

# The Edible Editorial

June 2026

Summer is almost here! June brings longer days, warmer weather, and a wonderful chance to get children outside, active, and exploring fresh seasonal foods. This month we're celebrating fathers and family, welcoming the first day of summer, and leaning into two of CACFP's favorite themes — National Dairy Month and National Fresh Fruit and Vegetables Month. Thank you for everything you do to keep the children in your care healthy, happy, and well-fed all year long!

## SEASONAL PRODUCE SPOTLIGHT: WHAT'S FRESH IN MICHIGAN THIS JUNE

June is one of the most exciting months at Michigan farmers markets and roadside stands! Here's what's hitting peak season and how you can work it into your CACFP menus:

### STRAWBERRIES

Michigan strawberry season typically peaks in mid-to-late June — and they're worth the wait! Serve fresh, sliced over yogurt, or mashed as a spread on whole grain toast. A CACFP-creditable fruit that kids absolutely love.

### SNAP PEAS & PEAS

Sweet, crunchy, and perfect for little hands. Serve snap peas raw as a snack with hummus, or toss shelled peas into pasta, rice, or a lunch bowl for an easy creditable vegetable.

### LETTUCE & SALAD GREENS

Michigan's cool spring nights keep lettuce tender and mild right into June. Build simple salads with shredded carrots, cucumber slices, and a light dressing for a colorful lunch side.

### HERBS (CHIVES, MINT, BASIL)

Fresh herbs are abundantly available in June and a wonderful way to add flavor without added salt or sugar. Stir mint into fruit cups or sprinkle chives over scrambled eggs for a simple flavor boost.

### RHUBARB

A Michigan classic! While rhubarb is tart on its own, it pairs beautifully with strawberries in a simple compote that can top oatmeal or whole grain pancakes. Always cook before serving to children.

TIP: Buying local produce in season is often more affordable, fresher, and more nutritious than out-of-season alternatives.

## FUN ACTIVITIES FOR JUNE

### FRUIT & VEGGIE COLOR RAINBOW

Have children sort plastic fruits and vegetables (or pictures) by color to make a rainbow. Talk about why eating colorful foods is good for our bodies. Ties into National Fresh Fruit and Vegetables Month!

### FATHER'S DAY PORTRAIT ART

Have children draw or paint a portrait of their dad or a special person in their family. Frame with a construction paper border and add a handwritten message inside. A keepsake worth keeping forever.

### SUMMER SENSORY WATER PLAY

Fill shallow bins with water and provide cups, funnels, and safe kitchen tools for pouring and scooping. A cooling, calming summer activity that builds fine motor skills.

### SHADOW TRACING (FIRST DAY OF SUMMER)

On the summer solstice, take children outside and trace their shadows with sidewalk chalk in the morning and again in the afternoon. Discuss why the shadow moved — a simple, engaging science lesson!

### PROVIDER TIP OF THE MONTH

Keep summer food safe! Warmer temperatures mean food safety becomes even more important. Remember: perishable foods should never sit out for more than 2 hours — and only 1 hour when temperatures are above 90°F. Serve cold foods cold, keep hot foods hot, and always wash hands before meals and snacks. When in doubt, throw it out. Your attention to food safety protects the children in your care every single day.

## **POLICY UPDATE: MILK CHANGES COMING TO CACFP — EFFECTIVE JUNE 8, 2026**

Big news for providers this month! USDA published a final rule on May 8, 2026 that expands the types of milk you may serve to children in the CACFP.

### **WHAT'S CHANGING?**

Starting June 8, 2026, CACFP operators may offer whole milk and reduced-fat (2%) milk to participants ages 2 and older, in addition to the low-fat (1%) and fat-free options that have always been allowed.

### **IS THIS REQUIRED?**

No — this is a flexibility, not a mandate. You are not required to change what you currently serve. If your program is already working well with low-fat or fat-free milk, you may continue as-is. This rule simply gives providers more options.

### **WHY THE CHANGE?**

The update follows the Whole Milk for Healthy Kids Act, signed into law in January 2026, and aligns CACFP with the new 2025–2030 Dietary Guidelines for Americans, which now include full-fat dairy as part of a healthy dietary pattern.

### **WHAT ABOUT CHILDREN UNDER 2?**

There are no changes for children under 2 years of age. Whole milk remains the requirement for 1-year-olds, and infants continue to follow their own feeding guidelines.

### **WANT TO PROVIDE FEEDBACK?**

USDA is accepting public comments on this final rule through June 8, 2026 at [www.regulations.gov](http://www.regulations.gov) (docket number: FNS-2026-0067).

If you have questions about how this change applies to your program, please don't hesitate to reach out to your sponsor. We're here to help you navigate any updates with confidence!

# Fruit and Yogurt Roll Ups—Recipes for Centers

CACFP Crediting Information: 1/4 cup fruit, 1/4 oz. equivalent meat alternate, and 3/4 oz. equivalent grains. Serves 25.

## Ingredients:

12 1/2 Tortillas, whole-wheat (8" across, at least 42 g or 1 1/2 oz. each)

3 cups & 2 Tbsp. Greek yogurt, non-fat, vanilla

1 qt. & 2 1/4 cups Strawberries, fresh, 1/4" diced (gently wash strawberries under running water before cutting)

1 1/2 cups & 1 Tbsp. Granola (optional)

## Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Spread 1/4 cup of yogurt on each tortilla.
3. Top each tortilla with 1/2 cup diced strawberries.
4. Roll tortilla like a burrito.
5. Cut in half on a bias (at an angle).
6. Serve 1 half. Serve immediately, or keep cold at 40 degrees F or lower.



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# SUMMER

ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>make a tent</p> <p>7</p>	<p>write some letters that you know</p> <p>8</p>	<p>draw a picture of your family</p> <p>2</p>	<p>more to some music</p> <p>3</p>	<p>imitate a bird</p> <p>4</p>	<p>make puppets from old socks or paper bags</p> <p>5</p>	<p>go outside, collect green things in a bag</p> <p>6</p>
<p>FATHER'S DAY, give a hug.</p> <p>21</p>	<p>visit the library</p> <p>22</p>	<p>name things that are tall and short</p> <p>23</p>	<p>look in a newspaper for animal pictures</p> <p>17</p>	<p>make shapes using toothpicks</p> <p>18</p>	<p>make a card for DAD.</p> <p>19</p>	<p>help pull weeds from your yard</p> <p>13</p>
<p>catch fireflies and let them go</p> <p>28</p>	<p>play an instrument</p> <p>29</p>	<p>play catch outside</p> <p>30</p>	<p>match socks, count the pairs</p> <p>10</p>	<p>eat your favorite fruits for a snack</p> <p>11</p>	<p>build a tasty cheese sculpture with chunks and toothpicks</p> <p>26</p>	<p>watch a baseball game at a local park</p> <p>27</p>
<p>FLAG DAY -</p> <p>14</p>	<p>make lemonade to quench your thirst</p> <p>15</p>	<p>play the follow the leader</p> <p>16</p>	<p>take a walk and count bikes</p> <p>24</p>	<p>sing together!</p> <p>25</p>	<p>make puppets from old socks or paper bags</p> <p>12</p>	<p>Tomorrow is the FIRST day of Summer!</p> <p>20</p>

## Small Hands Crafting

Each child will have 10 large craft sticks. Ask each child to dictate to you 8 reasons why they love their dad. You can write one thought per stick. Place the sticks together with the words face down to form a horizontal rectangle. Using glue, attach the 2 remaining sticks perpendicular to the back of the horizontal sticks. After drying, use ribbon for a hanger.



# Father's Day

**Did you know that as a CACFP participant, your child care provider continually encourages your child to eat healthy vegetables?**

Vegetables are critical to a healthy diet. However, it can be a challenge to get children to even try them. It is important that vegetables are always offered and encouraged at meal time and snack time. Children need many exposures to different foods before they may be willing to try them. In addition to offering vegetables, involve your children with choosing which vegetables to serve and their preparation. Make positive, fun associations with the foods using names like dinosaur trees for broccoli and telling them all the benefits of eating the vegetables. Remember, just because they do not eat the food today does not mean they will not ever try them. Children's tastes change over time.



## Fun with Dad: Movement on Father's Day

Invite dads or special male role models to participate in fun outdoor activities with the kids.

- Frisbee – Use a white sheet to set up a target game with points.
- Obstacle Courses – Crawl through a pop up tunnel, limbo under a broom stick and then zigzag through cones.
- Relay races – Get all the necessary tools for Dad to BBQ from one side to another.
- Water sponge toss – Standing across from each other, start close together and get farther away with each toss. How far can you go and still catch the sponge?
- Ladder bean bag toss – Lay a ladder on the ground. Each hole is a different amount of points.

## Big Breakfast Burritos

- 4 eggs (large)
- 1/8 cup low-sodium canned corn (drained, or 2 tablespoons frozen corn)
- 1 tablespoon 1% fat milk
- 1/8 cup green peppers (or about 2 tablespoons, diced)
- 1/4 cup onions (chopped)
- 1 teaspoon mustard
- 1/4 teaspoon garlic powder
- 4 flour tortillas (large size)
- 1/4 cup salsa

Blend eggs with spices and vegetables. Cook egg mixture over medium heat in skillet coated with cooking spray until eggs are firm and cooked through. Spoon cooked eggs evenly into warm tortillas. Serve each burrito topped with 2 tablespoons of salsa.

*Recipe from USDA Mixing Bowl.*



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

**[www.cacfp.org](http://www.cacfp.org)**

