

2016 National CACFP Sponsors Association

#healthyholidayNCA

wisconsin



#healthyholidaynca Hannukah Feast

Potatoes for the latkes are grown by my dad and my children help dig them up (kids helped make the latkes batter), sausage links are from a local farmer and processed by our local butcher shop, we made the Challah bread from scratch this morning as a daycare project, this applesauce is not homemade, but we do make our own as daycare projects (had enough to prep!) Wisconsin is the dairy state for the milk, butter, and sour cream. ~ Corrine Hendrickson

utah



#healthyholidayNCA Holiday MyPlate

For our holiday myplate I used strawberries and bananas as Santa for the fruit. For the vegetables I used broccoli, mini tomatoes, and sweet yellow peppers to make a Christmas tree. For Grains I prepared a white rice looking like a reindeer. Lastly for protein I have made a whole chicken sautéed in oranges, beets, and olives. 1% milk was also served with their meal. ~ Rainbow of Love

missouri



#healthyholidaynca Christmas Breakfast

We served a healthy Christmas breakfast which included eggs benedict made with a poached egg on a whole grain English muffin and topped with two tomato slices, fresh spinach leaves, red onion and a slice of smoked ham and hollandaise sauce. The hollandaise sauce was made from an egg yolk, low fat yogurt and lemon juice with fresh chives as a garnish. The eggs benedict was accompanied by a fresh berries with a side of low fat yogurt and honey drizzle. This breakfast represents our region because all of the items are locally grown or purchased from local merchants. It is a good representation of healthy foods that are available from local growers and producers. ~ Jefferson Franklin Community Action Corporation