

Small Hands Crafting

Have your children make a Kwanzaa Bracelet! You'll need a 12" piece of yarn in red, green and black. Show the kids how to braid the three colors together. When their yarn is braided, tie it off and make a bracelet for them to wear.



Celebrate Kwanzaa

Did you know that the CACFP has grown throughout the years and serves over 3.3 million children?

Children are served meals nationwide in family day care homes, child care centers, and Head Start Programs. The goals of the CACFP are to ensure that well-balanced, nutritious meals are served and to help children learn to eat a wide variety of foods as part of a balanced diet. The CACFP serves children under the age of 13, migrant workers' children, age 15 and under, physically or mentally disabled persons receiving care in a family day care home or child care center, adults who are functionally impaired or over the age of 60, and unable to care for themselves.

This Holiday season we honor and appreciate CACFP providers and staff. Happy Holidays!

Safari Counting Tag! Movement on Kwanzaa

Kwanzaa is a holiday that lasts for seven days. Kwanzaa Tag is a good way to learn about the holiday and reinforce counting to seven. Designate one or two children as the lions. The other children are the impalas. When the impalas are tagged by the lions they must "freeze" as they count to seven. After seven, they are free to go again. Change lions every two minutes. Want some variation? Try skipping, galloping or side-stepping instead of running.



Corn-Casserole

- 1/2 cup onion (chopped)
- 1 1/2 teaspoons vegetable oil
- 1 (15-ounce) can low-sodium cream style corn
- 3/4 cup yellow or white cornmeal
- 2 eggs
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- nonstick cooking spray

Preheat oven to 350 degrees F. In a saucepan, cook onions over medium heat in vegetable oil until tender (about 4 to 5 minutes). Open canned corn and drain liquid into a measuring cup. If needed, add low-fat milk to make 1 cup of liquid. Add liquid and cornmeal to the cooked onions in the saucepan. Stir until the mixture boils. Remove saucepan from heat and mix in corn. In a mixing bowl, mix flour and baking powder. Add cornmeal mixture. Mix well. Spray a 9-inch baking pan with nonstick cooking spray. Pour mixture into baking pan. Bake for 25 to 30 minutes. Cut into 6 servings.

Recipe adapted from USDA Mixing Bowl