

# Parent Provider Connection - January 2025



## Bone Support

Building strong and healthy bones in children's bodies requires nutrients such as calcium, vitamin D, vitamin K, potassium and magnesium. Serve foods like leafy greens, yogurt, fortified cereals and milk to support their bone growth.

## Build-a-Lunch

Sliced cucumbers  
Sliced strawberries  
Whole wheat crackers  
Sliced Monterrey Jack cheese

Serve each child  $\frac{1}{4}$  cup of cucumbers,  $\frac{1}{4}$  cup of strawberries, crackers ( $\frac{1}{2}$  oz eq), and cheese (1 $\frac{1}{2}$  oz eq). Encourage children to build their lunch by using different food components to make mini cracker sandwiches. For a complete lunch, serve milk.

## Stack a Cup

Give each child a stack of unbreakable plastic cups all the same size. Have them each build their own skyscraper while you ask questions to spark their curiosity. Who can make the tallest? Who can make the sturdiest? How do you keep it from falling over?

## Number Jump

Place numbered floor tiles evenly apart on the floor. Have the children jump from one number to the next. Can they call them out in order as they jump? To add more challenge, vary the distance between the number tiles.

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