



201 Harrison Ave. Coeur d'Alene, ID 83814

Provider News Letter

March 2016



Thanks to all that have submitted their acceptance form for the updated 'Civil Rights Policy' and the 'Claim Policy'. We appreciate your quick response! 😊

Please Note: Those who have not submitted the signed form, please read the policies from the March 7th mailing and submit directly.

SOME GOOD THINGS TO REMEMBER AT MEAL TIME

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 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 children decide how much they want 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).



201 Harrison Ave. Coeur d'Alene, ID 83814

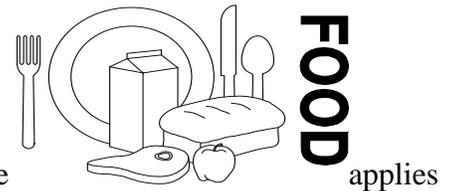


Try not to show your own dislikes for foods. This has a tremendous influence on what children learn to like or dislike.



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

From CACFP Handbook
Reminder:



Dried Fruit such as Raisins, Craisens, Cherries, Apricots the same serving size 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