



CACFP Center Newsletter



Coeur d'Alene training 9/30/2017

Lewiston Training 8/19/2017

Times and locations will be announced in next months newsletter.

Field trips, outings

& closures.

Remember, if you are going to be away.

For any outing.

Email, Call or Text

CACFPcenters@stvincentdepaulcda.org

208-664-2564

Deanna Jeffres: 208-755-9042

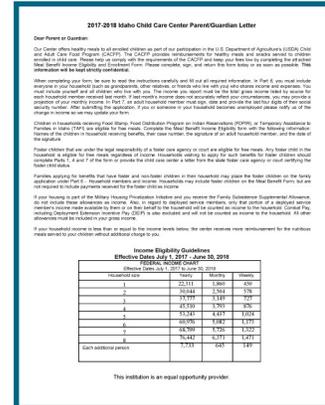
Tina Clifton: 208-755-4235

Carol Blessing : 208-987-0045

New Income guidelines

July 1, 2017

We have enclosed an enrollment with the new income guidelines for FY18. These rates are in effect July 1, 2017 to June 30, 2018. Minute Menu will update the letter, shortly. You may use this enrollment to make copies until MM is updated.



New Parent Letter FY18

Serving a Meat/Meat Alternative for Breakfast in MM

We have added an option on the Food Picker. There are 2 places to find this option. A subgroup has been added to Breakfast, **Meat/Meat Alternative**. Under this subgroup a choice of M/MA instead of grain is listed. This listing is also under the subgroup **Cold Cereal**. When picking either of these choices list what you are serving in the special notes section.

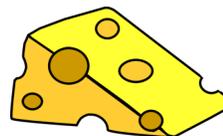
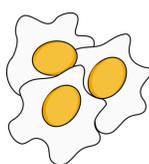
Example; 1/2 oz Grain = 1/2 oz M/MA
Exceptions are 1 oz grain = 2 oz yogurt or
1 oz Grain = 2TBSP peanut butter.

If you choose to serve a grain and M/MA, with your vegetable or fruit and milk, you may. A full portion of one or the other must be served, the component can not be split.

May's Perfect Claim Club

- Christ the King
- Blue Cedar Learning Center
- Jessie's Jungle
- Kids Castle
- Stepping Stones CDA
- Stepping Stones PF
- Little Folks
- Singing Hills
- TLC Learning Center

Congratulations!!!



"This Institution is an equal opportunity provider."

Preventing Mealtime Mayhem

Mealtime can bring challenges, especially when its not planned in advance.



Make a Smooth Transition

Start by making a smooth transition from the children playing to them setting the table and sitting down to eat. Planning is key, especially when transitioning from playing to eating. Having quiet time prior to the meal is important to the transition. The children should clean up and make sure the play areas are clear of crayons, books, or any other items that may cause a distraction. Reading a book about food to the children is a great activity before mealtime. It will provide you the opportunity to talk to the children about the meal they will be eating. Ask the children if they have eaten those foods before. If they answer yes, ask them if they enjoyed eating the food and to describe how it tasted. Keep in mind some children will not be able to describe the taste in detail.



At the Table

Before you start using FSMS (Family Style Meal Service), talk to the children about spills. Let them know what the plan is if there is a spill. Explain that everyone may spill something at one time or another. Some tips to make less of a disruption are to use tablecloths that are absorbent and to have paper towels ready for use if needed. Tell them to always stay calm because accidents will happen. When children know that a spill could happen and how to manage it, they will not feel bad or embarrassed. Allow them to practice pouring, passing bowls, and wiping the table, as well as cleaning the area where they ate. This practice will provide life-long lessons and make mealtime pleasant and stress-free.

Tips for Success at Mealtime with Children

- Have them sit quietly and read a book, or read a story to them before mealtime.
- Allow children to use the restroom and to wash their hands just prior to sitting down at the table.
- Show them where to sit and how to pass or slide the serving dishes.
- Demonstrate how to use paper napkins and have a dry cloth to help with a spill. Say, “That’s okay. We will put this cloth/napkin over it, and it will dry in no time.”
- Show pictures of food to the children prior to having the food item on the menu. Remember it may take several times seeing the food before the child will try it. Children will usually try items they see their friends eating.
- Use phrases such as, “Do you like that?” or, “Which one is your favorite?”

Excerpt from May 2017 Meal time Memo

