

Parent Provider Connection - November 2025



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Soak Up the Sun

The skin is not only a first line of defense as a barrier to keep harmful bacteria and germs out. It also absorbs sunlight and converts it to vitamin D. This nutrient helps keep bones strong. Encourage outdoor play and serve milk fortified in vitamin D to ensure children get this important nutrient.

Pasta, "Peas"!

Small pasta shells, cooked and chilled
Defrosted peas, cooked and chilled
Salad dressing

In individual bowls, scoop $\frac{1}{4}$ cup of pasta and $\frac{1}{2}$ cup of peas. Have children add one or two tablespoons of the salad dressing and mix it into their pasta salad.

Tie Dye Leaves

Have each child color or create a design on a coffee filter with markers. Then have them drop water from an eye dropper and watch as the colors run together. Once dried, use the templates from cacfp.org to create tie dye leaves.

Color Sort Challenge

Place tubs, each labeled with a different color, in various distances from a large bin holding an assortment of plastic balls. On go, have the children sort the balls into the tubs around the area by color. Ask them how many colors there are.