

## October

## HELP

### Fireman's Stew

1½ pound lean ground beef  
2 potatoes, diced  
4 carrots, sliced  
1 (28-ounce) can tomatoes, chopped

Divide ingredients in half and layer them in a large pot. Bring to a boil, reduce heat, cover, and allow to simmer for one hour. Serves 10.

#CACFPCREDITABLE



### Dalmatians

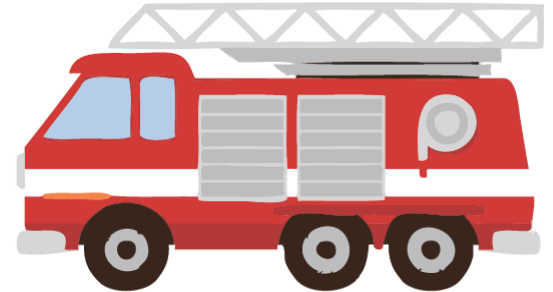
Give each child a white paper plate and black crayon. Have them make circles of any size, randomly, over the entire plate. Glue on googly eyes, black construction paper ears, and a pink nose and you've got a fire house favorite. Send artwork as a thank you to your local fire house.

### Smoke Screen

Have kids take turns holding up a bed sheet as each one tries to belly crawl underneath from one side to the other. After a successful round, have the kids lower the sheet and start again.

### Oxygen Rich Foods

Iron helps red blood cells carry oxygen from your lungs to the rest of your body. Foods which are packed with iron, like chicken and turkey, have an important place at the table. Consider also serving iron-rich cashew nuts, baked potatoes, lentils, or beans paired with citrus fruits to increase absorption.



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