FISCAL YEAR 2005
CHILD AND ADULT CARE FOOD PROGRAM
OPERATIONAL MEMO #23

TO: Child and Adult Care Food Program Institutions

FROM: Mary Ann Chartrand, Director
Grants Coordination and School Support

DATE: June 7, 2005

SUBJECT: Mealtime Memo for Child Care

Attached are copies of three issues of the Mealtime Memo for Child Care; “Wash your Hands,” “Working Safe in the Child Care Setting,” and “Nutrition Facts for Parents”. Click on the links below to open the documents.

Developed by the National Food Service Management Institute, these publications reinforce the importance of the Food Guide Pyramid and emphasize that physical activity helps children develop a healthier lifestyle.

If you have any questions regarding this publication you may contact the Child and Adult Care Food Program staff at (517) 373-7391.

Please keep this memo on file or in a notebook for quick and easy reference.

Attachments (3)

Wash Your Hands
Working Safe in the Child Care Setting
Nutrition Facts for Parents
Wash Your Hands

Sweep E. Clean
Repeat if necessary

Before and after changing diapers
Whenever hands are visibly dirty
At the beginning of the day
After playing outside
After using restroom
Immediately before and after eating
Upon arrival at the facility

Wash Your Hands Posters
Printed in English
Look for the posters at the following locations:

1. Classrooms
2. Cafeteria
3. Lunchrooms
4. Classrooms

Wash Your Hands

Proper handwashing helps to reduce the spread of germs.

Before going home
Before and after changing diapers
Whenever hands are visibly dirty
At the beginning of the day
After playing outside
After using restroom

Diaper Changing Tips

Proper handwashing techniques are essential in and around diaper changing areas. Remember these:

1. Use soap and water
2. Wash hands
3. Use disposable gloves

Children learn by example! Let them see you wash your hands.

Wash Your Hands for Child Care

Mealt ime Memo

2003
Web sites were current as of March 8, 2003.

PM1464pdf
http://www.cec.org/publications/TeachingChildrenAboutFoodSafety.html
Educational Practices/Handwashing/HandsPace.html
http://www.childwelfare.com/childcare/HandwashingResourecesForChildCareGivers.html
Child Care Food Safety Mini-Posers/AdditionalResources.html

Encourage kids to wear the amulets. Every!
Provide enough amulets for children and staff.
Front of the circle.
Attract the handwashing chip and gather the kids.
Give one or two pieces of paper into a circle that
you then have drawn on the floor, or students, etc.

5) Use a paper towel to dry hands after
4) Dry hands with paper towels.
3) Rinse well to remove all traces of soap.
2) Wash hands thoroughly, paying special attention to
   10 seconds that may be trapped under nails and
   Begin to wash both hands with liquid soap and
   Photocopy your choice of handwashing clip art.
   Include the clip art on page 20 in the appendix of the
   Wash hands with liquid soap under warm running
   Water for at least 20 seconds.
   (b) Remove condensation from the lips, corners of
   The reasons for proper handwashing have been
   People know the proper way to wash hands.
   The proper lather is available for children to wash
   The soap, lather and
   APPROPRIATE.
   Soap and paper towels are available.
   HANDWASHING SITES AVAILABLE
   FIND OUT IF THEY HAVE ANOTHER GOOD HANDWASHING PRACTICE.
   It is important to identify the challenges in your
  
Create a Wash Your Hands Ampland

To perform memo for child care

Medication Memo for Child Care
Working Safe in the Child Care Setting
Work-related injuries occur.

And... be knowledgeable about the specific instructions in the policy and procedure manual for your facility. Should a fire or other emergency occur...

In Summary:
- MSDS for chemicals.
- Know how to locate the fire alarm.
- Keep chemicals in original containers.
- Clean and free of grease and dirt build-up.


date

Meatime Memo

For Child Care

Address/Prevention in Child Nutrition Programs, University of Memphis, National Food Service Management Institute (1999), Working SAFE.
Nutrition Facts for Parents

For Child CarE

Mealtime MEmo

Different food groups provide different nutrients.
**Sources**

*MORE INFORMATION: CONTACT NRC at 800-332-1595 or NRC@NATIONALSCIENCEFOUNDATION.EDU  
NATIONAL RESEARCH COUNCIL, BPER 6, WASHINGTON, D.C. 20418-0720, 703-308-6220.*

**Food Components**

- **Carbohydrates:** 1 cup cornbread mix or 1 cup flour
- **Proteins:** 1/2 cup cooked beans
- **Fats:** 1/4 cup margarine
- **Vitamins and Minerals:** 1/2 cup cooked vegetables

**Nutrition Facts**

- **Calories:** 400
- **Fat:** 10g
- **Carbohydrates:** 60g
- **Protein:** 20g
- **Vitamin A:** 100%
- **Vitamin C:** 50%
- **Calcium:** 25%
- **Iron:** 30%

**Healthy Eating Recommendations**

- **Vegetables:** Include 1/2 cup cooked vegetables in each meal.
- **Protein:** Choose 1/2 cup cooked beans or lean meat.
- **Grains:** Include 1 cup cooked grains or 1/2 cup cooked pasta.
- **Fats:** Use 1/4 cup margarine or 2 tbsp olive oil.
- **Fiber:** Aim for 1/2 cup cooked vegetables and 1/2 cup cooked beans daily.
- **Water:** Drink 8 cups of water daily.

**Tips for Healthy Eating**

- **Plan Your Meals:** Prepare meals in advance to avoid overeating.
- **Choose Low-Fat Options:** Opt for low-fat milk and cheeses.
- **Limit Sugar Intake:** Limit sugary drinks and snacks.
- **Increase Physical Activity:** Regular exercise can aid in weight management.

**Key Points**

- **Nutrient Density:** Choose foods that are rich in nutrients and low in calories.
- **Balanced Diet:** Include a variety of foods to ensure adequate nutrition.
- **Portion Control:** Use a smaller plate to help with portion control.

**Conclusion**

Healthy eating habits are crucial for maintaining a healthy weight and reducing the risk of chronic diseases. By making informed choices and incorporating physical activity, individuals can improve their overall health and well-being.