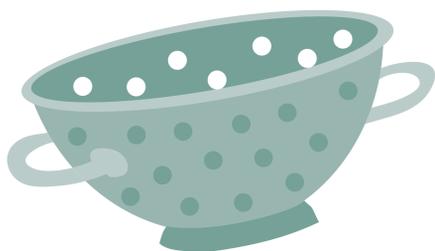
Shadow Mix-Up

Draw a line between the cooking item and its shadow.

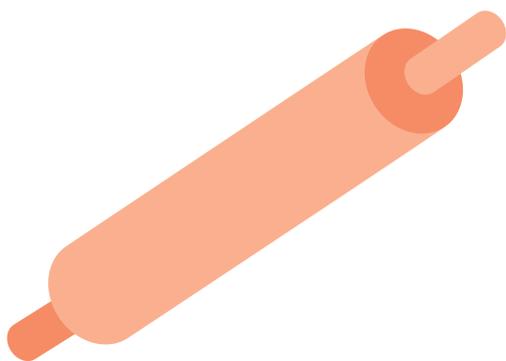
Which item could you use to cook food on the stove?



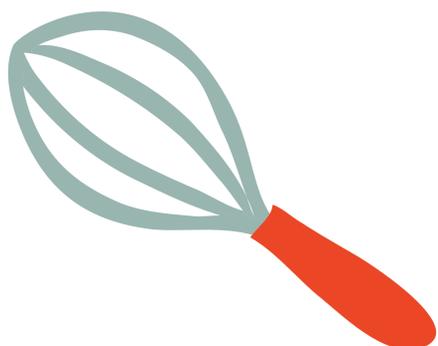
Pot and Lid



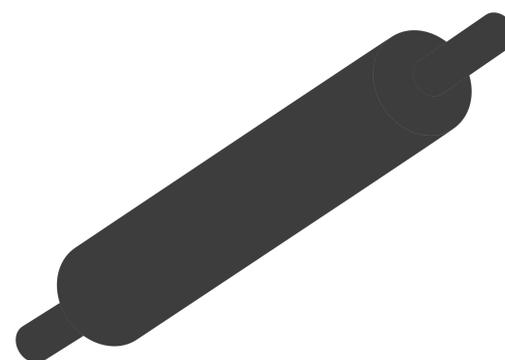
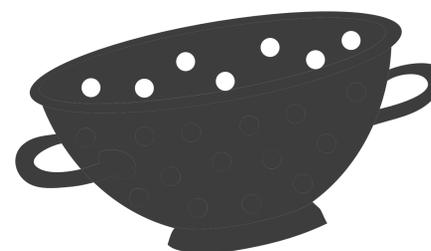
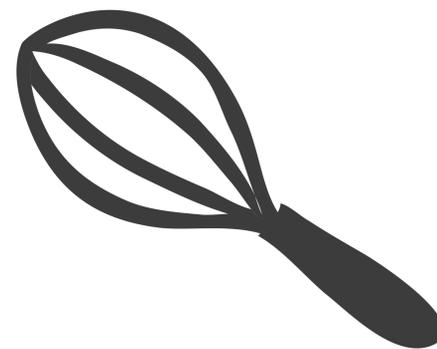
Strainer



Rolling Pin



Whisk



How will you get active today?

hug



skip



run



balance



stand



bend



twirl



stretch



Resources

<https://www.cacfp.org>

<https://www.youtube.com/watch?v=GAEt9YNAc4A>

<https://www.teacherspayteachers.com/Product/Fantastic-Foods-Chart-for-Promoting-Trying-New-Foods-9447100>

<https://www.yummytoddlerfood.com/trail-mix-recipe/>

https://www.123homeschool4me.com/free-grocery-store-scavenger-hunt_15/

<https://fns-prod.azureedge.us/sites/default/files/tn/GITILITastyAcresFarmMap.pdf>

<https://www.dec.state.ga.us/documents/attachments/PhysicalActivityCards.pdf>

<https://www.dvo.com/newsletter/weekly/2017/10-13-999/side4c.html>

