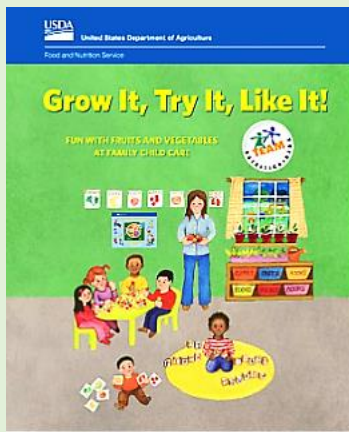




Grow It, Try it, Like It!

Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care is designed to help CACFP participants provide garden-based nutrition education for ages 3-5 years.

Through activities in *Grow It, Try It, Like It!*, children touch, smell, feel and taste new fruits and vegetables. Children also learn how fruits and vegetables grow. Planting activities help children connect the delicious food choices at the table with farm, orchard, or garden.



Download or order a printed copy at

<https://www.fns.usda.gov/tn/grow-it-homes>

Meats and Meat Alternates at Breakfast

Breakfasts in the CACFP include milk, vegetables and/or fruits, and grains. You can also serve meats and/or meat alternates **instead of grains** at breakfast up to **3 times per week**. This option gives you more choices for menu planning. Meats and Meat Alternates include:

- cooked beans or peas
- lean meat
- peanut butter
- cheese
- poultry
- tofu
- eggs
- fish
- yogurt

Click on the link below to learn more.

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast-cacfp>

Prior Notification

Remember to give ACA prior notification if your childcare business is closed or if you and the children will be out of the home.

Call: 651-481-9320

OR

Email: cacfp@acainc.org

Let ACA know the dates and times you will be closed or away. Prior notification helps Program Advisors schedule efficiently and keeps you in compliance with USDA requirements.

Sweet Potato Egg Cups

- 1 small, sweet potato shredded or spiralized
- 10 large eggs
- 3/4 cup sharp cheddar cheese shredded and divided
- 1/2 cup spinach chopped
- 1/2 cup skim milk
- 1/2 tsp. ground mustard
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. salt
- 1/4 tsp. pepper



Preheat oven to 375°. Prepare muffin tin (12 count) with non-stick cooking spray. Divide shredded sweet potatoes evenly between 12 muffin cups. Bake for 10 minutes, then remove from oven.

Top the baked sweet potatoes with spinach and cheese, dividing them equally on top of the potatoes. In a mixing bowl with a spout, whisk eggs, milk, and spices. Pour egg mixture on top the baked sweet potatoes, spinach, and cheese in the muffin tin. Bake 20-25 minutes or until eggs are set. Serve hot or cool. Try freezing for quick meal later.

Yield: 12 muffins

Serving Size: each muffin provides a meat alternate at breakfast, lunch/supper, and snack to children 3-5 years.

Adapted from: <https://www.createkidsclub.com/egg-frittata/>