

CACFP & Me: Passport to Adventure



Eat Your Greens!

Healthy Hobby

Nurturing and cultivating their own plants gives children an ownership that will often translate to a willingness to try new fruits and veggies. Gardening promotes a lifelong interest in nutrition. Gardening is exercise! All that squatting, digging, and lifting leads to calories burned.



Celebrate National CACFP Week! www.cacfp.org

Crispy Edamame

- 1 package (12 ounce) frozen shelled edamame (green soybeans)
- 1 tablespoon olive oil
- 1/4 cup grated Parmesan cheese

Salt and pepper to taste Preheat oven to 400°F. Rinse under cold water to thaw. Drain and dry completely. Spread the edamame in a single layer on a shallow baking dish. Drizzle with olive oil and toss to coat. Sprinkle with cheese and season with salt and pepper (optional). Bake at 400°F until the cheese is crispy and golden, about 15 minutes.

As children we were always told to eat our veggies, particularly the green ones. Now as adults we find ourselves passing along those same great words of wisdom. But why? It's one thing to tell kids what they should eat, but it's almost always more effective to tell them why they should. During your next meal, take the time to talk about the food they're eating. Explain that bell peppers are rich in vitamin A, a must-have for healthy eyes and skin. Zucchini gives you potassium, which makes your heart healthy and strong. Eating spinach and other leafy greens will prevent you from getting sick and missing out on all the fun. Still don't have them convinced? Try these tips for adding extra greens: Blend spinach and add to sauces, grate zucchini for casseroles, finely dice bell peppers and add to ground meat for tacos and sloppy joes.

CACFP is an indicator of quality child care.