

The Edible Editorial

May 2026

May is here — and so are longer days, blooming gardens, and the final stretch of the school year! This month we're celebrating our amazing providers, embracing fresh spring flavors, and keeping our little ones active and nourished as the season heats up. As always, thank you for your dedication to the CACFP mission. The meals you serve truly make a difference every single day.

MAY OBSERVANCES & MONTHLY THEMES

- National Strawberry Month
- National Salad Month
- National Egg Month
- National Physical Fitness & Sports Month
- Mental Health Awareness Month
- Asian Pacific American Heritage Month

MAY HOLIDAYS & SPECIAL DAYS

May 1 — May Day

Welcome the month with an outdoor nature walk. Spot what's blooming and buzzing in your neighborhood this spring!

May 5 — Cinco de Mayo

Celebrate Mexican heritage with colorful, festive art projects and culturally inspired snacks like bean quesadilla triangles.

May 7 — National Teacher Appreciation Day

Acknowledge the educators and caregivers who help our children grow and thrive every day.

May 10 — Mother's Day

Honor the moms and caregivers in children's lives! A great day for card-making, flower crafts, and extra-special snacks.

May 25 — Memorial Day

Remember and honor those who served. Use this day to reflect on community and appreciation with the children in your care.

FUN SPRING ACTIVITIES

FLOWER SUNCATCHER CRAFT (Ages 3+)

Press colorful spring flower petals between two sheets of contact paper to make glowing suncatchers. Hang them in windows and watch the light show!

EGG CARTON GARDEN

Plant herb or sunflower seeds in recycled egg carton cups filled with soil. Children water and track their plants daily — a wonderful intro to gardening and responsibility.

MOTHER'S DAY HANDPRINT BOUQUET

Trace each child's hand on colorful paper, cut out, and arrange into a flower bouquet card. Add a heartfelt message for Mom — a keepsake they'll treasure forever.

BACKYARD OLYMPICS

Celebrate National Physical Fitness Month with a fun outdoor obstacle course! Hula hoops, bean bag tosses, and a finish line ribbon make it festive. Kids earn silly medals for participation.

CACFP CREDITABLE MEAL & SNACK IDEAS

STRAWBERRY SUNRISE BREAKFAST

- Whole grain toast or English muffin
- Fresh or frozen strawberries
- Milk

Tip: Strawberries are in season — a great way to celebrate National Strawberry Month!

SPRING GARDEN LUNCH BOWL

- Brown rice or whole wheat pasta
- Diced chicken or canned tuna
- Steamed broccoli + shredded carrots
- Peaches
- Milk

Tip: Shredded carrots add color and natural sweetness that kids love.

CINCO DE MAYO MINI QUESADILLAS

- Whole wheat tortilla
- Black beans + low-fat cheese
- Salsa + corn
- Grapes
- Milk

Tip: Black beans count as a meat alternate OR a vegetable!

VEGGIE HUMMUS SNACK PLATE

- Hummus (1/2 cup = 1 oz meat alternate)
- Sliced cucumber & cherry tomatoes

CENTERS: Completing Household Income Eligibility Statements

Instructions for Parents

If you are applying for foster child(ren) only, follow these instructions:

Part 1: Do not complete.

Part 2: List name, age, and birth date of foster child(ren); check the box for foster child.

Part 3: Sign and date the form. The last four digits of a social security number are not necessary.

If your household receives Food Assistance Program (FAP), Family Independence Program (FIP), or Food Distribution Program on Indian Reservations (FDPIR) benefits, follow these instructions:

Part 1: List the name and case number for any household member (including adults) receiving FAP, FIP, or FDPIR.

Part 2: List the name, age, and birth date for all children enrolled in day care.

Part 3: Sign and date the form. A Social Security Number is not necessary.

Note: Benefits received under WIC, Medicaid, or Department of Health and Human Services (DHHS) Child Care Assistance Program (where DHHS pays a portion of your child care expense) does **NOT** automatically qualify for Category A (free) meals.

All other households, including households where some of the children are foster children, follow these instructions (not required if household is over the income limits and don't have any foster children):

Part 1: Do not complete.

Part 2: List the names and ages of everyone (related or not related) living in your household, including you, other adults and children (If you need more space, use a separate sheet of paper.)

Place a ✓ in the column for all children enrolled in child care List household members' ages and dates of birth

Place a ✓ in the next column if children in the household are foster children

If no case number is indicated in Part 1, list (by person) the amount and source of income received last month. List monthly earnings **before** deductions, monthly welfare, child support or alimony or any other income including retirement, Social Security, Supplemental Security Income (SSI), Veteran's (VA) benefits, disability benefits, Worker's Compensation, unemployment, strike benefits, regular contributions of people who do not live in your household or any other income

Place a ✓ in the box for those listed who do not have income

If you are in the Military Housing Privatization Initiative or receive Combat Pay, do not include the housing allowance as income

Foster child payments received by the family from the placement agency are not considered income and do not have to be reported. The presence of a foster child in a family does not make all children in the household automatically eligible for free meals

If you are a farmer or self-employed, monthly income is gross farm or business income received in the month prior to application minus farm or business expenses. Gross wages from other jobs or income from other sources must also be listed as income. A loss from self-employment must be listed as zero income and cannot reduce other income

Part 3: Sign and date the form and list the last four digits of your Social Security Number or check the box indicating "I do not have a Social Security Number."

Barbecue Beef Sliders - Recipe for Homes

CACFP Crediting Information: 1 1/2 oz. equivalent meat/meat alternate and 1 oz. equivalent grains. Makes 6 servings.

Ingredients:

6 Rolls or slider buns, whole-wheat

14 1/2 oz. Beef chuck roast, fresh or frozen, thawed, without bone, practically free-of-fat

1/4 cup Barbecue sauce



Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Place beef in a slow cooker, at least 2 quarts. Cook on low for 4 hours or cook on high for 2 hours. Heat to an internal temperature of 145 degrees F. Wash hands after touching uncooked beef.
3. Remove beef from slow cooker. Place on a cutting board. Using two forks to shred beef into strips.
4. In a medium bowl, combine shredded beef, barbecue sauce, and 2 Tbsp. of au jus (liquid) from the slow cooker. Mix.
5. Slice rolls in half horizontally (if not pre-sliced).
6. Place 1/4 cup barbecue beef between each roll.
7. Serve 1 slider. Serve immediately, or keep warm at 140 degrees F or higher.



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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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.

May

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>draw a picture 3</p> <p>TOGETHER</p>	<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>MOTHERS' DAY - give mom a kiss! 10</p>	<p>make an animal sound 11</p> <p>woof</p> <p>meow</p>	<p>make up a story about a worm 12</p>	<p>VISIT THE LIBRARY 13</p>	<p>do you know your address? 14</p>	<p>National Chocolate Chip day! munch a few with milk! 15</p>	<p>fingerpaint with ketchup? 16</p>
<p>name pick ten dandelions 17</p>	<p>do you know your phone number? 18</p>	<p>play with soap bubbles 19</p>	<p>wash day for bikes 20</p>	<p>name body parts 21</p>	<p>Sing and dance to your favorite songs! 22</p>	<p>talk about fast and slow 23</p>
<p>retell a story by looking at the pictures 24</p>	<p>MEMORIAL DAY 25</p>	<p>tell someone why you LOVE them 26</p> <p>Let me count five ways</p>	<p>take a walk 27</p>	<p>READ a book TOGETHER! 28</p>	<p>make popcorn and count! EAT! 29</p>	<p>watch a sunrise... where has it been? 30</p>

Where Healthy Eating Becomes a Habit
Parent Information Sheet

This child care center is a participant in the Child and Adult Care Food Program (CACFP), a United States Department of Agriculture (USDA) program. The CACFP provides cash reimbursement to child care centers for nutritious meals and helps children develop healthy eating habits. The CACFP is administered by the Michigan Department of Education (MDE).

Through the Child and Adult Care Food Program you can be assured that your child is getting balanced, nutritious meals and developing healthy lifelong eating habits. Proper nutrition during the early years ensures fewer physical and educational problems later in life.

As a participant in the CACFP, your child care center receives reimbursement for serving nutritious meals and snacks. Meals and snacks must meet the USDA meal pattern requirements listed below.

Breakfast	Lunch and Supper	Snack (serve 2 from the 5 food groups below)
Fluid Milk Vegetable, Fruit or Both Grain/Bread Meat or Meat Alternate (in place of grain/bread, no more than 3 times per week)	Fluid Milk Vegetable Fruit Grain/Bread Meat or Meat Alternate	Fluid Milk Vegetable Fruit Grain/Bread Meat or Meat Alternate

Children less than one year old: Foods in the infant meal pattern vary according to the infant's age. If your child is less than one year old, please request the infant meal pattern requirements from our center.

MDE is required to verify the enrollment, attendance and meals/snacks typically consumed by children while they are in care. MDE staff may contact you regarding your child's participation in our day care center.

If you have any questions about the Child and Adult Care Food Program, please contact:

Mid Michigan Child Care Centers, Inc.
 Mid Michigan Child Care Food Program
 P.O. Box 610, Freeland, MI, 48623
 1-800-742-3663 or 989-695-2683
 Fax: (989) 695-5488

or

Child and Adult Care Food Program
 Michigan Department of Education
 P.O. Box 30008
 Lansing, Michigan 48909
 (517) 241-5353

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

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