

Small Hands Crafting

All you need are some crayons or colored paper, cotton balls, and glue! Have your kids create a rainbow using crayons or colored paper strips/pieces. Next have them glue some cotton balls at each end of the rainbow to complete their St. Patrick's Day art.



Photo: WonaMiniati

St. Patrick's Day

Did you know that the USDA's Child and Adult Care Food Program (CACFP) has portion size guidelines?

CACFP guidelines are very helpful in planning portion sizes for children of different ages. But what is one ounce of chicken or how can you portion out a half cup of veggies? Here are some quick tips when considering portion sizes: A one-ounce serving of meat is about the size of a matchbook. A half cup of fruit or vegetable is about a rounded handful. One ounce of cheese is about the size of four dice. One half-cup of pasta or rice is about the size of a tennis ball. Eight ounces of fluid milk (one cup) is about the size of your fist.

Because developing healthy eating habits is better than finding a pot of gold!

The Jig is Up! Movement on St. Patrick's Day

Irish Dancing can be fun especially when your little ones pretend to be leprechauns! Have them imagine they are standing on their own shamrock while they get active with these dance moves.

- Jump off the shamrock—forward, backward, left, right
- Hop on both feet, staying on the shamrock
- Now hop on one foot—left and then right)
- Hop higher and higher on one foot—left and then right
- Skip in place on the shamrock

Finally, little kicking runs can be done around the shamrock. Play some Irish Dance music and let the fun begin!

Potato Soup

- 1 cup onion, chopped
- 1 tablespoon garlic, finely chopped
- 1 tablespoon vegetable oil
- 1/4 pound chicken, thawed, cut up, skin removed
- 4 cups water
- 6 small red potatoes, chopped (or 1 can, about 15 ounces, low-sodium sliced potatoes)
- 1/4 cup white rice, uncooked (or brown rice)
- 1/2 teaspoon chili powder (or paprika)
- 1 cup peas
- 1/2 teaspoon cayenne or jalapeño chilies, diced
- 1/2 cup fresh parsley or cilantro

In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes. Add chicken to pot and brown for about 5 minutes. Add water, potatoes, rice, and chili powder to pot. Bring pot to a boil, and cook for 15 minutes. Lower heat and cook for about 15 to 20 minutes. Stir pot every 10 minutes. Add peas and cook for about 8 minutes. If using cayenne or jalapeño chilies, add that too. Mix well. Remove pot from heat. If using parsley or cilantro, add that now. Mix well and cover for 5 minutes. Serve hot.

ST. PATRICK'S DAY FUN: Add kale or spinach in the last five minutes of cooking to up the greens!

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