Small Hands Crafting

Kids will love painting with water spray bottles. Mix different colors of washable tempera paint with water in separate water bottles. Lay out different canvases or large pieces of poster board outside. In clothes that can get dirty, let the kids be creative and make a work of art.

Happy Summer

Did you know that your CACFP child care provider helps ensure the body systems work correctly with encouraging proper hydration?

As a CACFP provider, your child care home knows the importance of water and fluids to maintain a healthy body. Did you know the human body is 75% water? Water hydrates the body, cushions muscles and joints, and is used by the body to transport nutrients to and carry water away from cells and assist in regulating body temperature. We must rehydrate regularly to keep our muscles and body systems working properly. The daily recommended amount of water for a 4-8 year old is seven cups!

As the summer sun heats up, make sure to drink plenty of water. Stay hydrated!

Water Fun:
Movement in the Summer

Summer is the best time to step outside and play in the water. Try these water games with your kids for some cool fun!

Drip, Drip, Splash - This is a simple variation on the old classic Duck, Duck, Goose. On the drip, the person that is it will drip just a tiny bit from a wet sponge on the other players. When it is time to splash, it will be a big soaking from the sponge.

Sponge Bullseye - With sidewalk chalk, draw various circles and assign point values, letters or numbers. Ask the children to get as many points as possible, hit a certain letter or a certain number with their wet sponges.

Car Wash - Those bicycles and toy cars need a good washing. Get out sponges and buckets and let the kids wash away all the dirt.

Summer Salsa

- 16-oz. strawberries, diced
- 2 kiwi, peeled and diced
- 1/2 cup blueberries
- 1/2 cup raspberries
- 3 tablespoons sugar-free apricot preserves or jam

Mix all of the diced ingredients and the whole berries with the sugar free jam. Chill. Serve the salsa with whole grain pitas or make your own whole grain tortilla strips. To make these at home, use whole grain-rich tortillas. Spray tortillas with cooking spray and cut with pizza cutter into triangle pieces. Bake at 350 for 8-10 min. Cool and dip into your delicious summer salsa!