

OCTOBER

Cottage Cheese Dip

1 cup low-fat cottage cheese
1/4 teaspoon dried dill
1/4 teaspoon onion powder
1/8 teaspoon garlic powder
Fresh vegetables, assorted

Mix together cheese and spices for just one minute in a blender until smooth. Serve the dip chilled with fresh vegetables such as carrots, celery, green pepper, broccoli or green beans.



Spider Web Walk

Using painters tape on the floor, create a spider web. Mark a clear start and stop on the web and have your children follow the web pattern like a maze to get from the beginning to the end. You can put obstacles or prizes along the way to make it more challenging and fun.



It's A Spider!

Paint your children's hands with black paint. Cover the palms and fingers completely, but not the thumbs. Then press each hand down on construction paper where the fingers are pointing out and where the wrists would meet. You should have a body with eight legs. When dry, glue wiggly eyes on in the middle and you've got your own "hand-made" spider.

Why Whey

In the United States milk has always been part of a healthy diet. Milk is high in protein, calcium and Vitamin D. In fact, milk is often referred to as the best source of calcium in America – a primary building block in growing strong bones. For CACFP providers, milk is served as unflavored, low-fat or skim milk. Other dairy products such as cheese and yogurt, are creditable as a meat alternate.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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