

The Edible Editorial

August 2025

Stars, Stripes, and Health Bites!

Hello, Super Providers!

August brings sunny adventures, garden goodies, and a gentle shift toward back-to-school prep.

Let's celebrate summer's last hurrah with playful activities and tasty, nutritious meals to fuel growing bodies and bright minds!

Featured Food Fun: "Eat the Rainbow!"

Each week, focus on a different color of the rainbow. Encourage kids to try fruits and veggies in that color!

Week 1: RED

- **Snack idea:** Strawberry & banana kebabs

Activity: Make red handprint apples on paper plates!

Week 2: ORANGE

- **Lunch idea:** Whole grain pita pockets with shredded carrots and hummus

Activity: Orange scavenger hunt—find toys or objects that match!

Week 3: GREEN

- **Snack idea:** Broccoli "trees" with yogurt ranch dip

Activity: Plant mini grass heads in cups and decorate with funny faces!

Week 4: BLUE/PURPLE

- **Breakfast idea:** Whole grain waffles with blueberry compote

Activity: Paint with frozen blueberries!



Rainbow Bonus Day (Friday!)

Serve a rainbow fruit salad and do a color-themed dance party!



August Activities: Learn & Laugh



Back-to-School Countdown Chain

Make a colorful paper chain—one link per day until school starts. Tear one off daily!



Picnic Party

Host a pretend indoor picnic or real outdoor one! Include CACFP-approved foods: turkey sandwiches, sliced cucumbers, watermelon wedges, and milk.



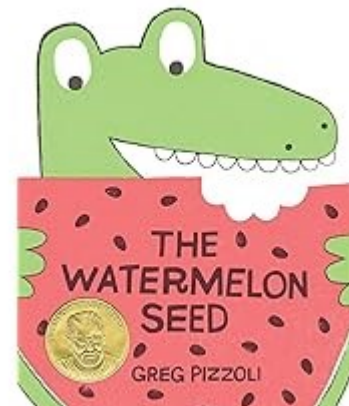
Sunflower Growth Chart

Measure each child's height on a sunflower chart as summer ends.



Story Time Picks:

- *"The Watermelon Seed" by Greg Pizzoli*
- *"Llama Llama Misses Mama" by Anna Dewdney*
- *"Rah, Rah, Radishes!" by April Pulley Sayre*



Creditable Cheeses

Cheeses labeled “imitation cheese”, “cheese product”, “cheese snack” and “cheese dip” are NOT creditable on the food program.

Cheeses that are labeled “natural cheese”, “cheese spread” or “cheese food” ARE creditable on the food program.

Cheeses that are NOT creditable include but are not limited to:

- Kraft American Singles (cheese product)

- Regular Velveeta “Loaf”/Block (cheese product)

- Velveeta Light “Loaf”/Block (cheese product)

- Kraft Easy Cheese (cheese snack)

- Cheez Whiz (cheese dip)

Point-of-Service Meal Attendance

HOME: If the provider has more than 12 children in attendance during a single day, meal attendance will need to be marked in at the exact time the meal is served, never before or after.

HOME: If a provider is found to be seriously deficient, meal attendance must be marked at the exact time the meal is being served, never before or after.

CENTERS: All centers must record meal attendance at point-of-service.

Never record the meal attendance before or after the meal or snack is served.

Cheesy Cheddar Drop Biscuits— Recipe for Centers

CACFP Crediting Information: Serving Size 1 biscuit. Serves 25 children 3 to 5 years old.
One serving provides 1/4 oz. meat alternate and 1 oz. equivalent grain.

Ingredients:

2 sprays Nonstick cooking spray	3 Tbsp. Margarine, trans fat-free, chilled
2 cups Flour, all purpose, enriched	2 cups Greek yogurt, non-fat, plain
2 cups Pastry flour, whole-wheat	1 1/2 cups & 1 Tbsp. Cheese, cheddar, reduced-fat, shredded
1 Tbsp. & 1 1/4 tsp. Baking powder	1 cup Milk, fat-free (skim)
1/4 cup Sugar, granulated	
1/2 tsp. Salt	



Directions:

1. Preheat oven to 400 degrees F.
2. Line a sheet pan (18" x 26" x 1") with parchment paper and spray with nonstick cooking spray.
3. In a large bowl, combine all-purpose flour, pastry flour, baking soda, sugar, and salt. Mix.
4. Using a fork or pastry cutter, mash margarine into dry ingredients. Add yogurt and mash into dry ingredients until the flour turns into a fine crumble.
5. Using a fork or pastry cutter, lightly mash cheese into the dough. Add milk. Stir until ingredients are well-blended. Dough will be very sticky.
6. Using a 1/4 cup (#16 scoop) measure cup, drop dough onto a sheet pan. Lightly spray the top of biscuits with non-stick cooking spray.
7. Bake biscuits for 12-15 minutes or until golden brown.
8. Remove from the oven and cool on a rack.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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
- email:** program.intake@usda.gov

This institution is an equal opportunity provider.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
plan, make and eat a healthy snack 3	Look for purple flowers 4	climb up a hill and roll back down! 5	trace a square, color and cut it out 6	visit the library 7	go on a number hunt... look for numbers EVERYWHERE 8	how many blocks can you stack before they tumble? 2
practice drawing and naming shapes 10	paint on the sidewalk with water, watch it DISAPPEAR! 11	count the cars parked on your street 12	make up a story about FROGS... draw illustrations 13	find something purple to wear 14	match shapes, colors or numbers from a deck of cards 15	how many times can you bounce a ball? 16
NAME and move 4 body parts 17	HELP clean your house! 18	enjoy a family sing-a-long 19	talk about FULL and EMPTY 20	jump and shake to music 21	ICE CUBE RACE! one in the sun, one in the shade, which melts first? 22	finger paint with shaving cream 23
READ a Book TOGETHER! 27 31	play hide and seek outside 25	stretch a rope in the grass, try to balance and walk 26	balance a bean bag while you walk 24	create art with food coloring and spray bottles 28	form a matching band with kitchen stuff! 29	give a bean and macaroni face on a paper plate 30

Small Hands Crafting

Make a large cardboard template of interlocking puzzle pieces. Cut out the pieces and give one to each student. They should decorate their puzzle with craft items such as sequins, stamps, and markers. When the pieces are decorated, put them all back together. All of our friends are a piece of the puzzle!



Friendship Day

Did you know that CACFP child care providers feed the mind too?

CACFP caregivers work every day to ensure healthy access to food. In addition, they work diligently to broaden children's minds through reading. Reading aloud is the single most important thing a parent or caregiver can do to help a child prepare for reading and learning. Please make reading a priority at your home as well!

You can start with one of these wonderful stories of friendship:

Should I Share My Ice Cream? by Mo Willems

A Color of His Own by Leo Lionni

David and Dog by Shirley Hughes

Making Friends (Mr. Rogers) by Fred Rogers

Friends by Helme Heine



Friendship Fun: Movement on Friendship Day

National Friendship Day is August 6 and what better way to celebrate than playing games together?

- My New Friend - One student is chosen to be the new friend. They will stand across from the group. The others will say, "What time is it my new friend?" The child will name a time and the others will move that many steps. If they yell midnight they will chase the group back to the starting line and tag someone to be it.
- Follow the Friend - Play just like Follow the Leader
- Friendship Bean Bag Toss - As you toss the bean bag around a circle, children will say, "(Child's name) is my friend and they are special because ..." Then that child will toss the bag to another friend.

Friendship Snack Mix

Ask students to bring in one of their favorite healthy ingredients that can be used in a trail mix type snack.

Suggestions:

- Dried fruit: raisins, banana chips, dried apricots, dried cranberries
- Whole grain cereal
- Nuts – if there are no allergy issues
- Pretzels

When all of your ingredients are together, ask each student to add their friendship ingredient to the mix. They can each take turns mixing with a large spoon. We can all work together to make a healthy snack to share with friends!



CACFP is an indicator of quality child care.

www.cacfp.org

Name: _____



Summer TIME

My favorite thing to
do at the beach



My favorite
summer activity

My favorite summer sport



My favorite summer treat

