



201 Harrison Ave. Coeur d'Alene, ID 83814

February 2016 Provider News Letter

FYI. Electronic paperwork; Because of a slight error on the menus with the milk servings for lunch and supper, which should be ¾ cup for 3 to 5 year olds, we will correct the error and send you an updated new master. The non-discrimination statement will be up dated as well.

FYI Carbonless paper work has an error on the menu forms. The Am and Pm snacks have a milk serving listed as ¾ cup of milk for 3 to 5 year olds. Should be 1 through 5 year olds is ½ cup and 6 to 12 year olds is 1 cup for snacks. (This will be corrected at next printing)



New update: If you serve dried fruit such as raisins, the minimum served **must** be at least 1/8 cup; it is recommended to limit a serving to 1/8 cup and add a second fruit or vegetable to make up the rest of the serving. To read more on this topic; go to page 63 of the 'Crediting Handbook for the CACFP' that you received at the last workshop.

Life Balance – Mental + Physical +



Nutritional Health

Legumes – dried beans and peas are economical and nutritious. They're a good source of protein, low in fat and heart smart.

Move! Take a walk for 15 minutes, twice a day. You'll be surprised at how much better you look and feel!

Tooth decay can be controlled by taking a firm stand on sweets and snacks. Brush & floss at least 2x every day.

Love – really LOVE your children. Show and tell them every day! Say, I love you every day!

*Challenge yourself every day – do a puzzle, brush your teeth using your other hand, read something backwards!
Your brain needs exercise too!*



Young Children need calcium to build strong bones and teeth.

Dairy products like milk, cheese, and yogurt have the greatest amount of calcium per serving. Low-fat and fat-free milk and dairy foods provide as much calcium as whole milk and less fat and fewer calories.

Non-Dairy Sources of Calcium

- Broccoli
- Dark leafy greens
- Dried Beans
- Fortified cereals
- Fortified soy beverages
- Salmon and sardines with small bones
- Foods that help keep teeth Healthy*
- Cheese, Nuts, Peanut butter (without sugar), Meat, Fish, Plain Yogurt
- Raw Vegetables, Hard cooked eggs
- Pretzels, Crackers, Toast NFSMI

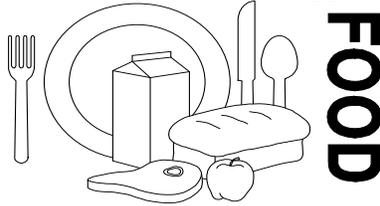
\$\$ Year end totals for 2015 are enclosed with your Jan reimbursement. (This is not a 1099)



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SOME IMPORTANT THINGS TO REMEMBER AT MEAL TIME

A Change on the Electronic Menus the milk serving lunch and supper should be $\frac{3}{4}$ cup for 3 to 5 year olds.



The child care provider has an important influence on the attitudes that children develop toward food: what they like and dislike; their willingness to try new foods; whether or not mealtimes are relaxed, enjoyable times for them. Many things adults do, such as introducing a variety of foods, serving food attractively, and involving children in food preparation, have a lasting effect on children and their eating habits.



Keep the mealtime atmosphere light and pleasant.



Encourage the children to talk at the table. Keep the conversation interesting -- ask the children questions about things that are important to them.



Don't force children to eat or clean their plates. Children who are healthy and hungry are usually able to decide how much food they need. Some weeks or months their appetites slack off; other times they are continually hungry. Let the child decide how much he/she wants to eat.



Most children dislike some foods. If you don't make an issue out of making them eat a food they don't like, they often outgrow it. It is reasonable to have the understanding that everybody at least taste all foods served.



Try not to show your own dislikes for foods. This has a tremendous influence on what children learn to like or dislike.



Ask that the child stay at the table for a reasonable amount of time (15-20 minutes).

From CACFP Handbook
Reminder:

'THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER'



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Dried Fruit such as Raisins, Craisens, Cherries, Apricots the same serving size applies as with all other fruits. For instance if serving raisins for breakfast you need to serve $\frac{1}{4}$ cup for 1-2 yr., $\frac{1}{2}$ cup for 3-12 yr. olds. If you serve less of a dried fruit and make up the full portion with another fruit We recommend that smaller portions of raisins be served, such as $\frac{1}{8}$ cup (2 TBSP). This smaller portion size must be supplemented with another fruit or vegetable to meet at least the minimum portion size required by age and meal pattern requirement. The pattern permits a combination of two fruits and/or vegetables. This combination is permitted even when only one portion is required. As always, there is a minimum portion size of $\frac{1}{8}$ cup for the smaller portion of the two vegetables/fruits. This recommendation is made because preschoolers may not be able to digest larger portions of dried fruit. In addition, since raisins have a sweet, sticky consistency, potentially increasing the risk of dental caries, the menu planner may wish to consider adding a crunchy item to the menu to help preclude this concern. Please note that dried cherries, cranberries, and blueberries are credited in the same manner as raisins.

Centers save the date!

Plan to sign up for the following class. You may call the office or email cacfpcenters@stvincentdepaulcda.org to reserve you spot.

Standardizing Recipes Class

Mar. 29, 1-4:30

Mar. 30, 1-4:30

Thank you everyone who participated in the January Quiz. Another quiz is

The winner of the January Quiz

Deb at Little Folks