

# Parent Provider Connection - October 2025



## Astronomical Protectors

There are more living cells in one human body than stars in a galaxy. The immune system contains cells that detect and protect the body from diseases. Serve a rainbow of fruits and vegetables throughout the week to get nutrients that help keep the immune system working, such as beta-carotene, vitamin C and zinc.

## Out-of-This-World Oatmeal

Oatmeal  
Fruit, chopped

Have a variety of fruit, each in separate bowls. Serve each child  $\frac{1}{4}$  cup of warm oatmeal ( $\frac{1}{2}$  oz eq) and then instruct them to scoop a total of  $\frac{1}{2}$  cup of their choice of fruits into their bowl.

## Galaxy Dough

Create as much galaxy dough as you need for little hands to mush and squeeze. For every  $\frac{1}{2}$  cup cornstarch, mix in 1 cup baking soda and  $\frac{3}{4}$  cup water together. Add shapes and molds for the children to create and play with freely during sensory time.

## Space Action

Using a large cube box, create a die and label each side with a Space Action. Spin around the galaxy, pose like a star, walk like an alien, float through space, blast off like a rocket and leap like a shooting star are some fun examples. Have the children take turns rolling the die and blasting into space.

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