

Small Hands Crafting

Have your children make paper chains using glue sticks and strips of black, white, red, yellow, and brown construction paper to represent various skin tones. After making the chains, tell the children about the symbolism of the craft.

Martin Luther King, Jr. wanted everyone to be able to join hands and have peace with each other. This craft reminds us of all those who joined hands when they marched for freedom with him.



Martin Luther King, Jr Day

Did you know that the CACFP programs benefit the entire community?

Because of the CACFP, federal tax monies are returned to the provider's state and invested in the health of the community's children. The added revenue is a means of helping to keep child care costs down for employees working in the community.

Justice, freedom, and equality are as important to your children's well being as healthy foods.

*"If you can't fly, then run,
If you can't run, then walk,
If you can't walk, then crawl,
but whatever you do,
you have to keep moving
forward."* ~ Martin Luther King Jr.

March On! Movement on MLK Jr Day

It is so important that we build an environment of trust and community. Teach your kids about MLK Jr's dream of freedom and equality while you take your kids on a Peace March around the block or in the backyard. Can't get outside? Have your kids make a friendship circle! Using yarn, you will make a spider web. Everyone will sit in a circle. Start the game by choosing one child to say something nice about another who is not sitting next to them. Throw the yarn ball across to that person. Do not let go of your part of the yarn! They will then say something nice about someone else and pass the yarn ball holding on to their part to the next person. When everyone has had a turn you will have a spiderweb and can talk about how you are all connected!

Macaroni & Cheese with Broccoli

- 2 cups uncooked elbow macaroni
- 4 tablespoons flour
- 2 cups milk
- 2 cups cheddar cheese, low-fat shredded
- 1/2 teaspoon pepper
- 2 cups broccoli (cooked and chopped)

Cook macaroni, following the instructions on the package. Drain the cooked macaroni and return to the pan. While the macaroni is still warm, sprinkle in the flour and stir thoroughly. Over medium heat, slowly stir the milk into the macaroni. Add the cheese and pepper. Stir over medium heat until the milk and cheese thicken into a creamy sauce, approximately 7-10 minutes. Stir in the broccoli; heat thoroughly. Taste; add a small amount of salt, if needed.

Recipe from USDA Mixing Bowl