



# Jackson Child Care

Learning | Playing | Growing

www.mjchildcare.com | 703.354.5913



## Healthy Eating at Jackson Child Care

Childcare providers offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting children's wellness, health, and development through the provision of nutritious foods. In particular, child care providers have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

At Jackson Child Care (JCC), we adhere to the CACFP nutrition standards. Our meals and snacks include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.

We celebrated "Farm to CACFP Week," featuring preschoolers' gardening, cooking, and food activities in October. We watched *Dr. Yum's Spinach Adventure* video and made Green Dragon (spinach) smoothies. We read *Broc and Cara's Picnic Party* by David A. Wilson, an engaging book that teaches children about the fun and importance of eating fruits and vegetables. We also learned about life on a farm and discussed how farming produces the food we eat every day.

## October Learning Adventures

We've had a fun and action-packed October! We used a pumpkin-themed curriculum to build developmental skills across all of the early learning domains.

### ■ P IS FOR PUMPKIN

We explored the letter "P" throughout the month. Our "Letter P" box included a pan, plate, pot, pine cone, paintbrush, pen, and paper towel. We tried foods beginning with "P," such as plums, papaya, persimmon, and pizza. We reached inside a pumpkin and discovered slippery seeds. The kiddos washed the seeds, helped prepare them for roasting, and enjoyed them as a snack.

### ■ FIRE SAFETY LESSONS

It is never too early to learn about fire safety. Sean Bhatti, our community volunteer firefighter, coordinated with his station to have a fire truck and ambulance visit JCC! The children were beyond excited. The kiddos explored the vehicles, and each child received a bright red fire helmet.

### ■ HISPANIC HERITAGE MONTH

*Hola!* This month we celebrated Hispanic Heritage Month. We enjoyed delicious foods such as rice and beans, quinoa, and tacos. We read books and listened to music that introduced us to Hispanic culture.

### ■ EXPLORING NATURE

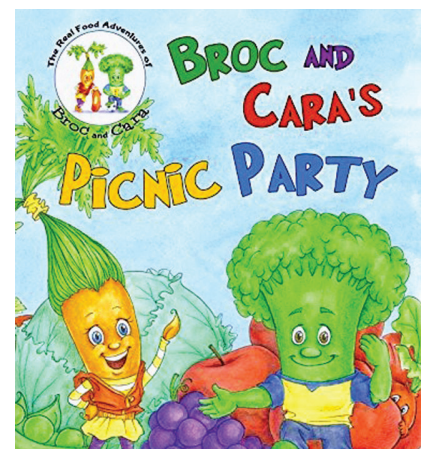
October's weather was perfect for outdoor exploration. We collected acorns and colorful leaves for our "Let's Explore Fall" learning box.

### ■ BE A READING ROLE MODEL

Reading is a cornerstone of learning. We read books every day at JCC. It is critical that reading continues at home. Read to your children often and let them see you reading books, magazines, etc. If they see you prioritize and enjoy reading, they will follow your lead.

### ■ PAJAMA DAY!

We finished the month with Pajama Day. Everyone wore their favorite PJs and we enjoyed pancakes for lunch.



Fall Fun  
With Friends!



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# Fall Fun With Friends!



Monica Jackson is owner and Director of Jackson Child Care (JCC). Our mission at JCC is to learn, play and grow together! We provide a safe, nurturing, child-centered setting that fosters each child's success and a love of learning in collaboration with parents and the community. We are committed to building a successful early learning foundation to equip children with school readiness skills. We operate according to safety protocols that adhere to the Center for Disease Control and Virginia Department of Health Guidelines. All staff members are vaccinated.

We are currently enrolling children for our preschool program. For information, please contact Monica at 703-354-5913 or [jacksonchildcare@gmail.com](mailto:jacksonchildcare@gmail.com). Visit us on the web ([www.mjchildcare.com](http://www.mjchildcare.com)) and Facebook ([www.facebook.com/mjchildcare](http://www.facebook.com/mjchildcare)).