The Buzz

April 2025

CACFP MEAL PATTERN

👦🥗**Meal Guidelines for Children Aged 2 to 12 Years includes:**

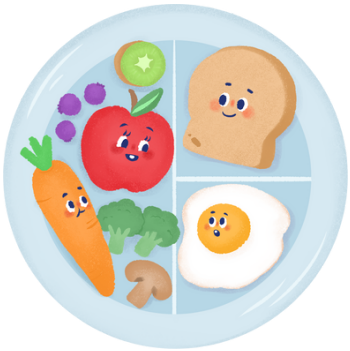
🍽️ Breakfast – 3 Components

Start the day strong with:

- Grains (oatmeal, whole wheat toast, cereal)

Grains can be substituted 3x per week with protein

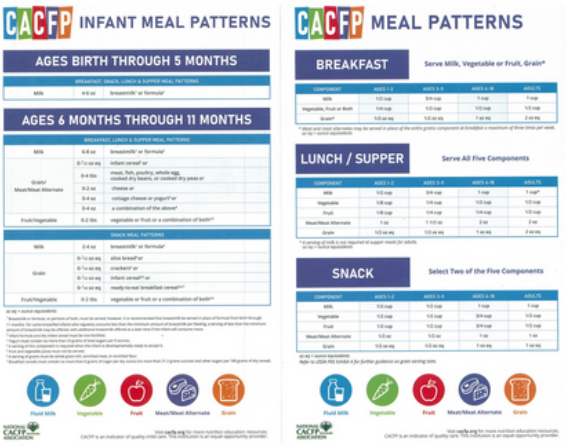
- Fruit or Vegetable (or both!)
- Milk (1% or Fat-Free)



🍽️ Lunch & Supper – 5 Components

A complete plate includes:

- Milk (1% or Fat-Free)
- Meat or Meat Alternate (chicken, beans, tofu, or eggs)
- Vegetable #1
- Vegetable #2 or Fruit
- Grains



🍽️Snacks – 2 Components

Pick any 2 different food groups from:

- Milk
- Meat/Meat Alternate
- Fruit
- Vegetable
- Grain

🎯 Bonus Tips for Providers:

- 🌈 Make it Colorful: More colors = more nutrients!
- 🍴 Portion Like a Pro: Check your age group guides!
- 🍞 Whole Grains Rule: At least one grain per day must be whole grain-rich.

https://www.youtube.com/watch?v=EnR45fpa4Jc

CLICK HERE for the Link

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THE BEE ZONE

Cheesy Broccoli Tots

- 1 1/2 cup frozen broccoli florets, thawed
- 1 1/2 cup mashed potatoes
- 1 1/2 cup shredded cheese
- 1/2 cup whole grain breadcrumbs
- 1 egg
- 1 tsp onion powder
- Cooking oil spray

1. Preheat oven to 400°F.
2. Chop the broccoli into small pieces.
3. In a large bowl, add all ingredients together and mix until all is well combined. Scoop 1 tbsp of mixture and form into a tot shape, repeat. Line the tots on a greased baking pan. Using the cooking oil spray, spritz each tot with oil.
4. Bake for 25 minutes or until golden brown. Serve warm.

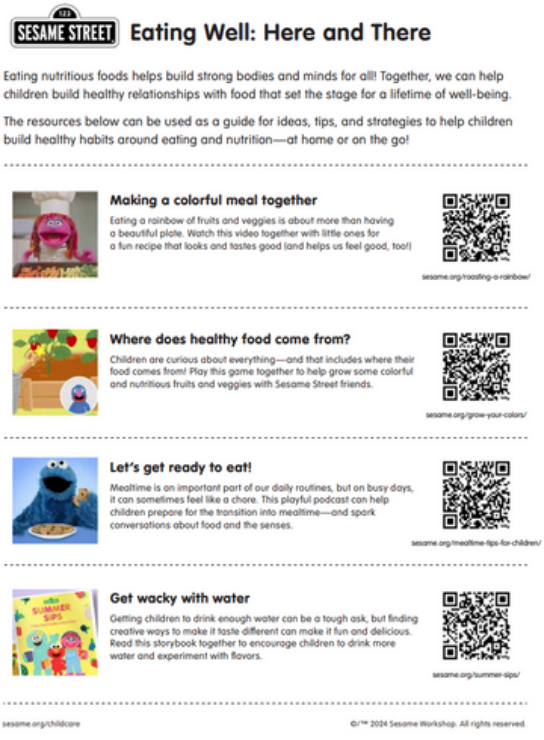
Five tots provide 1/4 cup vegetable and 3/4 oz eq meat alternate.

Total Time: 40 minutes
Serving Size: 5 tots
Servings: 8

CLICK HERE for the Recipes

RESOURCES

CLICK HERE for the Link



SESAME STREET **Eating Well: Here and There**

Eating nutritious foods helps build strong bodies and minds for all! Together, we can help children build healthy relationships with food that set the stage for a lifetime of well-being.

The resources below can be used as a guide for ideas, tips, and strategies to help children build healthy habits around eating and nutrition—at home or on the go!

Making a colorful meal together
Eating a rainbow of fruits and veggies is about more than having a beautiful plate. Watch this video together with little ones for a fun recipe that looks and tastes good (and helps us feel good, too!)
sesame.org/roasting-a-rainbow/

Where does healthy food come from?
Children are curious about everything—and that includes where their food comes from! Play this game together to help grow some colorful and nutritious fruits and veggies with Sesame Street friends.
sesame.org/grow-your-colors/

Let's get ready to eat!
Mealtime is an important part of our daily routines, but on busy days, it can sometimes feel like a chore. This playful podcast can help children prepare for the transition into mealtime—and spark conversations about food and the senses.
sesame.org/mealtime-tips-for-children/

Get wacky with water
Getting children to drink enough water can be a tough ask, but finding creative ways to make it taste different can make it fun and delicious. Read this storybook together to encourage children to drink more water and experiment with flavors.
sesame.org/summer-sips/

sesame.org/childcare

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Hace Clic en la enlace

SESAME STREET **Comer sano en cualquier lugar**

Comer alimentos nutritivos nos ayuda a fortalecer el cuerpo y la mente. Podemos enseñarles a los niños a relacionarse con los alimentos nutritivos que sientan las bases para una vida con buena salud y bienestar general.

Los recursos que ofrecemos a continuación se pueden utilizar como guía de ideas, consejos y estrategias para ayudar a los niños a desarrollar hábitos saludables en torno a la alimentación y a la nutrición, ¡en casa o en cualquier lugar!

Hacer juntos una comida multicolor
Comer un arcoíris de frutas y verduras es más que tener un plato hermoso. Mire este video con sus pequeños para enterarse de una receta divertida, de buena presentación y sabor, que nos ayuda a sentirnos bien.
sesame.org/un-consejo-de-chef-lily

¿De dónde vienen los alimentos nutritivos?
Los niños sienten curiosidad por todo, y eso incluye el origen de sus alimentos. Hagan juntos este juego para ayudar a los amigos de Sesame Street a cultivar frutas y verduras coloridas y nutritivas.
sesame.org/come-tus-colores

¡Listos para comer!
La hora de las comidas es una parte importante de nuestras rutinas diarias, pero en días ocupados puede sentirse como una tarea ardua. Este divertido podcast ayuda a los niños a prepararse para la hora de la comida y generar conversaciones sobre los alimentos y los sentidos.
sesame.org/transicion-las-comidas

¡Qué sabrosa está el agua!
Lograr que los niños beban suficiente agua podría ser una tarea difícil. Hay formas creativas y divertidas para hacer que el agua tenga un sabor diferente y delicioso. Lean juntos este cuento para animar a los niños a beber más agua y a experimentar con los sabores.
sesame.org/los-sorbos-del-verano

sesame.org/childcare

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