

The Edible Editorial

July 2025

Stars, Stripes, and Health Bites!

Spotlight: Independence Day – July 4th

The 4th of July is a perfect opportunity to teach children about our nation's history while enjoying fun, food, and festivities. Let's embrace red, white, and blue with creative meals, crafts, and safe summer play!

Activity Ideas to Celebrate:

☆ "Handprint Flags" Craft

Children dip their hands in red, white, and blue paint to create flag prints on paper. Talk about the meaning behind the flag's colors and stars.

🔧 "Safe Sparkler Science"

Use pipe cleaners, glitter, and straws to build colorful "sparklers." Pair it with a simple lesson on firework safety and how fireworks light up the sky.

🎵 "Sing Along: America the Beautiful"

Teach the children a short, age-appropriate patriotic song and encourage a mini performance for families or staff.

Other July Holidays to Highlight

- **July 14: National Mac & Cheese Day** 🍴 Try a whole grain version with low-fat cheese to meet CACFP guidelines!
- **July 20: National Ice Cream Day** 🍦 Offer frozen fruit yogurt pops as a healthy, reimbursable option.
- **All Month: National Picnic Month** 🌳 Enjoy outdoor eating with healthy, packable snacks.

Patriotic CACFP-Approved Snack Ideas

All options below meet CACFP snack component requirements.

🥣 Red, White & Blue Yogurt Cup

- Low-fat vanilla yogurt (Meat/Meat Alternate)
- Strawberries (Fruit)
- Blueberries (Fruit)
- Optional: Whole grain granola (Grain)

🥗 Mini Veggie Flag Platter

- Red bell pepper strips (Vegetable)
- Jicama or mozzarella cubes (Vegetable or Meat/Meat Alternate)
- Blue corn chips or blueberries (Grain or Fruit)
- Serve with hummus or yogurt-based dip

🍌 Frozen Banana Rockets

- Banana half (Fruit)
- Roll in crushed whole grain cereal (Grain)
- Top with a strawberry "rocket flame"

🧀 Star-Spangled Cheese & Crackers

- Whole grain crackers (Grain)
- Star-cut low-fat cheese slices (Meat/Meat Alternate)
- Served with apple slices or watermelon stars (Fruit)

Meal Pattern Requirements and Serving Sizes for Peanut Butter

Meal	Ages 1& 2	Ages 3, 4, & 5	Ages 6-12
Lunch/Supper	2 Tbsp.	3 Tbsp.	4 Tbsp.
Snacks	1 Tbsp.	1 Tbsp.	2 Tbsp.

- Meal Pattern Requirements specify the amount of a food that must be *offered* to a child in order to receive reimbursement.
- The amount of peanut butter on the average peanut butter sandwich is significantly less than the Meal Pattern Requires.
- A peanut butter sandwich for a 3 to 5 year old would be a half a slice of bread with 3 tablespoons of peanut butter.
- TEST IT! - Make a peanut butter sandwich the way you normally would. Then make another peanut butter sandwich with the exact measured amount of peanut butter required based on the Meal Pattern Requirements. You will be able to see the difference.
- To help you visualize the correct amount of peanut butter, 2 tablespoons of peanut butter is about the size of a ping-pong ball.
- When serving peanut butter, to ensure the children are receiving the correct amounts of protein, try adding some cheese chunks on the side. The combination of peanut butter and cheese as a meat/meat alternate will ensure the children receive the required amount. Be sure to list both components on your menu.
- Peanut Butter should not be served to children under the age of one.
- Peanut Butter should not be served to children with peanut allergies.



Breakfast on a Stick – Recipe for Homes

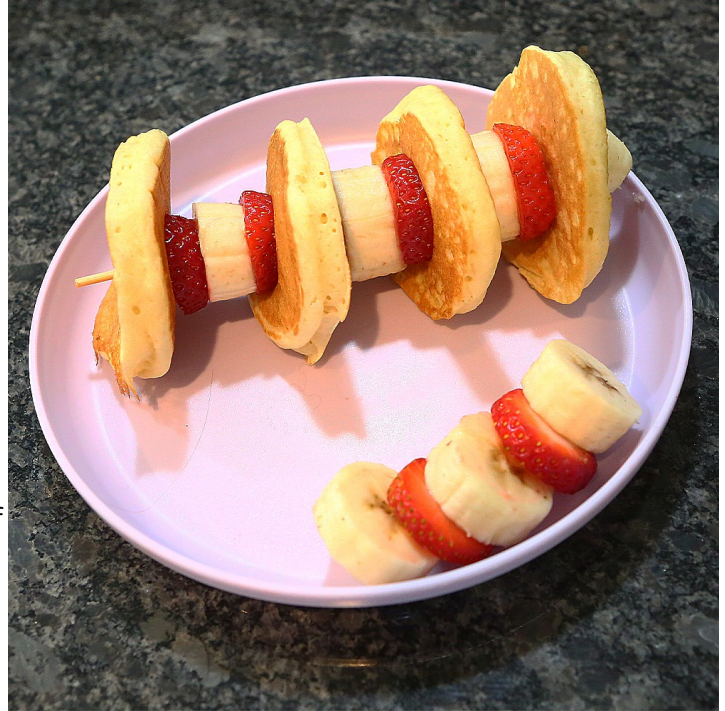
CACFP Crediting Information: Serving Size 1 skewer & leftover fruit. Serves 8 children 3 to 5 years old. One serving provides 1/2 oz. eq. grains and 1/2 cup fruit.

Ingredients:

- 1 cup 100% whole wheat pancake mix
- 1 cup 1% or non-fat unflavored milk
- 1 large egg
- 4 bananas, sliced in rounds
- 2 cups strawberries, cut in rounds
- 8 dull wooden skewers

Directions:

1. Prepare 32 mini pancakes according to the instructions on the pancake mix box. Each mini pancake is 1 Tbsp. of pancake batter cooked.
2. Place 1/2 a banana, 1/4 cup strawberries, 4 mini pancakes, and 1 skewer on a plate.
3. Using the skewer, slide on a pancake, banana round and strawberry round in an alternating pattern. Repeat until all pancakes are stacked on the stick. Some of the fruit may not fit on the skewer, so leave any remaining fruit on the plate.
4. Repeat assembly on 7 more plates.



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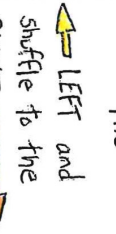
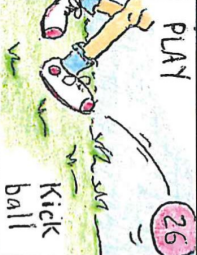
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
count the 6 cans in your kitchen 	taste something 7 sweet, sour and salty 	NATIONAL 1 ice cream month - enjoy a cone! 	make and fly 2 a paper airplane 	shuffle to 3 the LEFT and shuffle to the RIGHT 	CELEBRATE 4 Independence Day! 	draw on a sidewalk 5 with chalk 
play a game 13 with the whole family 	balance a 14 book on your head 	EAT a grilled 15 cheese sandwich 	make up a 9 new dance and share it with the family 	practice 10 writing and drawing 	visit the 11 LIBRARY I LOVE BOOKS 	crawl on 12 the ground... look for bugs! 
put some ice 20 on the sidewalk - what happens? 	READ a book 21 	give someone 22 a BIG bear hug! 	LOOK 23 for butterflies 	NEW MOON - 24 a great night to look at the STARS! 	pretend you're the 25 grown-up and look at your parents are the kids 	PLAY 26 Kick ball 
turn on the 27 hose and cool down 	clap 28 and tap to music 	TRY a new 29 vegetable for a snack 	have 30 a family barbecue 	water 31 some flowers 		

Small Hands Crafting

Kids will love painting with water spray bottles. Mix different colors of washable tempera paint with water in separate water bottles. Lay out different canvases or large pieces of poster board outside. In clothes that can get dirty, let the kids be creative and make a work of art.



Happy Summer

Did you know that your CACFP child care provider helps ensure the body systems work correctly with encouraging proper hydration?

As a CACFP provider, your child care home knows the importance of water and fluids to maintain a healthy body. Did you know the human body is 75% water? Water hydrates the body, cushions muscles and joints, and is used by the body to transport nutrients to and carry water away from cells and assist in regulating body temperature. We must rehydrate regularly to keep our muscles and body systems working properly. The daily recommended amount of water for a 4-8 year old is seven cups!

As the summer sun heats up, make sure to drink plenty of water. Stay hydrated!

Water Fun: Movement in the Summer

Summer is the best time to step outside and play in the water. Try these water games with your kids for some cool fun!

Drip, Drip, Splash - This is a simple variation on the old classic Duck, Duck, Goose. On the drip, the person that it will drip just a tiny bit from a wet sponge on the other players. When it is time to splash, it will be a big soaking from the sponge.

Sponge Bullseye - With sidewalk chalk, draw various circles and assign point values, letters or numbers. Ask the children to get as many points as possible, hit a certain letter or a certain number with their wet sponges.

Car Wash - Those bicycles and toy cars need a good washing. Get out sponges and buckets and let the kids wash away all the dirt.

Summer Salsa

- 16-oz. strawberries, diced
- 2 kiwi, peeled and diced
- 1/2 cup blueberries
- 1/2 cup raspberries
- 3 tablespoons sugar-free apricot preserves or jam

Mix all of the diced ingredients and the whole berries with the sugar free jam. Chill. Serve the salsa with whole grain pitas or make your own whole grain tortilla strips. To make these at home, use whole grain-rich tortillas. Spray tortillas with cooking spray and cut with pizza cutter into triangle pieces. Bake at 350 for 8-10 min. Cool and dip into your delicious summer salsa!



