

# CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

2015



# September



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**School's back in session!!! Now is the time of the year when you get to focus on the younger children that are with you all day long. We have some great activities to help teach the children about healthy eating. There are some great websites and books out that can help with fun activities ideas and new snack and meal ideas.**

## Apple Cinnamon Breakfast Bar

What you'll need:

1/2 cup coconut flour  
1/2 cup blanched almond flour  
1/2 cup white rice flour  
1/2 cup tapioca flour  
1 cup unsweetened coconut shreds  
1 egg  
1 cup natural peanut butter  
2 cups unsweetened applesauce  
1 cup raisins or other dried fruit  
2 TB cinnamon  
1 TB vanilla extract  
Optional 1/4 - 1/3 cup raw honey (The applesauce is sweet, but you can taste the batter and add some honey if you prefer sweeter bars.)



- Place all the ingredients into a large mixing bowl
- Combine with a spatula
- Spread into a buttered 9x13 baking dish
- Bake at 350 degrees for 25 minutes.

Let the pan cool, and then cut into bars

[www.superhealthykids.com](http://www.superhealthykids.com)

## Planning a Picnic

You can plan a real picnic with the children, or you can just pretend to have a picnic.

**What you'll need:** Pictures of food (or real food), paper, and materials to make invitations, picnic basket

Ask the children to tell you what they know about picnics and have them help you plan one.

Together, list all the things that you might need for a picnic. The list might include choosing a location, figuring out how to get there, what day to go, and having a backup plan should it rain..

Have the children make invitations for family and friends.

**This activity is from the book Fitness and Nutrition**



## Monkey Fun

**Supplies needed:** Brown paper bags, scissors, markers or crayons, and food pictures.

**Instructions:** Make a monkey obstacle course with stations. At these stations have signs of monkey activities (shown below). Children rotate to stations and act-out the activities.

Example:

***Monkey arms:*** children are waving “monkey” arms high above their heads, then hanging their arms down low to the floor.

***Monkey swings:*** children lie on their backs with their “monkey” legs high in the air and swing them side to side touching the floor on either side.

***Monkey sounds:*** “call out” like a monkey and make the motions of a monkey.

**Variation: Play:** Play “Monkey See, Monkey Do”. Place food pictures around the room. Have children use brown paper bags (grocery size) and decorate them into monkey bodies with faces and cut eye holes. They put them over their heads and “see” what foods the monkey sees (what they see through their monkey eyes).

This activity came from the book 5 MINUTE ACTIVITIES: NUTRITION ACTIVITIES FOR PRESCHOOLERS

**Annual Reenrollment:** For those who have returned your reenrollment forms, thank you. If you have not yet mailed them, please do so as soon as possible. Failure to complete the forms correctly and submit them on time will result in a disallow of reimbursement for meals. Once we receive your reenrollments, we are sending your yellow copy back to you within five working days. If you do not receive it, this should be a red flag that perhaps it was lost in the mail and you should contact our office immediately.

**Meal Time Changes:** It is very common once school is back in session to serve meals at a different time than during the summer. Also, if you are serving more than one meal service, you need to let us know that you are doing shifts. Please keep in mind, that you are required to notify our office of these changes. Failure to do so could result in a loss of reimbursement.

**Office Closing – Monday, October 12th**

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Phone Numbers – 1-800-784-0157, 786-0925, fax – 784-2453**

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