

NUTRITIOUS NIBBLES

SPRING 2019

Program Reminders

- 1. Meals/ Closed days/ Schedule changes** - Please help us efficiently use our time by keeping us informed of any hours of operation changes, meal time changes, vacations days or closed days. Drop-in visits when no one is home leads to loss of reimbursement as well as additional drop-in visits. If you must close due to an emergency, it is understandable if you do not have time to contact your monitor. However, scheduled Doctors' appointments or any other scheduled appointments, please contact your monitor so they will not attempt to monitor you when you are not home.
- 2. Holiday Form** - If you are open and serving children on a Holiday and/or a State of Emergency (snow days), you must fill out a Holiday form and have your daycare parent's sign, stating that the children were present. The Holiday form must be sent in with your claim, or you will lose reimbursement for that day. Contact your monitor if you need a form.
- 3. Daily Paperwork Requirement** - If you claim school-agers for breakfast and snack on a day that schools are closed but not for lunch, you must indicate where the school-agers went for lunch. It is a federal requirement that paperwork must be done on a daily basis. It is too difficult to try to remember at the end of the month which child ate which meal or which day you were closed, if you do not keep up with your paperwork. Please indicate on your menu what days the school-agers were present for lunch. It also helps us, if you record on your menu when your school district is closed for the summer and when it reopens in the fall.
- 4. Workshop Requirements** - Participation in the CACFP requires an annual nutrition workshop. This spring, we will again offer nutrition workshops - one in Kent County, one in Sussex County, and two in New Castle County. Please make every effort to attend one of the four workshops. If you cannot attend one of our workshops, make sure that you take a nutrition workshop (there are several available on line) and send your monitor a copy of the certificate. We will contact you with the exact dates and locations of all the workshops as soon as we have the information.

Our office phone numbers and email addresses:

New Castle County

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***“Tell children each day that they are wonderful
and each day they will be wonderful”.***

Author Unknown



12 TIPS FOR PROGRAM INTEGRITY

Planning meals in advance will help ensure that you have what you need available to be in compliance with the CACFP meal pattern. Work with your sponsor to be sure that your meals meet requirements before the meal service.

Always review how you have been paid by your sponsor and always ask questions if you think the amounts are not correct.

Understanding food program requirements, and updating your sponsoring organization or state agency with changes in your meal service or license status for child care is very important.

Milk is an important component for the meal service. Be sure you are serving the correct milk to the correct age group based on the new meal pattern requirements. It is also important to purchase enough milk for the age groups in your child care so as not to lose reimbursement.

Attendance records should be maintained daily, and should support the number of meals claimed for reimbursement. An attendance record is not a meal record.

Facilities must have documentation of a child's enrollment, signed by a parent or guardian, and indicating the normal days and hours of care and the normal meals served. Enrollment documentation must be updated annually. At-Risk Afterschool sites and homeless shelters are excluded from this requirement.

Payments rates are determined in several different ways depending on the income level of the families you serve. In some cases you will receive what is called categorical eligibility and in other instances you may collect income forms from parents. Be sure you work with your sponsor to obtain the best payment rate you will be entitled to receive.

Child care centers, remember to record meals at the "point of service". This means when the child is served a meal, not before, and not later in the day. If you record online be sure to maintain any source documents for review.

Training is an important component of the CACFP requirement. Be sure to obtain your annual regulatory training for CACFP.

CACFP records must be kept for three years, plus the current year. Keep copies of any records you submit for food program participation and back up electronic copies securely.

Payment information from parents is confidential and must be protected. Income forms from parents must be completed by the parent and not tampered with by the home provider, center provider or sponsoring organization. Income forms are good for one year.

let's talk money

Family child care, remember to record your meals daily. If you record online be sure to maintain any source documents for review.



Understanding Food Labels

LOOK

When reading nutrition labels, keep in mind that the Nutrition Facts are based on serving size. If you are choosing to eat more than the one serving size, you will need to multiply the numbers by how many servings you plan to eat.

COUNT

The number of calories your body needs on a daily basis depends on your age, gender, and level of physical activity.

Nutrition Facts	
Serving Size 1 Cup (58g)	
Serving Per Container about 7	
Amount Per Serving	
Calories	230
Calories from Fat	30
% Daily Values **	
Total Fat 4g*	8%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total	10%
Carbohydrate 41g	
Dietary Fiber 5g	14%
Sugars 10g	
Includes 4g Added Sugars	19%
Protein 3g	
% Daily Values **	
Vitamin A	100%
Vitamin C	25%
Calcium	13%
Iron	4%

HEART TALK

Choose foods that are lower in fat, cholesterol, and sodium. These can increase your risk of heart disease, high blood pressure, obesity and some cancers.

LIMIT

Sugar isn't all bad for you. Some sugar is good and needed for energy but some sugar is bad. Limit your Added Sugars to less than 10% of your daily calories.

GET MORE

These nutrients help improve your health. Most people don't get the proper daily amount of vitamins and supplements that the body needs. Look for foods with 10% or higher of these nutrients in the Daily Value Column.

% DAILY

These percentages are based on an average adult's daily calorie count needs of 2,000. **Children have very different calorie needs** based on age, gender, height and weight.

To find out daily recommended calorie count for children ages 2 through 14 go to: www.choosemyplate.gov/MyPlate-Daily-Checklist



5% Daily Value or less per serving is **LOW**.

20% Daily Value or more per serving is **HIGH**.

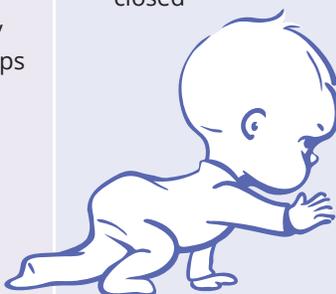




Stages of Infant Development and Feeding Skills *(healthy, full-term)*

Developmental milestones are used as markers to ensure that infants and toddlers are growing in a healthy direction. During early years, a child's relationship with food is crucial for his or her health and development. Learning the physical stages that relate to feeding is important to understanding this process.

BIRTH - 5 MONTHS	4 - 6 MONTHS	5 - 9 MONTHS	8 - 11 MONTHS	10 - 12 MONTHS
<p>Reflexes:</p> <ul style="list-style-type: none"> Suck/swallow Tongue thrust Rooting Gag <p>Requires head, neck and trunk support</p> <p>Brings hands to mouth around 3 months.</p> <p>Coordinates suck-swallow-breathe while feeding.</p> <p>Moves tongue back and fourth to suck.</p> <p>Hunger cues:</p> <ul style="list-style-type: none"> Wakes and tosses Sucks on fist Fusses or cries <p>Satiety cues:</p> <ul style="list-style-type: none"> Seals lips together Turns head away Decreases or stops sucking Falls asleep or spits nipple out 	<p>Gag and tongue thrust reflex starts to disappear.</p> <p>Up and down munching movement.</p> <p>Uses tongue to transfer food from front to back to swallow.</p> <p>Recognizes spoon and opens mouth.</p> <p>Draws in upper and lower lip as spoon is removed from mouth.</p> <p>Good head control and can sit with support.</p> <p>Introduction to pureed and strained foods without choking.</p> <p>Hunger cues:</p> <ul style="list-style-type: none"> Fusses or cries Smiles or coos during feeding Moves head toward spoon <p>Satiety cues:</p> <ul style="list-style-type: none"> Turns head away Decreases or stops sucking Spits nipple out Distraction of surrounding 	<p>Begins control of food positioning in mouth.</p> <p>May sit without support.</p> <p>Follows food with eyes.</p> <p>Begins introduction to solid foods (6 months).</p> <p>Drinks small amounts from cup with help.</p> <p>Begins to feed self.</p> <p>Transfers food from one hand to another.</p> <p>Tries to grasp foods such as crackers and teething biscuits.</p> <p>Hunger cues:</p> <ul style="list-style-type: none"> Reaches for spoon or food Points to food <p>Satiety cues:</p> <ul style="list-style-type: none"> Eating slows down Pushes food away or clenches mouth closed 	<p>Moves food side to side in mouth.</p> <p>Begins to use jaw and tongue to mash and chew food in rotating patterns.</p> <p>Begins to curve lips around rim of cup.</p> <p>Sits alone without support.</p> <p>Begins to use fingers to pick up objects (pincer grasp.)</p> <p>Can put food in mouth with hands and feed self finger foods.</p> <p>Begins to eat ground or finely chopped food and small pieces of soft food.</p> <p>Drinks from cup with less spilling.</p> <p>Hunger cues:</p> <ul style="list-style-type: none"> Reaches food Points to food Gets excited about food <p>Satiety cues:</p> <ul style="list-style-type: none"> Eating slows down Pushes food away 	<p>Rotary chewing.</p> <p>Feeds self easily with fingers.</p> <p>Begins to feed self with spoon.</p> <p>Dips food with spoon rather than scoop.</p> <p>Begins to hold cup with two hands.</p> <p>Drinks from straw.</p> <p>Good hand-eye-mouth coordination.</p> <p>Begins eating chopped food and smalls pieces of table food.</p> <p>Bites through a variety of textured food.</p> <p>Hunger cues:</p> <ul style="list-style-type: none"> Uses words or sounds for specific foods. <p>Satiety cues:</p> <ul style="list-style-type: none"> Shakes head and says, "no."



Within the first few days of life, an infant has to first learn the coordination of sucking, breathing and swallowing. Next there is learning tongue control and movement that will eventually lead to chewing. With the introduction of complementary foods at around six months, infants learn how to open their mouths in response to food, start learning how to bite soft foods, and how to hold and bring it to their mouths. Every movement from bringing food to mouth, opening mouth, biting, moving tongue to chew food and then swallowing are all learned skills.

Best Practices for Menu Planning

Thoughtful menu planning will ensure healthy, balanced and nutritious meals. The USDA has outlined the five basic steps of careful menu planning.



Strive for Balance

- **Balance flavors** Too much of any one flavor will make the plate unappealing for children.
- **Balance unhealthy fats** Serve high saturated fat foods with vegetables and fruits.

Contrast on the Plate to make meals more appealing. Consider the following:

- **Texture**
- **Taste**
- **Appearance**
- **Size and Shape of the Food**

Think about Color

- **Avoid all the same color.** Add at least two colors to your plate each meal.
- **Fruits and vegetables are great** for adding colors from the rainbow.
- **Add color to colorless foods,** pair mashed potatoes with broccoli.
- **Add spices to foods with little color.** Paprika or green herbs provide color to white potatoes.

Emphasize Variety

- **Food Choices** Serve a variety of different meat/meat alternates throughout the week. Try for hamburger one day and chicken the next. The same applies to your side dishes. Provide several options throughout the week.
- **Serving Style** There are many different ways to serve healthy foods: casseroles, soups, sandwiches and salads.
- **Food Form** Try out different ways of serving meats and vegetables. Prepare vegetables in various ways to include raw, steamed, roasted or in a salad. Vary your spices and seasonings.
- **Include a Surprise** Make meal time adventure time. Offer new foods with other foods that children are familiar with.

Consider Eye Appeal

- **Presentation is Key** If a plate does not look good visually, it is more difficult for a child to want to eat it.
- **Consider how food is presented** and placed on the table.



Tips for Family Style Dining

START WITH THE RIGHT EQUIPMENT

When purchasing serving dishes, utensils and other place settings, keep in mind that they need to be kid-friendly and sized for little hands to maneuver.



REMEMBER EACH CHILD'S SKILL LEVEL

when choosing your menu. Finger foods and foods that are easy to navigate with a child-size fork or spoon are easiest to self-serve for younger children.

HAVE MULTIPLE SETS OF UTENSILS and serving spoons in case someone drops one on the floor.

GIVE EACH CHILD A TASK to help set the table. One child can set the plates, one can place the cups and so on. Children have a sense of pride and belonging when they have a contributing role.

OFFER A VARIETY OF FAMILIAR FOODS and don't forget to introduce new foods. Children are more willing to try something new when they serve themselves.



RESERVE EXTRA SERVINGS for second helpings or in case the bowl of food gets contaminated.

PROVIDE A TRASH CAN for children in which to dispose napkins and uneaten food. Provide a tub for them to place dirty dishes after they scrape them off.

KEEP CLEANING SUPPLIES NEARBY

Spills will happen. Be patient and use this opportunity as a teaching moment on how to clean-up.



Most importantly, **EAT WITH YOUR CHILDREN**. Children learn from good role models. Sitting with them while everyone eats also allows you to start positive mealtime conversations.

Why You Should Serve Family Style

Family style dining encourages learning and development not only at the table but away from mealtime as well. Children learn independence, social skills, and other important habits that will last them through adulthood.

There are many benefits to serving your meals family style and it is not hard to implement. It may be as easy as putting the minimum serving of food required in serving dishes, placing it on the table and allowing children to serve themselves.

There is a learning curve to this method. However, this approach to mealtime creates a number of healthy habits that are important to the growth and development of children at any age. Children tend to eat more healthy foods if they see their friends try it. They learn skills such as taking turns, sharing and teamwork.

Family style dining opens up opportunities for conversation,

which increases vocabulary, promotes proper use of language and interaction with friends.

There are even more benefits that support healthy growth. Children learn:

- portion sizes for each food group,
- to recognize when they are hungry or satisfied,
- how to identify healthy foods and where they come from, and
- to improve fine motor skills.

Children are not the only ones who benefit. Providers get a better grasp of food costs, get help with mealtime service and, with less food being wasted, they save money.

There's nothing more exciting for children than being able to say, "I did it all by myself!"

- Jennifer from Mechanicsville, VA



turkey sandwiches

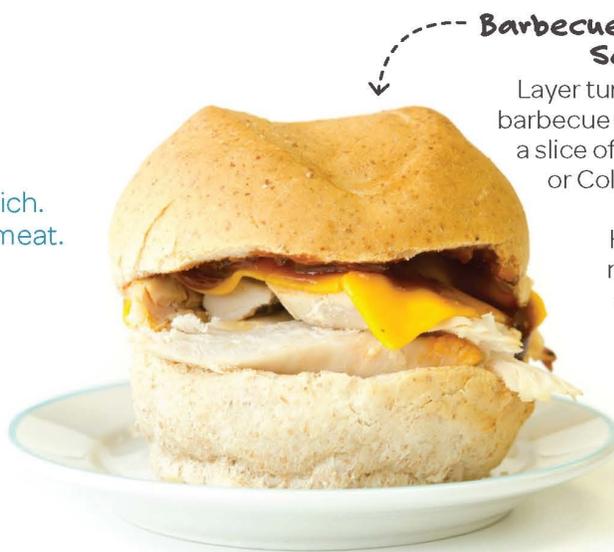
There are so many ways to make a turkey sandwich. If you don't have leftover turkey, use deli turkey meat.

Turkey Pita

Combine chopped turkey with low fat mayonnaise and a small amount of pickle relish. Stuff turkey into pita bread. Add shredded lettuce.

Turkey Club

Top toasted bread with turkey slice, ham slice, lettuce and tomato. Spread lightly with low fat mayonnaise.



Barbecue Turkey Sandwich

Layer turkey slices, barbecue sauce and a slice of American or Colby cheese on a bun. Heat in the microwave and serve.



stir fried broccoli

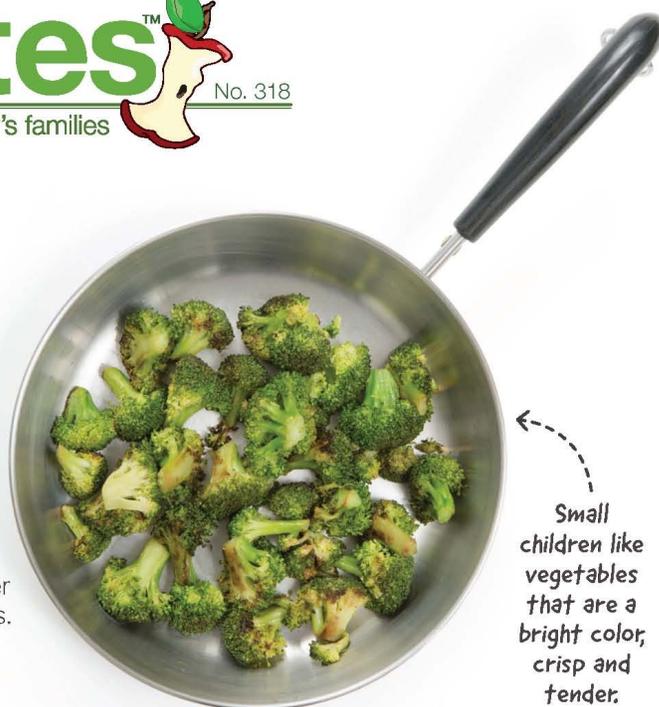
Try this easy cooking method for a delicious vegetable at your next meal.

- 3 cups chopped fresh broccoli
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- dash of salt and black pepper

Step 1 Place chopped broccoli in a skillet. Add ¼ inch of water to skillet. Cook over medium high heat until the water is gone and broccoli is crisp and tender, about 4-5 minutes.

Step 2 Add olive oil to broccoli. Stir and cook broccoli until it has some brown spots, about 2 minutes.

Step 3 Season with garlic powder, salt and black pepper.



Small children like vegetables that are a bright color, crisp and tender.

chicken burrito



- 3 raw chicken breasts, cut into strips
- 1 tablespoon vegetable oil
- ½ teaspoon Cajun seasoning
- 2 cups cooked rice

- 1 (15 ounce) can black or pinto beans, rinsed
- 6 (8 inch) whole wheat tortillas
- 1 cup salsa
- ¾ cup shredded cheddar cheese
- 1 cup shredded lettuce

Step 1 Heat the oil in a large skillet. Add the chicken breast strips and season with Cajun seasoning. Cook over medium-high heat until meat is brown and no longer pink.

Step 2 Drain and rinse beans. Heat beans in skillet.

Step 3 Divide the cooked chicken on the 4 tortillas. top with rice, beans, salsa, cheese and lettuce. Roll up tightly and serve.

Dipped Berries

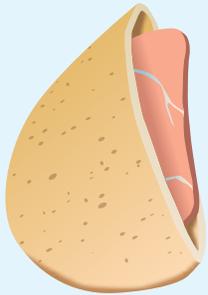
1. Rinse strawberries, blueberries and raspberries.
2. Dip berries in flavored yogurt.
3. Place berries on a tray and put in the freezer overnight.
4. Store frozen berries in freezer bags.



Enjoy dipped berries for a summer snack!

Friendship Pocket

1 Pick a Protein Food



Fold a slice of turkey or ham. Put it in the pita pocket.

2 Veggie Time



Tear lettuce or spinach.

3 Greens Are Good



Add greens to pita.

4 Choose a Cheese



Put cheese inside pita.

5 Fruit Is Fun



Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

Ingredients

Grain

whole-wheat pita bread



Protein Food

turkey or ham



Vegetable

lettuce or spinach



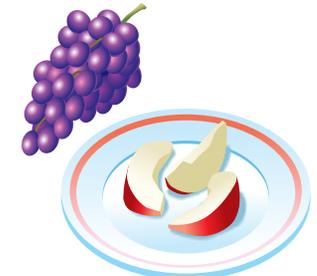
Dairy

low-fat yellow or white cheese



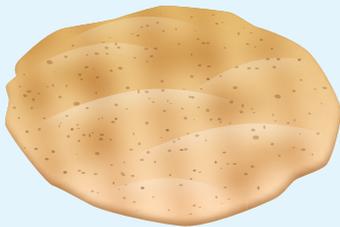
Fruit

apple slices or grapes



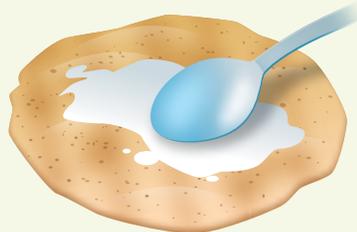
Crunchy Rainbow Wrap

1 Get Started



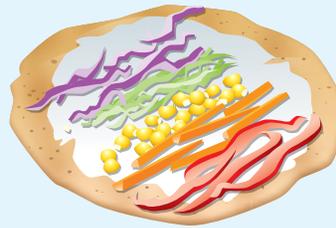
Lay your tortilla flat.

2 Paint the Sky



Spread some cream cheese onto the tortilla.

3 Get Colorful



Use veggies to create a rainbow on your tortilla. Leave some room around the edges.

4 Roll It Up



Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.

5 Taste the Rainbow



Let an adult cut your wrap in half. Enjoy your colorful snack.

Ingredients

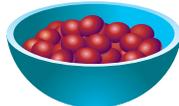
Choose Vegetables

Red

red-pepper strips



red beans



chopped tomatoes



Orange

carrot shreds



Yellow

corn



yellow-pepper strips



Green

peas



spinach



shredded lettuce

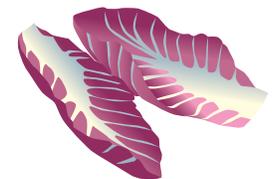


Blue/Purple

shredded purple cabbage



radicchio



whole-wheat tortilla



reduced-fat cream cheese

Fruit-a-licious Breakfast Cup

1 Start With Yogurt



Spoon yogurt into your cup.

2 Add Some Crunch



Spoon cereal on top of the yogurt.

3 Pick Fruit



Add some fruit on top of the cereal.

4 Make a Pattern



Add more yogurt, then cereal, then fruit.

5 Enjoy



Ingredients



low-fat yogurt



cereal

Choose fruits

apple



pineapple



raisins



peaches



blueberries

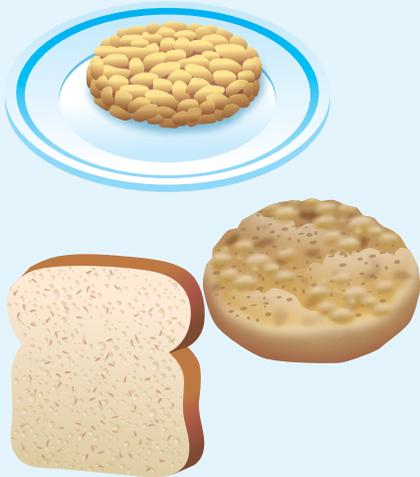


banana



Food Group Friend

1 Get a Head



Put a grain on your plate.

2 Make a Face



Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?



Choose a dairy food and cover the head.

4 Name Your Friend



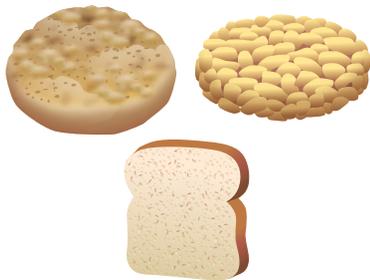
Have you used a food from each food group? If so, enjoy!

Ingredients

Choose your favorite ingredients from every group

Grain

English muffin, brown rice cake, or bread



Protein Food

beans or egg



Vegetable

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



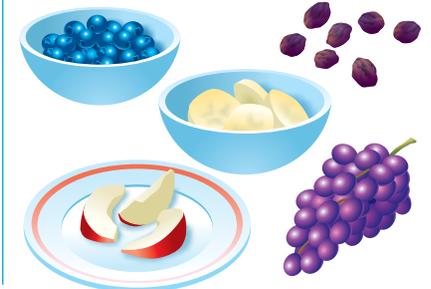
Dairy

low-fat cheese



Fruit

blueberries, bananas, raisins, apples, or grapes

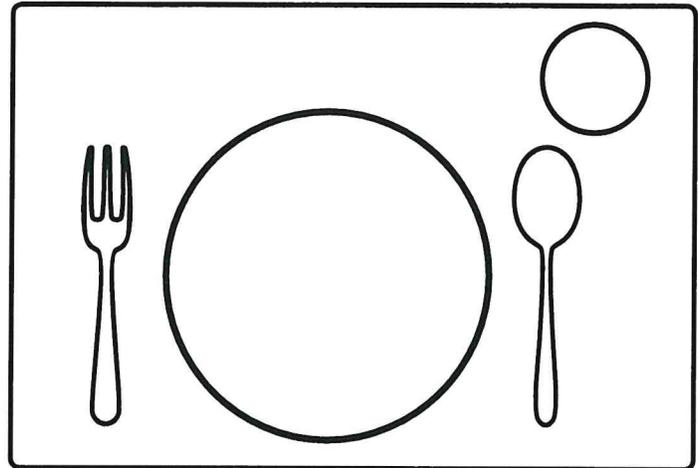


Placemat Art

Let children use their imagination to design their own personalized placemat that they can use during meal times.

Gather the following items:

- 12" x 18" Foam Sheets
(These hold up amazing if you use them throughout the month!)
- Sharpie Brush markers. (Keep an eye on each child when using sharpies, let them know they have to be very careful.)
- Place setting stencils
(below and following page)

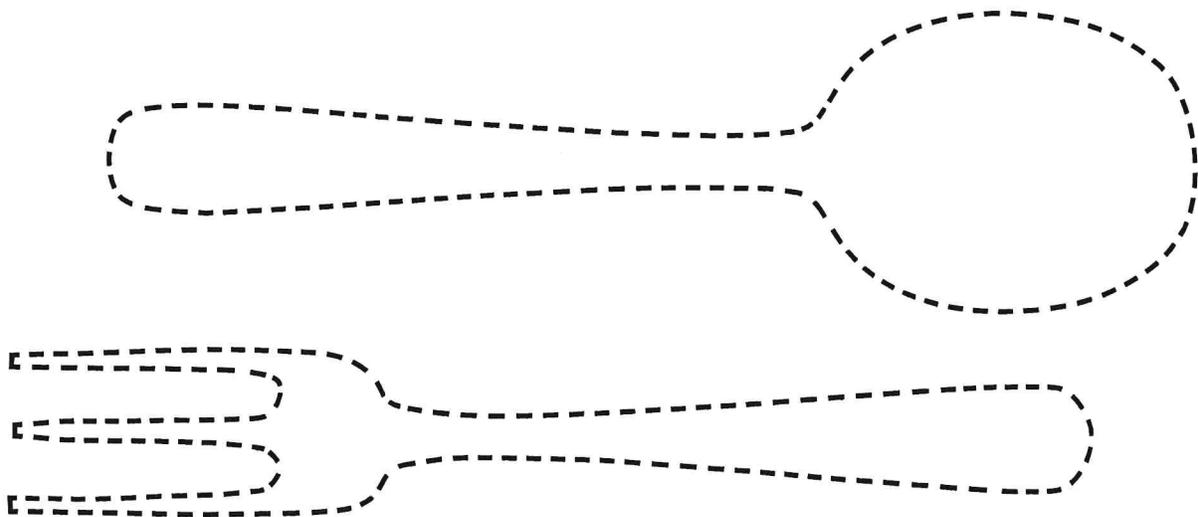


Cut out each stencil. Using the stencils, have each child trace where their plate should go, fork, spoon, and drink cup. Then let them color away. Make sure they put their names on it so it's their own personal placemat for every meal.



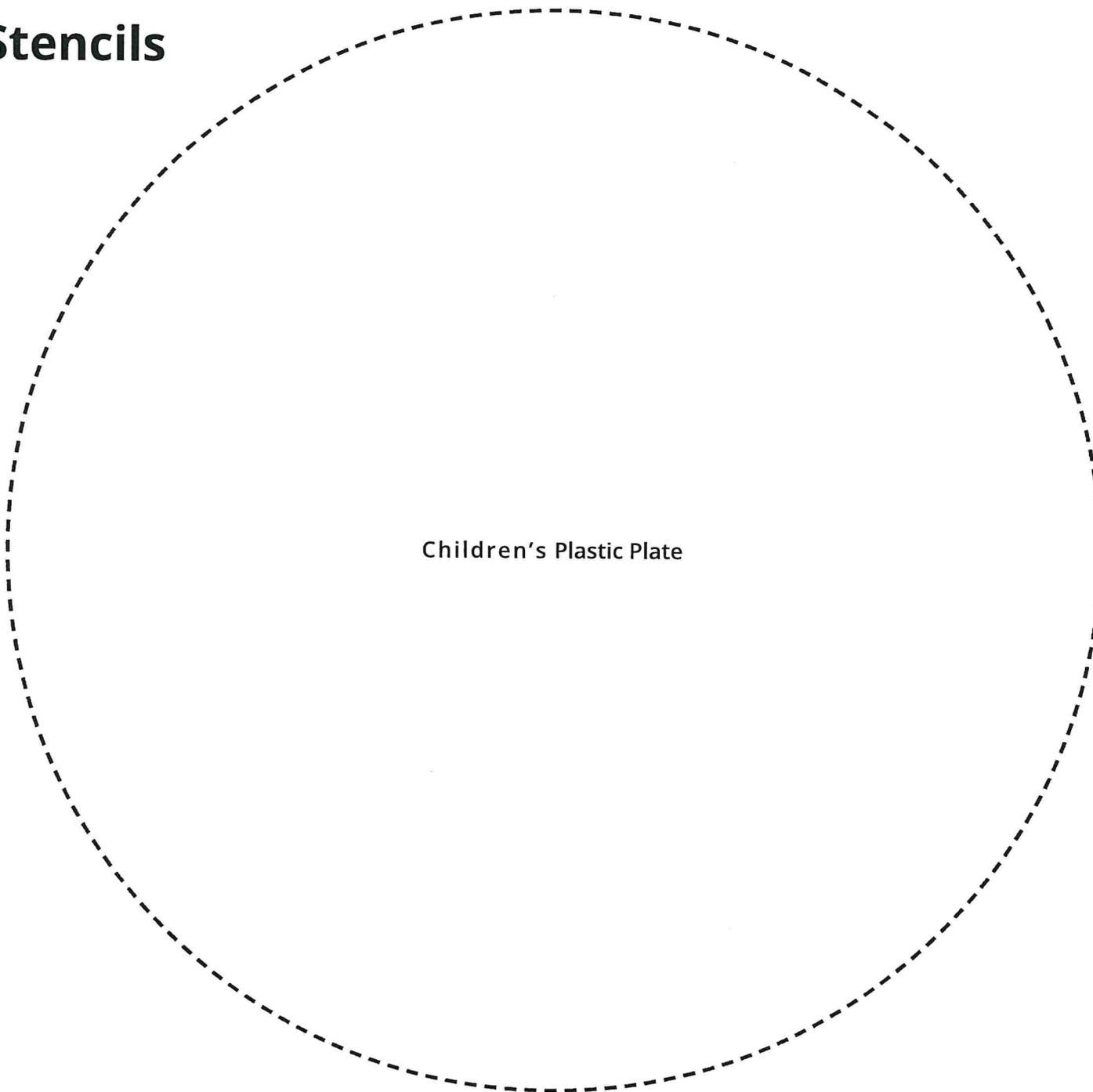
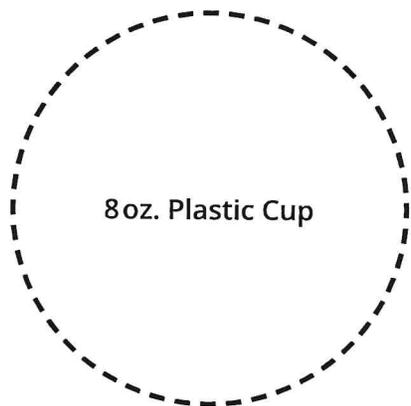
More Placemat Fun!

- You can make placemats for each meal, discussing the importance of what they should be eating during that meal. They can draw what their favorite food items are.
- Make a placemat for special holidays, like Thanksgiving, or other occasions.



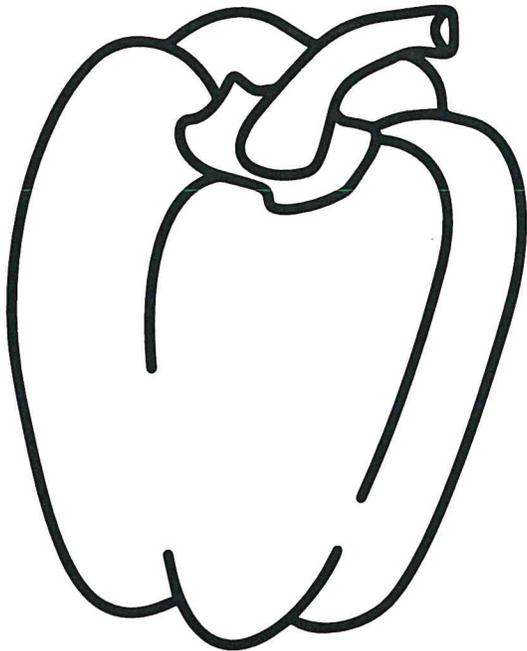
Place Setting Stencils

Cut out each stencil.

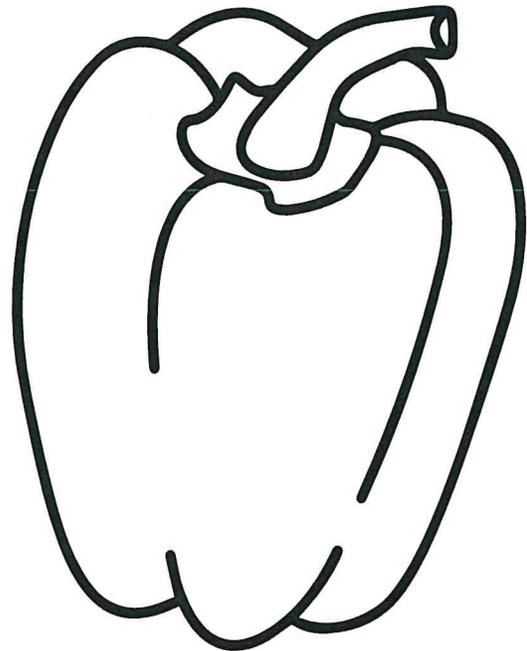


What Colors are Bell Peppers?

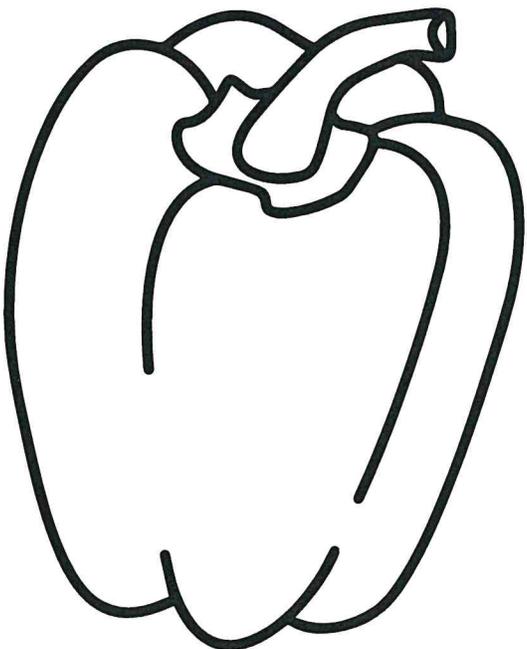
Color each bell pepper with the color labeled below.



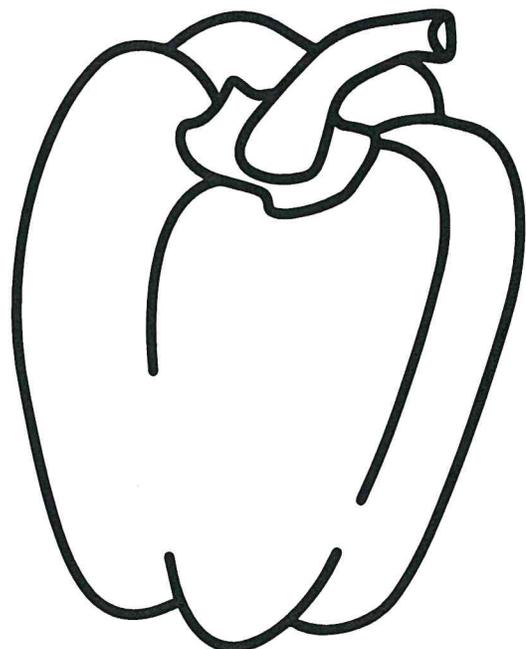
GREEN



RED



ORANGE



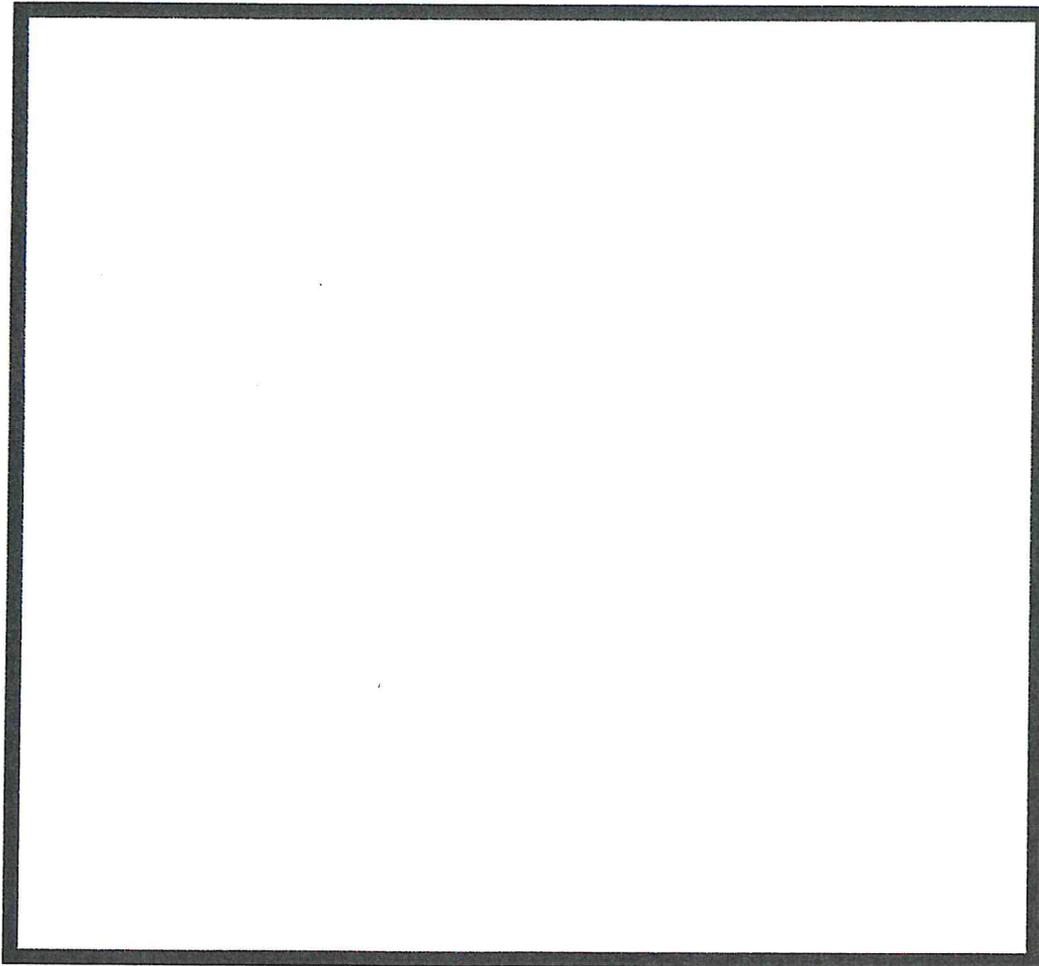
YELLOW

My Greenhouse

Name: _____

Date planted: _____

What I planted: _____



My Greenhouse

Directions

Supplies:

- "My Greenhouse" template (attached)
- 1 plastic re-closable sandwich bag per child
- 3 cotton balls per child
- Seeds – 1 to 2 seeds per cotton ball for each child
- Spray bottle filled with water
- Markers, crayons, stickers, decorations for "My Greenhouse" template
- Window space for "My Greenhouse" when done

Directions:

1. Cut off the points of the house and the inside of the square
2. Write child's name, date planted and what I planted on the template
3. Each child will need 1 re-closable sandwich bag, 3 cotton balls, and 1 to 2 seeds per cotton balls (depending on size- if smaller seeds use 2 seeds per cotton ball)
4. Place the cotton balls separately in the bottom of the sandwich bag
5. Wet the cotton balls using the spray bottle (cotton balls should be wet, not damp)
6. Place 1 or 2 seeds on each cotton ball and seal the sandwich bag
7. Attach the sandwich bag to the back of the "My Greenhouse" template with tape
8. Hang Greenhouses in the windows
9. Watch them grow!!!
10. Once they start growing (small roots will grow from the seeds and attach to the cotton ball) take them out of the bags, plant in pots or in your garden. Do not remove the cotton ball, plant it exactly the way you remove it from the bag.

GOOD LUCK WITH YOUR GREENHOUSE!!