

The Edible Editorial

June 2025

Welcome to Summer!

Summer is officially here, and with it comes sunshine, outdoor play, and refreshing nutrition! June is a great time to encourage healthy habits, introduce fun educational moments, and make snack time something kids look forward to.

June Highlights & Holidays

- **June 14 – Flag Day:** A perfect day for a red, white, and blue-themed snack (see ideas below)!
- **June 15 – Father’s Day:** Celebrate the awesome dads and caregivers with cards or a special meal.
- **June 19 – Juneteenth National Independence Day:** Commemorate this important day in U.S. history with age-appropriate stories or art activities about freedom and unity.

Fun Summer Learning Activities

1. Nature Walk & Color Hunt

Take children on a walk outdoors and have them search for objects of different colors. Extend the activity with a sorting or drawing session.

2. Water Play Science

Explore water through simple experiments like “sink or float,” measuring water with cups, or watching ice melt in the sun.

3. Flag Making for Flag Day

Provide craft supplies and have children create their own flags—American or imaginary! Talk about what symbols mean.

4. Juneteenth Story Circle

Read a simple story like *Juneteenth for Mazie* or use felt boards to discuss themes of freedom and fairness.

CACFP-Approved Creative Snacks

All snack combinations below meet CACFP meal pattern guidelines.

Red, White & Blue Snack (Flag Day)

- Watermelon cubes (fruit)
- String cheese sticks (meat/meat alternate)

Banana Roll-Ups

- Whole grain tortilla (grain)
- Banana slices (fruit)
- Sunflower seed butter (meat/meat alternate)

Cool Cucumber Sandwiches

- Whole grain crackers (grain)
- Hummus (meat/meat alternate)
- Cucumber slices (vegetable)

Peaches & Yogurt

- Fresh or canned (in juice) peaches (fruit)
- Low-fat plain or vanilla yogurt (meat/meat alternate)

Rainbow Veggie Cups

- Bell pepper strips, carrot sticks (vegetables)
- Low-fat ranch or hummus dip (meat/meat alternate)

Strategies for Succeeding in the CACFP

The Child And Adult Care Food Program (CACFP) is an excellent resource for early childhood professionals because it provides reimbursement and support services to help meet the nutritional needs of child participants. Below you will find some daily, weekly, and monthly strategies for succeeding in the CACFP as a child care provider.

Daily:

- Using planned menus, prepare meals and snacks that meet the CACFP meal pattern requirements. If you need to substitute any food items, make sure to list the appropriate substitution on the menu.
- Serve meals that meet CACFP meal pattern requirements.
- Serve all of the foods for a given meal at the same time.
- CENTERS: Record accurately the name of each child and meal the child was served at point-of-service (while the children are eating).
- HOMES: Record accurately the name of each child and meal the child was served by the end of the day for homes with less than 12 children in care for the day. Record accurately the name of each child and meal the child was served at point-of-service for homes with more than 12 children in care for the day.
- If closed for a day or part of a day, call the office to let us know.

Weekly:

- Work with new parents and guardians to complete all required paperwork. Whenever a new child enrolls in your program, ask the parents or guardians to complete the enrollment forms and any other forms required for participating in the CACFP. Parent may only provide one food component for a reimbursable meal or snack.
- Work with parents or guardians to complete renewal child enrollment forms or any other required forms. Child Registration Letters and Household Income Applications are only valid for one year from the date the parent/guardian signed the form.

Monthly:

- Plan the menu a month ahead of time and review menu to ensure they align with the CACFP meal pattern requirement. Ensure that each food item is creditable, and all menus are reimbursable meals or snacks based on the CACFP meal pattern.
- Send menu, meal attendance records and child enrollment forms to our office by the 5th of the following month. These forms are necessary for you to receive reimbursement.
- When a parent withdraws a child from your program, let us know the last date of attendance. We should know the enrollment and names of children enrolled in your family day care program at all times.
- File copies of your food program records for future reference and tax purposes. Have a special place to keep your records, such as a filing cabinet.

Lemon Blueberry Corn Muffins – Recipe for Homes

CACFP Crediting Information: Serving Size 1 muffin. Serves 6 kids. One serving provides 1 1/4 oz. eq. equivalent grains.

Ingredients:

Nonstick cooking spray	1/2 cup low-fat milk
2/3 cup whole wheat flour	1/4 cup unsweetened applesauce
1/4 cup enriched cornmeal	1 large egg
1/4 cup packed brown sugar	1/4 tsp. lemon extract
1/4 tsp. salt	1/2 cup whole blueberries (fresh or frozen)
1 tsp. baking powder	



Directions:

1. Preheat oven to 375 degrees F.
2. Line muffin tins with paper liners. Spray with nonstick cooking spray.
3. In a medium bowl, combine flour, cornmeal, brown sugar, salt, and baking powder. Sift mixture. Remove 1 Tbsp. of dry mixture and set aside.
4. In a small bowl, combine milk, applesauce, egg, and lemon extract. Whisk until well blended. Add to dry ingredients. Whisk to mix.
5. Place frozen blueberries in a small bowl, add 1 Tbsp. reserved dry mixture and toss.
6. With a rubber spatula, fold breaded blueberries and any remaining dry ingredients from the bottom of the bowl into the muffin mixture.
7. Pour 1/3 cup of muffin mixture into each prepared muffin liner.
8. Bake for 25 minutes.
9. Remove from the oven and cool on a rack for 5 minutes.

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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
 2. **fax:** (833) 256-1665 or (202) 690-7442; or
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JUNE

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
make popcorn 1 count and eat! make a 8 BLANKET tent	watch a baseball game at a local park 2 match socks, 9 count the pairs	write some letters B K C 3 imitate bird sounds "tweet" "quack" 10	make puppets from old socks or paper bags 4 make lemonade to quench your thirst 11	name things that are TALL and SHORT 5 VISIT THE LIBRARY 12	make shapes using toothpicks 6 make a card for DAD! 13	NATIONAL FAMILY DAY - draw your family 7 FLAG DAY 14 make a paper flag
FATHER'S DAY - give a hug. 15 play catch 22 help pull weeds from your yard 29	move some music 23 play an instrument outside 30	go outside, collect green things in a bag 24 play the "follow the leader" 17	look in a newspaper for animal pictures 18 take a walk and count bikes 25	FIND and name different shapes in your house 19 build a tasty cheese sculpture with chunks and toothpicks 26	sing together! 27 eat your favorite fruit for a snack 21	catch fireflies and let them go 28

Vegetables

LEARN IT

Vegetables are a key component in a healthy diet and help our bodies grow big and strong. They can be eaten in a variety of ways—fresh, canned, frozen, baked, sautéed, or roasted. They are an important part of a healthy diet and provide our bodies with vitamins and minerals such as potassium, folic acid, Vitamin A, Vitamin C, and dietary fiber.

SENSE IT

Plant plastic and/or paper vegetables in your sensory box using dried beans as the soil. The children will have fun tending this garden and harvesting the vegetables. Using spoons or plastic shovels, can they dig out the vegetables? When they have all the vegetables, can they sort them by colors? Now replant the vegetables for more fun!

CRAFT IT

Hand and Foot Carrot Dip each child's foot in orange paint and "stamp" the foot onto heavy white card stock. Next, dip each child's hand in green paint and "stamp" the hand onto a second sheet of heavy white card stock. When the paint dries, allow the children to cut around their foot and hand. On a third sheet of paper, have the children glue their orange foot on the bottom and green hand at the top creating a foot carrot with a hand stem. This will be a cute craft parents will love to keep!



PLAY IT

Vegetable, Vegetable Soup This fun game is played like Duck, Duck Goose. Ask the children to sit in a circle, with one child being chosen as the vegetable leader. As the child goes around the circle, they will name different vegetables you have learned together. They will select one child and instead of saying a vegetable, they will say SOUP! That child will get up and try to get back in their spot before the vegetable leader. If they do not, they will become the vegetable leader.

EAT IT

Roasted Carrots and Green Beans

1 lb Carrots
1 lb Green Beans
1 tbsp Olive Oil
Garlic (optional)
Salt and Pepper (optional)
Balsamic Vinegar (optional)

Peel and trim carrots and green beans. Toss with olive oil. Season with salt, pepper, and garlic to taste if desired. Roast for 25 – 30 minutes on a roasting pan in a 400 degree oven. For extra flavor, drizzle with balsamic vinegar and roast for 3-5 more minutes.

Lunch/Supper Crediting: 8 Servings ages 3-5



REPLANT IT

Did you know you can grow vegetables from scraps? When children look at them, they might think the seeds and trimmings of vegetables need to go in the trash, but we can show them how to grow a vegetable from a scrap. Celery, carrots, and lettuce can be regrown by placing the leaves or tops in a dish of shallow water. Place the dish in sunlight. After about a week, you will see roots and/or leaves. Once this happens, they are ready to transplant into the soil. For potatoes and sweet potatoes, cut chunks with an eye. Suspend with only one end slightly in the water by placing toothpicks in to the potato. Once potato chunks grow roots, they are ready to be transplanted. Tomatoes and peppers can be grown simply by saving the seeds and planting them. Children will love this science project and starting their own gardens.

READ IT

Try these books during your circle time to learn more about vegetables.

Oliver's Vegetables by Vivian French

The Vegetables We Eat by Gail Gibbons

I Will Never Not Eat A Tomato
by Lauren Child

Rah, Rah, Radishes!: A Vegetable Chant
by April Pulley Sayre

Monsters Don't Eat Broccoli
by Barbara Jean Hicks

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Vegetables Help Us Grow!

Use the color key to color each vegetable to show a rainbow of colors. Which one is your favorite?

1 - Yellow

2 - Red

3 - Green

4 - Purple

