

# The Edible Editorial

May 2025

## Welcome to May!

Spring is in full bloom, and it's the perfect time to explore fresh, seasonal foods and fun learning activities with the children in your care. This month's focus is on incorporating fresh produce, outdoor learning experiences, and celebrating Child Nutrition Month!

### Nutrition Tip of the Month

**Seasonal Eating:** May brings a variety of fresh fruits and vegetables, including strawberries, spinach, asparagus, and radishes. Try incorporating these into meals and snacks! Here are a few easy ideas:

- **Strawberry Yogurt Parfaits** – Layer yogurt, granola, and fresh strawberries for a delicious snack.
- **Spinach & Cheese Quesadillas** – Sneak some greens into a tasty, cheesy treat.
- **Veggie Dips** – Serve raw radishes, carrots, and cucumbers with hummus or ranch.



### Educational Activities

#### 1. Garden Explorers

Create a small garden with the children! Whether it's a few potted plants or an outdoor garden bed, kids will love learning about how plants grow. Talk about where food comes from and let them help with watering and caring for the plants.

#### 2. Colors of Nutrition

Teach children about different food colors and their benefits. Have them sort fruits and vegetables by color and discuss what makes each one special.

#### 3. Spring Story time & Movement

Read books about gardening and healthy eating, like *The Tiny Seed* by Eric Carle. Follow up with an active game like "Grow Like a Plant," where children stretch and pretend to grow tall like a sunflower.

### Celebrate National Child Nutrition Month!

May is a great time to highlight the importance of good nutrition. Consider hosting a "Taste Test Tuesday" where children can try new healthy foods each week. Encourage parents to get involved by sharing simple, nutritious recipes to try at home.

### Mother's Day Celebration

Mother's Day is Sunday, May 11! Help children show appreciation for their moms or caregivers by creating handmade crafts. Some easy and thoughtful ideas include:

- **Handprint Flowers** – Use paint and paper to create a beautiful bouquet of handprint flowers.
- **Mother's Day Cards** – Have children decorate homemade cards with heartfelt messages.
- **Breakfast Surprise** – Share a simple, kid-friendly breakfast recipe that children can help prepare at home.



## Meal Pattern Requirements Checklist

- ◇ 100% Fruit/Vegetable juice is limited to once per day, regardless of children served.
- ◇ At least one serving of grains per day must be whole grain/whole grain-rich. Be sure this is noted/checked on the menus.
- ◇ A meat/meat alternate may replace the entire grains component at breakfast a maximum of three times per week.
- ◇ A vegetable and fruit must be served during lunch and supper meals. The fruit component may be substituted for a vegetable at lunch and supper meals; when two vegetables are served, they must be two different kinds of vegetables.
- ◇ Deep-fat frying is not allowed as a means of preparation on site.
- ◇ Breakfast cereals contain no more than 6 grams of sugar per dry ounce.
- ◇ Yogurt contains no more than 23 grams of sugar per 6 ounces.
- ◇ Grain-based desserts (anything the child would consider a “treat”) are no longer creditable toward the meal pattern requirements.
- ◇ Tofu and soy yogurt may be served as a meat/meat alternate.
- ◇ The appropriate type of milk is listed for each age group:
  - Ages 1 year until the age of 2: unflavored whole milk
  - Ages 2 through 5 years: unflavored low-fat or fat-free milk
  - Ages 6 through 12 years: unflavored low-fat, unflavored fat-free or flavored fat-free milk.

# Quick Quesadilla – Recipe for Centers

**CACFP Crediting Information:** Serving size 1/3 quesadilla. Serves 25 kids. One serving provides 1 1/2 oz. eq. meat/meat alternate, 1/4 vegetable, and 1 oz. equivalent grains.

## Ingredients:

4 lbs. 9 oz. spinach, frozen, chopped	1 tsp. chili powder
1 lb. 9 oz. kidney beans, dark red, canned	17 whole grain tortillas, 8”
1 Tbsp. 1 tsp. garlic powder	1 lb. 9 oz. mozzarella cheese, low-fat, shredded
2 tsp. onion powder	2 sprays nonstick cooking spray



## Directions:

1. Thaw, drain, and squeeze excess liquid from spinach.
2. Preheat oven to 350 degrees F.
3. Place kidney beans in a large microwavable bowl.
4. Add garlic powder, onion powder, and chili powder.
5. Lightly mash beans by squeezing using gloved hands. Be careful not to over mash beans.
6. Heat in microwave for 3 minutes. Stir with a spoon.
7. Prepare quesadillas: Place half of the tortillas on a sheet pan. Spread 3/4 cup of spinach, 3/8 cup of bean mixture, and 3/4 cup of cheese on each tortilla.
8. Place remaining tortillas on top.
9. Spray outside of filled quesadilla with nonstick cooking spray. Bake for 15 minutes.
10. Remove from the oven.
11. Serve 2 wedges or 1/3 quesadilla.

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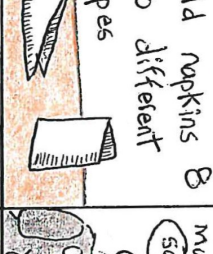
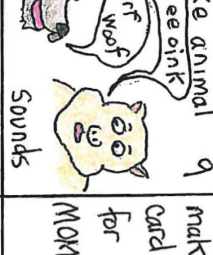
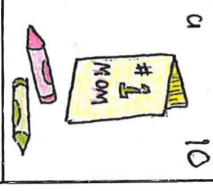







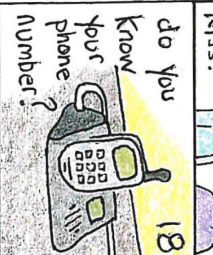






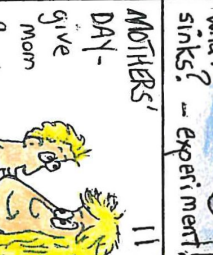
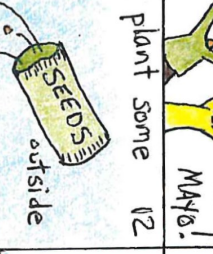


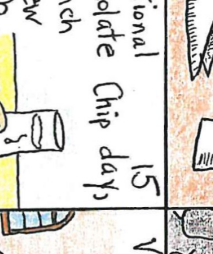
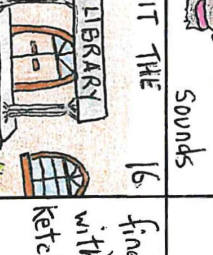
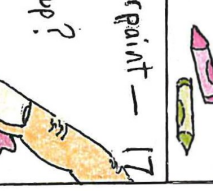
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1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
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# MAY

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>what floats? 4</p>  <p>what sinks? - experiment!</p>	<p>Celebrate 5</p>  <p>Cinco de Mayo!</p>	<p>Sit under a tree... look for bugs 6</p> 	<p>EAT a green vegetable! 7</p> 	<p>Mother's Day - read your favorite nursery rhymes 1</p> 	<p>Find and wear blue clothes today 2</p> 	<p>draw a picture for MOM. 3</p>  <p>TOGETHER</p>
<p>MOTHERS' DAY - give mom a kiss! 11</p> 	<p>plant some seeds outside 12</p> 	<p>make up a story about a worm 13</p> 	<p>do you know your address? 14</p> 	<p>National Chocolate Chip days, munch a few with milk! 15</p> 	<p>VISIT THE LIBRARY 16</p> 	<p>fingerpaint with ketchup? 17</p> 
<p>do you know your phone number? 18</p> 	<p>name pick ten dandelions 19</p> 	<p>wash day for bikes 20</p> 	<p>name body parts 21</p> 	<p>play with soapy bubbles 22</p> 	<p>Sing and dance to your favorite songs 23</p> 	<p>smell different flowers 24</p> 
<p>talk about fast and slow 25</p> 	<p>MEMORIAL DAY 26</p> 	<p>take a walk 27</p> 	<p>tell someone why you LOVE them 28</p>  <p>let me count five ways</p>	<p>READ a book TOGETHER! 29</p> 	<p>watch a sunrise... where has it been? 30</p> 	<p>retell a story by looking at the pictures 31</p> 



# STRAWBERRY

## WHAT IS IT?

Available in the spring and summer, strawberries are a fruit grown on flowering plants in the rose family.

## FUN FACTS & TIPS



Strawberries were first commercially grown in America in the 1800s.



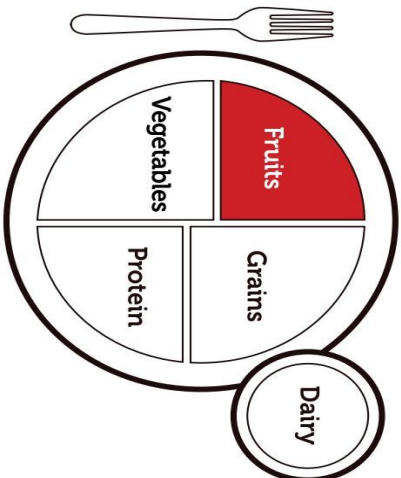
Approximately 90% of America's strawberries are produced in California.



For a fun family outing, visit a farm that offers pick-your-own strawberries.



Blend fat-free or low-fat yogurt with fresh or frozen strawberries for a sweet smoothie.



## FOCUS ON WHOLE FRUITS

Strawberries are a lower calorie sweet treat that can be easily consumed fresh or frozen in a variety of snacks and meals.

## HOW IT FITS INTO MYPLATE

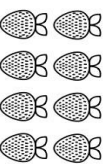
A 2,000 calorie diet has a daily Fruit Group target of 2 cups. Snacking on strawberries adds up quickly towards your goal!



2 CUPS



FRUIT GROUP TARGET



8 LARGE STRAWBERRIES (1 CUP)



FRUIT GROUP TARGET

To find your food group targets, go to [MyPlate.gov/MyPlate-Plan](https://myplate.gov/MyPlate-Plan).



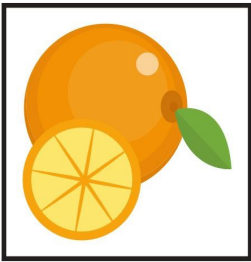
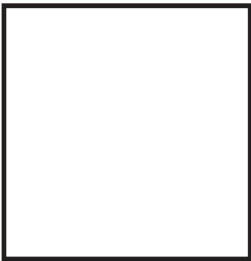
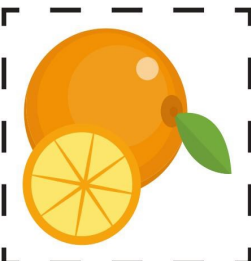
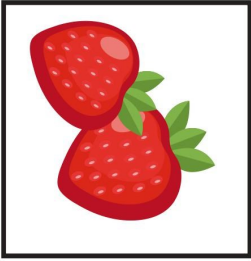
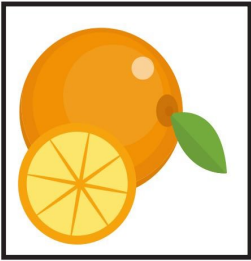
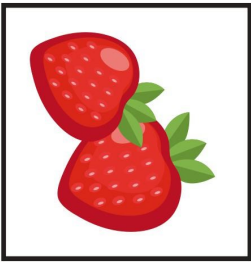
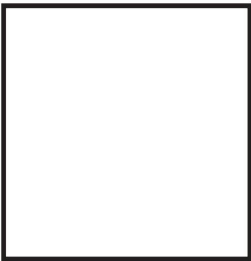
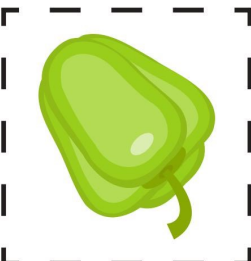


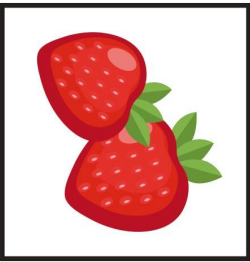
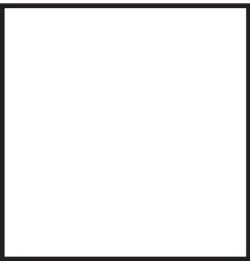
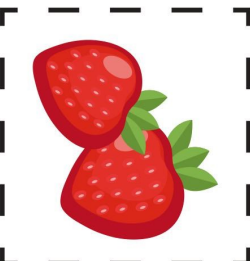


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# What Comes Next?

Oranges, bell peppers and strawberries are good sources of Vitamin C. Cut out the squares on the right. Glue them into the pattern

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