

SWEET POTATOES

Activity:

Tops and Bottoms

Join Virginia Agriculture in the Classroom in learning all about sweet potatoes! Find the activity here: <https://cdn.agclassroom.org/va/teachers/harvest/01.pdf>

Recipes:

Sweet Potato Hash

<https://www.cacfp.org/2020/12/11/sweet-potato-hash/>
Courtesy of National CACFP Sponsors Association

Roasted Sweet Potato Sticks

<https://www.cacfp.org/2020/12/29/zoes-roasted-sweet-potato-sticks/>
Courtesy of National CACFP Sponsors Association

Local Harvest Bake

[https://fns-prod.azureedge.net/sites/default/files/resource-files/Local Harvest Bake 6 Servings.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/Local%20Harvest%20Bake%206%20Servings.pdf)
Courtesy of USDA Team Nutrition

Baked Chicken

<http://ccfpconference.weebly.com/uploads/7/9/9/8/7998708/idaho-cacfp-menu-toolkit-final.pdf>
Courtesy of Idaho Child Nutrition Programs, page 25

Book Recommendation:

Little Sweet Potato

By Amy Seth Bloom and Noah Z Jones
Recommended by Childsavers



Image credit: VAITC

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SPINACH

Activity:

Join Mrs. Cannon on a Dr. Yum's Preschool Food Adventure lesson to learn how to become friends with SPINACH!

Click here to register: <https://www.bigmarker.com/the-dr-yum-project/Dr-Yum-s-Food-Adventure-Spinach-Lesson-2cdf942d44304febdce5faa5>

Recipes:

Spinach Egg Bake

https://bit.ly/CS_SpringA

Courtesy of Rooted and UW Madison Center for Integrated Agricultural Systems

Build Your Own Garden Salad

See recipe card below.

Roasted Turkey Pita Sandwich

<http://ccfprtconference.weebly.com/uploads/7/9/9/8/7998708/idaho-cacfp-menu-toolkit-final.pdf>

Courtesy of Idaho Child Nutrition Programs, page 62

Book Recommendation:

Pete Moss and the Super Strong Spinach

By Cynthia Wylie, Courtney Carbone, and Katya Longhi

Recommended by Childsavers



Dr. Yum's Preschool Food Adventure is a research-backed, interactive curriculum introducing preschoolers (or as we like to call them, Food Explorers) to the joy of eating fruits and vegetables. This proven, one-of-a-kind program works because it was written by a team of experts including a pediatrician (Dr. Yum), a pediatric feeding therapist (Coach Mel), a registered dietitian (Dietitian Sarah), and a seasoned early childhood educator (Mrs. Cannon) who all understand how kids become picky eaters and how to prevent picky eating using a joyful approach. To learn more, visit doctoryum.org.

The curriculum is designed for a spectrum of young children. If you have any concerns about your student trying any of the foods in Dr. Yum's Preschool Food Adventure because of feeding challenges, food allergies, food sensitivities, or cultural or religious considerations, please feel free to share those concerns by emailing the Dr. Yum Project's dietitian at Sarah@DoctorYum.org. To learn more about joining the Adventure, email Jessica@DoctorYum.org.

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BUTTERNUT SQUASH

Activity:

Mr. Butternut

Cut multiple holes into the butternut squash. Use Mr. Potato Head pieces or cut vegetables like carrots and broccoli to build a Mr. Butternut.

Activity courtesy of Navy Regional Child Development Programs

Recipes:

Butternut Squash Frittata

See recipe card below.

Courtesy of <https://www.onceuponapumpkinrd.com/butternut-squash-frittata/>

Butternut Squash Bites

See recipe card below.

Courtesy of Navy Regional Child Development Programs

Big Bad Wolf Soup

<https://tools.johnstalkerinstitute.org/masscamps/cacfp-menu-planning.pdf>

Courtesy of USDA Team Nutrition, page 37

Book Recommendation:

Sophie's Squash

By Pat Zietlow Miller and Anne Wilsdorf

Recommended by Childsavers

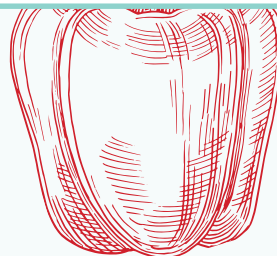
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APPLES

Activity:

Apple Suncatchers

http://www.momto2poshlildivas.com/2012/09/fall-crafts-coffee-filter-apple-art-for.html?utm_source=convertkit&utm_medium=email&utm_campaign=20+Simple+Back+to+School+Art+Projects+for+Kids%20-%206297043

Courtesy of Jackson Child Care via Mom to 2 Posh Lil Divas

Recipes:

Spiced Oatmeal

<https://fns-prod.azureedge.net/sites/default/files/resource-files/Spiced%20Oatmeal%206%20Servings.pdf>

Courtesy of USDA Team Nutrition

Crunchy Apple Sandwiches

<https://recipes.doctoryum.org/en/recipes/crunchy-apple-sandwiches-76904>

Courtesy of the Doctor Yum Project

Fall Bake

See recipe card below.

Courtesy of Childtime Learning Center and LaPetite Academy

Book Recommendation:

Hello, World! How do Apples Grow?

By Jill McDonald

Recommended by Childsavers

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PUMPKINS

Activity:

Pumpkin Boat Float

Carve little pumpkins or gourds into boats that really float for a water table. To do so, cut off the top third, remove the flesh and the seeds from the inside. Add some acorns, cranberries, or other fall items. To encourage creative play, add small plastic people or animals.

Activity submitted by Childtime Learning Center and LaPetite Academy

Recipes:

Pumpkin Patch Pancakes

<https://tools.johnstalkerinstitute.org/masscamps/cacfp-menu-planning.pdf>

Courtesy of USDA Team Nutrition, page 25

Pumpkin Dip

<http://harvestillinois.org/pumpkin-dip>

Courtesy of the Illinois Farm to School Network

Jack O Lantern Soup

<https://tools.johnstalkerinstitute.org/masscamps/cacfp-menu-planning.pdf>

Courtesy of USDA Team Nutrition, page 30

Book Recommendations:

How Many Seeds in a Pumpkin?

By Margaret McNamara and G Brian Karas

Recommended by Childsavers

Amara's Farm

By JaNay Brown-Wood and Samara Hardy

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Farm to CACFP Recipe



Build Your Own Salad

Prep Time: 10 minutes

Servings: 50, 3-5 year old children

CACFP Creditable: 1 serving (1/4c spinach, 3/8c vegetables, 1/4c dried fruit)= 1/2c vegetable, 1/2c fruit

Ingredients:

- 3 3/4 lbs dried cranberries
- 1 1/2 lbs baby spinach
- 3 lbs cherry tomatoes
- 3 lbs bell peppers, cut into strips
- Optional: salad dressing and sunflower seeds

Instructions:

1. Separate out each ingredient into 50 small cups. Spinach cups should contain 1/4c spinach, cranberry cups should contain 1/4c dried cranberries, tomato cups should contain 2/8c cherry tomato, and the pepper cups should contain 1/8c sliced peppers
2. Each student should be given one cup of each of the ingredients and a bowl, along with a side of salad dressing.
3. Encourage each student to build their salad in their own creative way.



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Farm to CACFP Recipe



Butternut Squash Frittata


Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 50, 3-5 year old children

CACFP Creditable: 1 serving (1 cup)= 1/4c vegetable, 2.75oz M/MA

Ingredients:

- 5 1/2 dozen eggs
 - 16 2/3 cups spinach
 - 8 1/3 cups butternut squash (frozen)
 - 4 cups sharp cheddar cheese
 - 4 cups unsweetened almond milk
 - 2 1/2 Tbsp garlic powder
 - 1 Tbsp onion powder
 - 1 Tbsp red pepper flakes
 - Pinch of salt and pepper
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Farm to CACFP Recipe

Butternut Squash Frittata, continued

Cooking Instructions:

1. Preheat the oven to 400 degrees F. Grease a round skillet with cooking spray. In a bowl whisk together the eggs, salt, pepper, garlic and onion powder.
2. Over low heat, gently wilt the spinach. Add oil to pan as needed. Let the spinach slightly cool and add the cheese to the egg mixture.
3. Reheat the frozen butternut squash according to package directions so that it's not frozen and add spinach and butternut squash to egg mixture.
4. Add a sprinkle of cheese on top. Pour mixture into greased pan and bake for 25 to 30 minutes. You will want to make sure that the center is no longer wet before removing. If baking in large batches, increase the baking time.



Credit: <https://www.onceuponapumpkinrd.com/butternut-squash-frittata/>

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Farm to CACFP Recipe



Fall Baked BBQ Chicken



Prep Time: 15 minutes

Cook Time: 30-45 minutes

Total Time: 1 hour

Servings: 53, 3-5 year old children

CACFP Creditable: 1 serving (1/2 c) = 1 1/2oz M/MA, 1/4 c F/V

Ingredients:

- 5 lbs chicken (pre-cooked, 100% meat), diced
- 5 1/4 lbs Sweet Potatoes, frozen, diced
- 2 cups apple, diced
- 7 cups BBQ Sauce

Cooking Instructions:

1. Preheat oven to 350 (325 for convection oven).
2. Place chicken, sweet potatoes, and apples in a large roasting pan.
3. Pour BBQ sauce over the top and cover with foil.
4. Bake for 30-45 until or until heated through and internal temperature reaches 165 degrees.

Credit: Learning Care Group, Inc.



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Farm to CACFP Recipe



Butternut Squash Bites

Prep Time 15 minutes

Cook Time 8 minutes

Total Time 25 minutes

Servings 15 bites

CACFP Creditable: supplement bites with other items to complete meal pattern

Ingredients

- 1 package frozen mini phyllo dough shells 15 shells
- 1 fresh butternut squash or 10oz bag of frozen butternut squash
- 1 Tbsp unsalted butter
- 1/4 medium white onion, finely diced
- 1/4 cup sharp cheddar cheese, shredded
- 2 tsp fresh sage, chopped
- 1/4 tsp red pepper chili flakes
- salt and pepper to taste
- pumpkin seeds for garnish

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Farm to CACFP Recipe

Butternut Squash Bites, continued

Instructions:

1. Preheat oven to 375°F. Arrange phyllo shells on an un-greased cookie sheet. Then, microwave butternut squash until soft. Drain any liquid from the squash and set aside.
2. In a medium sized skillet, melt butter and sauté the onion for ~5 minutes on medium heat. Stirring occasionally. Onion should become near translucent.
3. In a medium bowl, mash the butternut squash using a potato masher until somewhat smooth. Then stir in the onions, cheese, sage, and seasonings until nicely incorporated.
4. Spoon mixture into phyllo shells and bake for 8 minutes. Top with pumpkin seeds and serve warm

Notes:

These are best if eaten the same day. Leftovers the next day will be soggy. To make in advance, make the filling and keep separate from the phyllo shells.

Puree butternut squash filling in a food processor to achieve a smoother consistency.

Credit: Navy Regional Child and Youth Program