



CCFP Roundtable



Presents a Heart Healthy Valentine's Day Collection

“You had me at CACFP”

This Valentine's Day share a *CACFP Heart Healthy Treat* by making and sharing Valentine treats without sweets that others have shared with us.

This Heart Healthy Valentine's Day Collection is a collection of cards, recipes and some wonderful ideas using of all things, I know this will surprise you HEARTS. Yes, Hearts is what you will find in this CACFP Heart Healthy Valentine Collection.

CACFP • Child Care • Parents

February 14th share your

CACFP Heart Healthy Treats
without Sweets



Resources: North Carolina, Sweet Potatoes, Homemade Gift Guru, ChildCareInfo.com, CCFP Roundtable, National CACFP Forum, Pinterest, KatydidandKid, GiftofCuriosity, J. Wolfe.

More Information about CACFP
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SNAPPY SWEET POTATO CRACKERS

INGREDIENTS

- 1-1/2 cups flour
- 2-1/2 tablespoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons butter
- 1 medium sweet potato
- 1/4 cup milk
- Coarse salt
- Sesame seeds
- Cayenne pepper

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Sift flour, baking powder and salt together into a large bowl.
3. Add butter and by hand work it into the flour mixture until it becomes a coarse mealy texture.
4. Cook sweet potato in boiling water until softened. Cool, remove skin and purée with milk to make a smooth mixture.
5. Beat 1 cup of the sweet potato purée into flour and then turn out onto a lightly floured surface.
6. Knead well about 80 turns. Divide dough into 4 pieces and roll each very thin. Cut into rounds or squares; sprinkle with salt, sesame seeds and a little cayenne, if desired.
7. Bake in oven on an ungreased cookie sheet for 10 minutes until bottoms are slightly browned. Turn over and bake 3-4 minutes more. Cool on rack before storing in a airtight container.



Sweet Potato Crackers

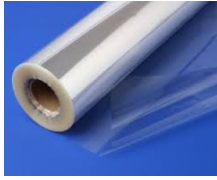
Number of servings (yield): 8

Nutrition per serving (6 pieces): 149 calories; 3 g protein; 23 g carbohydrates; 1 g dietary fiber; 5 g total fat



PUT THE TREATS WITHOUT SWEETS IN CUTE BAGS

Buy store bought Valentine party favor bags or make your own. Children love to decorate paper bags or plastic or even do some stitching with material or stickers.



PRINTABLE TREAT BAG TOPPER

You can print your treat bag topper printed at home using an inkjet or color laser printer on card stock or send them to a photo printer. Cut 4x6 prints in half. Each 4x6 print will make 2 bag toppers.

1. Fold bag toppers in half.
2. Staple to top of 3" x 4" clear plastic bags filled with your favorite Valentine treat



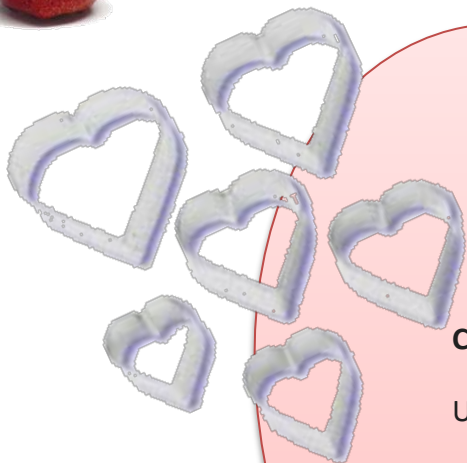
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CUT, MOLD, FILL OR SHAPE IT

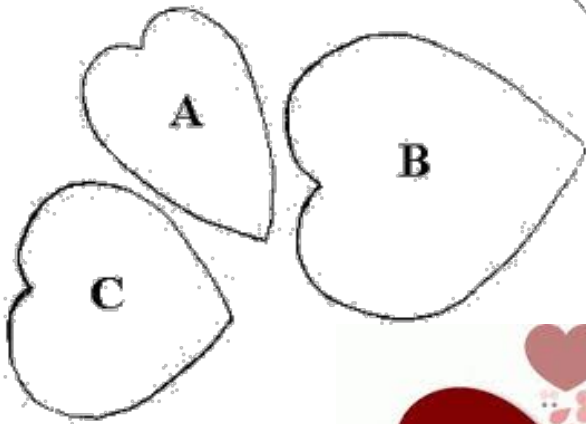
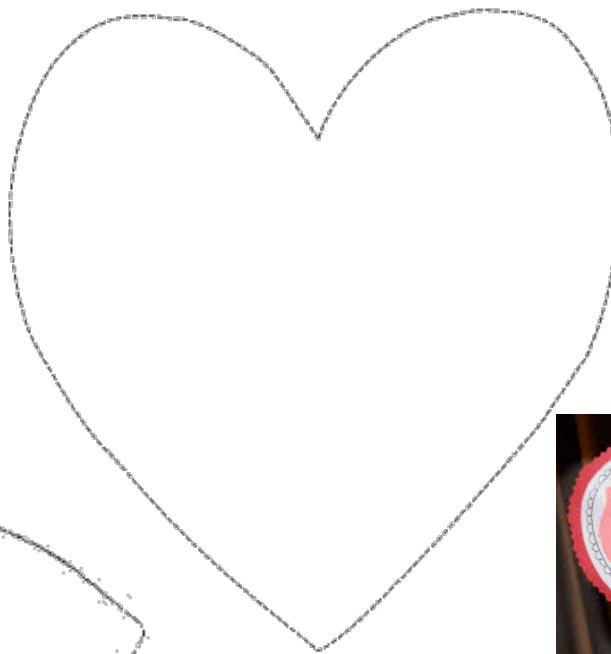
Use a heart template of heart shaped cutter

- Cut out fruit or veggies in heart shapes
- Put fruit in heart shaped dishes
- Cut bread/sandwiches in heart shape
- Shape or cut pizza into heart shape
- Make an arrow with heart shape fruit
- Homemade Pop Tarts with heart cutouts
- Watermelonsicles = watermelon on a stick



It's all about that Shape!

Make a fish, card, elephant, beaver, handprint, puppet, mobile, mobile, placemat, bird food. It's all about the treat without the sweet



Valentine Sun Catchers

Materials:

- Old Crayons
- Wax Paper
- Parchment or Kraft Paper
- Manual Sharpener or Knife
- Iron

What I love about this craft is that it is an excellent way to upcycle old, broken crayons.

After removing any paper from the crayons, I sharpen crayons with a manual sharpener. I use a knife to chop up smaller bits.

TIP –You only need one crayon for each piece of wax paper. Otherwise, it is too thick and you will lose the translucent sun catcher effect.

For the first few sun catchers we made, we mixed colors. But we discovered that when the colors melted, they became one dark shade of red. So we decided we liked the look of a single color best.

Place them on a piece of wax paper – approx 12 x 12 inches. Fold the wax paper in half and then double fold the edges to create an envelope that will contain the shavings. This is very important. **Make sure you double fold over your edges or wax will run out when you iron.**

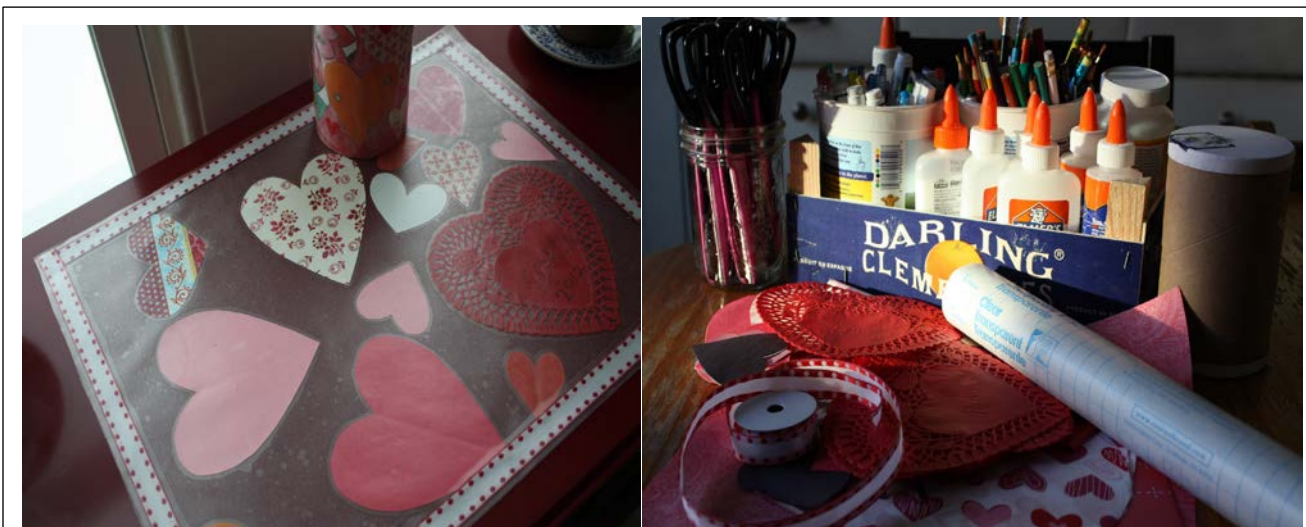
Using a low setting, place your wax paper envelope between a large piece of folded parchment or craft paper. Wax will ooze out — **do not skip the parchment or kraft paper.** (At first I tried using a rag as a drop cloth, but it got messy. The parchment works well because it contains the melted crayon.) As you iron, let the melted crayon run in the wax paper envelope filling it with color.

When the melted crayon is more or less evenly distributed, set it aside to cool (just a couple of minutes). Once cool, **use a pencil to draw large hearts** on the wax paper envelopes, and then **cut out hearts.** (I was surprised how easy it is to cut the wax paper with melted crayon inside.) Initially I was going to trace perfect hearts, but I decided to free hand them and let my daughter cut them out. Punch a hole in your hearts and hang in the window.

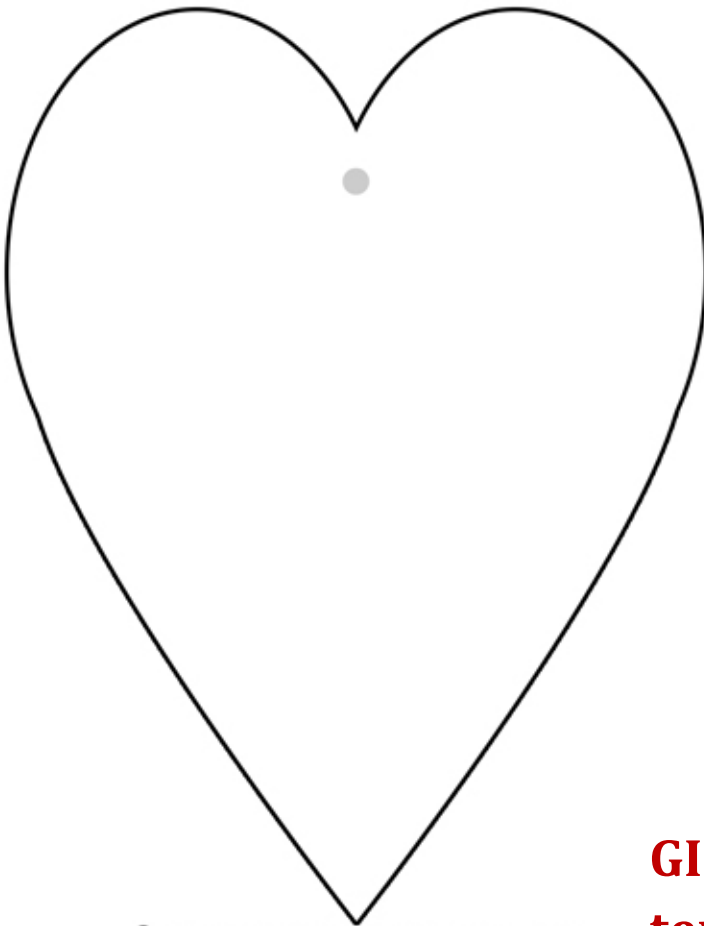
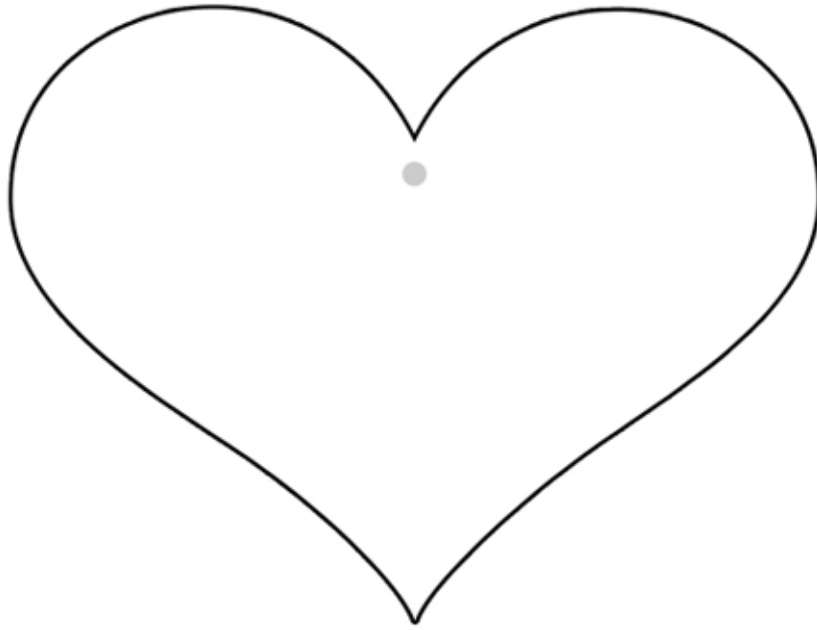




Loving the Valentines Placemat, make them out of a plain piece of paper and give them heart sponges or cut out circle and heart shapes. The children will love to draw a plate and silverware with their heart on it and a few other things.



Materials needed: paper hearts of all materials and sizes, ribbon, clear contact paper and scissors.



GIFT Tags
templates for you

SUN CATCHER:

All of the materials for this craft – except for the glue – came from the tissue heart suncatcher kit that is sold by Oriental Trading Company. Or make your own kit, tissue paper, red foam or construction paper, ribbon for loop, heart shape plastic and glue.



First put glue on plastic
The next step is to cover the clear plastic heart with tissue paper. Glue dries overnight. Glue on Heart shape. Put glue on heart shape place tissue on heart shape then glue on back heart shape and the hook.

MORE GIFT IDEAS

A shovel in a decorated clear plastic bag filled with yummy favorite mixed granola (homemade or otherwise) with a tag or card that says, **I Dig You!**





Valentine Book Marks

Use paint samples make bookmarks! Use a heart shape hole punch to cut out hearts on your paint samples, a round hole punch at the top of the sample, and add ribbon to tie it all off.



TIC TAC TOE with Hearts- a fun game to make and play!



Bubbles with a gift card
YOU BLOW ME AWAY
Valentine

Gelatin Bird Feeders



Bring 1/4 c water & 1 env. Knox gelatin to simmer & stir to dissolve. Cool a bit. Stir in 3/4 c. bird seed until coated. Pack well halfway in 3 cookie cutters, lay tied twine loop on top, fill molds to top, packing well. Let it set for a few hours & hang outside.
Gift Card, "YOU ARE A TWEETHEART"





From us to you...A Valentine Post Card and ¼ card template courtesy of Microsoft .ppt



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A CACFP Healthy Happy Heart Collection

Have fun and Happy Valentine's Day

WITH LOVE FROM CCFP Roundtable