

# The Edible Editorial

April 2025

## Spring into Fun and Learning!

### 1. Garden-to-Table Fun

Spring is ideal for teaching children about planting and healthy eating. Try these fun activities:

- **Sprout in a Cup:** Use clear plastic cups, soil, and bean seeds. Kids can watch roots and sprouts grow!



- **Salad Garden Creation:** Plant lettuce, spinach, and cherry tomatoes in small containers. Encourage kids to harvest and assemble their own spring salads.

### 2. Spring-Themed Snack Ideas

Brighten snack time with colorful and healthy treats:

- **Fruit Flower Power:** Arrange sliced strawberries, bananas, and grapes into flower shapes.

**Butterfly Crackers:** Use whole grain crackers, cream cheese, and carrot sticks to build butterfly wings.

### 3. Outdoor Adventures

Warmer weather invites kids to enjoy the outdoors. Encourage movement with these activities:

- **Nature Scavenger Hunt:** Create a checklist of spring-themed items like flowers, leaves, or insects for kids to find.

- **Chalk Art Relay:** Design chalk obstacle courses for kids to jump, skip, and run through.

### 4. Creative Corner: Spring Crafts

Foster creativity with these engaging projects:

- **Egg Carton Caterpillars:** Paint egg cartons and decorate them with googly eyes and pipe cleaner antennas.



**Blossom Painting:** Use cotton swabs or sponges to paint colorful spring blossoms on paper.

### 5. Celebrate Earth Day (April 22nd)

Teach kids about environmental care with these activities:

- **Recycled Art Project:** Encourage kids to create art using recycled materials.

**Plant a Tree Together:** Discuss how trees help the planet while engaging kids in hands-on learning.

### 6. Featured Recipe: Rainbow Veggie Wraps

**Ingredients:** Whole wheat tortillas, hummus, bell peppers (red, yellow, green), shredded carrots, and spinach. **Instructions:** Spread hummus on the tortilla, layer veggies, and roll it up! A delicious, healthy snack packed with springtime color.

## Prepare Foods So They Are Easy to Chew

You can make eating safer for young children by following the tips below:

- Cook or steam hard food, like carrots, until it is soft enough to pierce with a fork.
- Remove seeds, pits, and tough skins/peels from fruits and vegetables.
- Finely chop foods into thin slices, strips, or small pieces (no larger than  $\frac{1}{2}$  inch), or grate, mash, or puree foods. This is especially important when serving raw fruits and vegetables, as those items may be harder to chew.
- Remove all bones from fish, chicken, and meat before cooking or serving.
- Grind up tough meats and poultry.

### Cut Round Foods Into Smaller Pieces

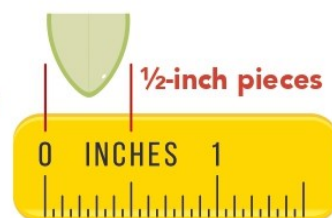
Small round foods such as grapes, cherries, cherry tomatoes, and melon balls are common causes of choking.



Slice these items in half lengthwise.



Then slice into smaller pieces (**no larger than  $\frac{1}{2}$  inch**) when serving them to young children.



## Avoid Choking Hazards

To help prevent choking, do not serve small (marble-sized), sticky, or hard foods that are difficult to chew and easy to swallow whole, including:

- Cheese cubes or blocks. Grate or thinly slice cheese before serving.
- Chewing gum\*
- Dried fruit
- Gummy fruit snacks\*
- Hard candy, including caramels, cough drops, jelly beans, lollipops, etc.\*
- Hard pretzels and pretzel chips
- Ice cubes\*
- Marshmallows\*
- Nuts and seeds, including breads, crackers, and cereals that contain nuts and seeds
- Popcorn
- Spoonfuls of peanut butter or other nut butters. Spread nut butters thinly on other foods (e.g., toast, crackers, etc.). Serve only creamy, not chunky, nut butters.
- Whole round or tube-shaped foods such as grapes, cherry tomatoes, cherries, raw carrots, sausages, and hot dogs

\*Not creditable in the Child Nutrition Programs, including the Child and Adult Care Food Program (CACFP), National School Lunch Program and School Breakfast Program, and Summer Food Service Program.

# Waffle Fruit Pizza – Recipe for Homes

**CACFP Crediting Information:** Serving size 1/2 waffle. Serves 10 kids. One serving provides 1/2 oz. eq. grains and 1/2 cup fruit.

## Ingredients:

- 5 Whole Grain Rich waffles (1 oz. eq. each)
- 2/3 cup low-fat cream cheese, softened
- 1 tsp. vanilla extract
- 5 cups your choice of fruits (kiwi, strawberries, blueberries, raspberries, banana, pineapple, etc.)
- 2 Tbsp. maple syrup (optional)



## Directions:

1. In a bowl, whisk together the cream cheese, syrup and vanilla.
2. Spread two tablespoons evenly on top of each waffle.
3. Cut each waffle into 4 equal pieces that look like pizza slices.
4. Serve 2 waffle slices and 1/2 cup of mixed fruit on a plate. Have children add their own fruit topping to their fruit pizza!



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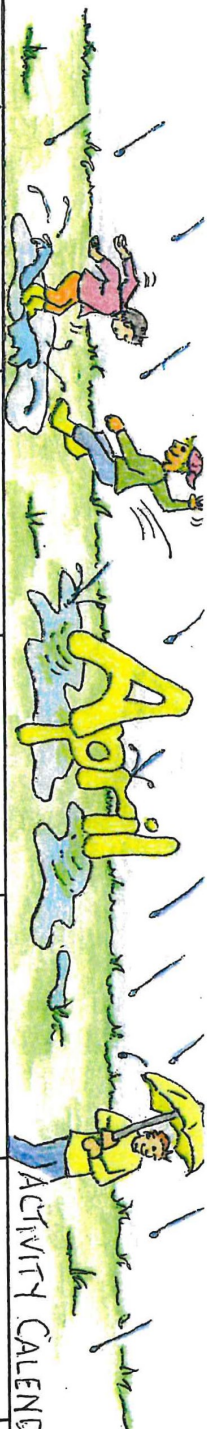
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>count to three in SPANISH. 1 2 3 uno dos tres</p> <p>draw a CIRCLE and cut it out</p> <p>HAPPY EASTER 20</p> <p>Name and eat 27</p> <p>foods that come from plants</p>	<p>talk about 1 over and under</p> <p>find some rectangles in your house</p> <p>see what shapes the clouds make</p> <p>practice 28</p> <p>buttoning</p>	<p>APRIL Fool's day - give a hug!</p> <p>draw a bug... make up a bug story</p> <p>decorate and count EASTER EGGS</p> <p>practice writing and drawing</p>	<p>go fly a kite</p> <p>have a family picnic - count ants</p> <p>Help wash the windows</p> <p>walk through your neighborhood, pick up any trash</p> <p>Count all family shoes!</p>	<p>turn over a rock - what's under it?</p> <p>Take parents to the play-ground day</p> <p>go on a bug hunt, observe them</p> <p>make sets of six with jelly beans!</p>	<p>wash your toes and count them ALL!</p> <p>READ a book about... bugs!</p> <p>talk about plant parts</p> <p>Visit the LIBRARY</p>	<p>make someone SMILE</p> <p>make play dough: 1 cup flour 2 spoons salt a little water</p> <p>How does rain help plants?</p> <p>name foods that are good for your teeth</p>



### Small Hands Crafting

All you need are coffee filters, blue and green washable markers, and water! Flatten the coffee filter and have your kids color it with the markers. Use a squirt bottle to spray water two or three times directly on the center of the filter. Watch with your kids as the water spreads to create a unique earth day design!



# Earth Day

**Did you know the USDA's Child and Adult Care Food Program (CACFP) plays a vital role in improving the quality of day care?**

Not only that, but the CACFP also works to help make child care more affordable for many low-income families. Each day, 3.3 million children receive nutritious meals and snacks through CACFP. The program also provides meals and snacks to 120,000 adults who receive care in nonresidential adult day care centers. CACFP reaches even further to provide meals to children residing in emergency shelters, and snacks and suppers to youths participating in eligible afterschool care programs.

**CACFP makes the world a better place for children!**

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### Seeds of Renewal: Movement on Earth Day

Start with Johnny Appleseed. Have your kids learn gardening movements while you share the story of the man who planted apple trees across the northeast in the early 1800s. First have them reach down and touch their toes as they gather apples from the ground and then stand back up to put them in their shoulder sack. Next have your kids walk in one spot as they travel the country looking for new places to plant apple trees. Then have them make large circle motions with their hand, one side at a time, as they pretend to toss the apple seeds across the ground. Finally, have the kids bend over and tamp down the soil to ensure the seeds grow.

### Crunchy Carrot Salad

Color your plate with carrots! This salad can accompany any meal.

1 pound raw fresh carrots (washed and scrubbed or peeled, shredded)

1/2 cup raisins

8 ounces low-fat vanilla or lemon yogurt

Mix all ingredients in a large mixing bowl. Cover with plastic wrap and refrigerate for at least an hour. Toss again before serving.

*Source: What's Cooking? USDA Mixing Bowl*



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

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

Name \_\_\_\_\_

Color the poster. Talk about why the Earth is a beautiful planet.

# My Beautiful Planet

