

Parent Provider Connection - January 2026



Underground Rumble

Most root vegetables like beets, carrots, potatoes and onions prefer to grow in cooler weather and are perfect for warm, hearty dishes like soups, stews, or as a side of roasted vegetables. Root vegetables have important nutrients for children, so try adding sweet potato for vitamin A, turnips for calcium, and beets for iron.

Rooting for Root Vegetables

Carrots, peeled, chopped
Potatoes, chopped
Beets, peeled, chopped
Favorite seasoning blend
Vegetable oil

Preheat oven to 400°F. Place vegetables on a sheet pan and drizzle with oil. Sprinkle seasoning and gently toss vegetables until coated. Bake for 30 minutes or until vegetables are tender.

Find Our Friends

Using the template from cacfp.org, print out one vegetable per child on card stock. Write one child's name on each vegetable and place them all into a bin, burying them in a material like packing peanuts. On "go," have each child take a turn finding a name in the sensory bin and then run to place the vegetable in a secondary bin at the finish line.

Yarn Garden Plates

Have children paint a paper plate half blue and half brown. Punch holes along the outside of the brown half using a hole puncher. Weave and crisscross brown yarn through the holes, creating garden dirt. Have the children decorate and then cut out the root vegetables on the template from cacfp.org. Place the vegetables on the plate, behind the yarn.

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