

## Small Hands Crafting

On construction paper, have your children trace and cut out the outline of their hand print. You'll need to do this step for your youngest.

Tell your kids about the custom of making New Year's Resolutions and then ask each child to write, or have you help them write, their New Year's Resolution on their paper hand.

Attach a magnet to the back. Place their magnet on the fridge to help them remember their resolution all year.



# New Year's Day

## Did you know your child is learning healthy eating habits through the CACFP?

One of the most important lessons a child will learn is healthy eating habits. The Child and Adult Care Food Program provides resources to help children grow and develop to their fullest potential. Together, with caregivers and parents, we can work to establish and encourage healthy eating habits. Receiving nutritious meals early in life, as well as being physically active, is critical to the establishment of positive lifelong habits.

**As we enter this new year, we renew our commitment to provide your child with nutritious foods and nutrition education that will last a lifetime!**



## Balloon FUN! Movement on New Year's Day

What is a celebration without balloons? There are several ways to incorporate balloons into indoor or outdoor physical activities. Have a balloon relay race where each child runs down to the end of the line with their balloon where they need to pickup a balloon in the next color of the rainbow. When they get back to the start, the next child will run to the end and do the same. Learn colors, talk about rainbows, and get some physical activity in your day! Another alternative? Teach the kids how to play balloon ping pong using paper plates for paddles.



## Black-Eyed Peas

- 3/4 cup water
- 1 onion (chopped)
- 2 celery stalks
- 2 cloves garlic (chopped)
- 1/4 teaspoon black pepper
- 3 cups black-eyed peas, (canned or precook)
- 4 cups rice (cooked)
- 1 bell pepper (chopped)
- 1/2 teaspoon hot pepper sauce

Bring the water, onion, celery, garlic, and pepper to a boil, stirring often. Add the black-eyed peas and return to a boil, stirring often. Reduce heat to low, cover, and continue cooking until most of the water is gone, about 20 minutes. Add rice, pepper, and pepper sauce. Stirring often, cook until heated through, about 5 minutes.

*9.25 cups volume*

*Recipe from USDA Mixing Bowl*

*Crediting for Vegetable and Grain component  
Portion sizes 1-2 yr old 1/3 cup  
3-5 yr old 3/8 cup and 6-12 yr old 1 cup*

**CACFP is an indicator of quality child care.**

**[www.cacfp.org](http://www.cacfp.org)**