

February

MAIL

Strawberry Surprise

2 c strawberry yogurt
2 c pineapple juice
16 oz frozen strawberries

Add all ingredients to a blender, mix on high until smooth. Serve 1/4 cup immediately as a frosty smoothie or let sit for five minutes before serving as snack.

#CACFPCREDITABLE



Hydration Station

Milk is a required component for CACFP meals and children must be offered water regularly throughout the day. Water helps quench your preschooler's thirst and milk provides nutrients for growth. Both beverages are important to keeping kids healthy.

CACFP is an indicator of quality child care.

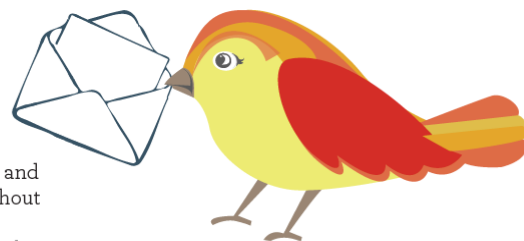
Post Office

Kids can craft mailboxes for Valentine's day using upcycled boxes, construction paper, paint and markers. Encourage children to make and deliver drawings to each other all month. Ask parents to write and send notes that you can drop in their mailboxes too.



Deliver the Letter

Mail carriers brave all kinds of weather so go outside and pretend. Pet the dogs, duck from rain, and avoid construction. Once kids get from one end of the yard to the other, have them tag up, and go again.



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