

The Twig – March 2024 Official Newsletter of Infant Toddler Family Day Care

CACFP Week is this week!

Engaging Activities to Celebrate CACFP Week:

Cooking Demonstrations: Organize cooking demonstrations where children can observe and participate in the preparation of healthy snacks. This hands-on activity not only educates children about nutrition but also enhances their culinary skills. Encourage them to ask questions and share their experiences with healthy eating.

Garden Tours: Take children on a guided tour of a local garden or create a small garden. Teach them about different fruits and vegetables and how they grow. Engaging with nature and learning about where food comes from helps children develop a deeper appreciation for healthy eating.

Food Tasting Stations: Set up food-tasting stations where children can sample a variety of healthy snacks. Create different stations with options like hummus and vegetable sticks, whole grain crackers with cheese, and yogurt with fruit. This activity allows children to explore new flavors and textures while encouraging them to make nutritious food choices.

Art and Crafts: Encourage children to express their creativity through art and crafts activities related to food. They can create collages using pictures of healthy foods or design their own menu using colorful paper and markers. These activities help children develop fine motor skills and enhance their understanding of healthy food choices.



Save the Date:

**Mandatory Provider
Professional
Development Day on
Sunday, September 15,
2024.**



Upcoming Closings:

Memorial Day
Monday, May 27, 2024

Juneteenth Day
Wednesday, June 19, 2024

Our 2024 calendar is available!
2024 Holiday Calendar



Upcoming Trainings:

Sat, Apr. 20, 2024, 10:00AM at the ITFDC Office

Arts & Crafts Workshop with Asma Chaudhary
Together, we will celebrate the beloved children's story, "The Little Engine That Could," as we roll up our sleeves and create hands-on, learning activities that not only little ones, but big ones will enjoy! This will be a fun opportunity to re-use different materials available in and around our home environments, inspired by the story's message of hope and optimism—just as long as we are willing to try.

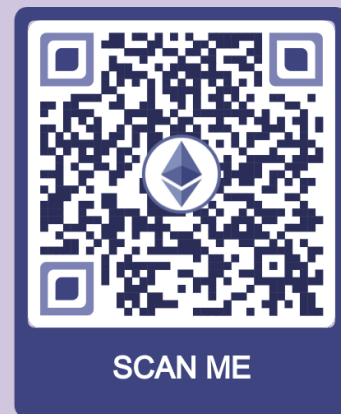
Provider Advisory Meeting—When: May 7, 2024 at 7:00 PM

Register in advance for this meeting:
<https://us06web.zoom.us/meeting/register/tZcq-6hpjkgN29yCz3EEYqpBcatkSz9eZ>

After registering, you will receive a confirmation email containing information about joining the meeting.



**Congratulations on your
CDA Renewal, Mariam
Samadi!**



**Scan the QR code to
donate to ITFDC!**

Infant Toddler Family Day Care

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