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**FISCAL YEAR 2008
CHILD AND ADULT CARE FOOD PROGRAM
OPERATIONAL MEMORANDUM #2**

TO: Child and Adult Care Food Program Institutions

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

DATE: October 24, 2007

SUBJECT: Mealtime Memo for Child Care

Attached are three issues of the *Mealtime Memo for Child Care*. The titles are, "Cooking with Kids," "Using Seasonings in Cooking for Children," and "Cooking with Fresh Vegetables: Focus on Carrots."

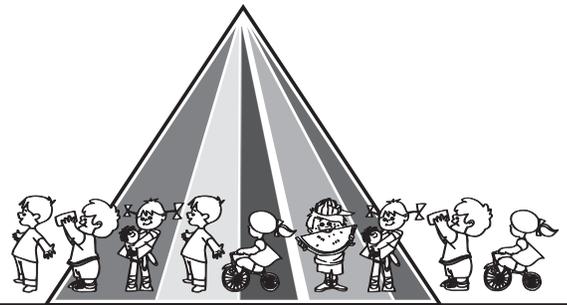
Developed by the National Food Service Management Institute, these publications reinforce the importance of the Food Guide Pyramid and include menus, recipes, and activities related to child care. Subsequent issues of the *Mealtime Memo for Child Care* will be provided when published.

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

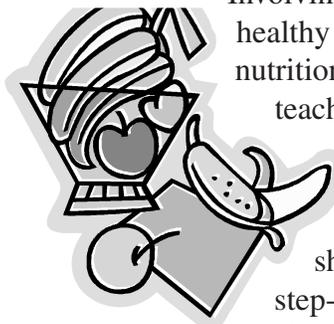
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Cooking with Kids



Involving children in cooking with healthy foods can reinforce nutrition education lessons you teach. Look for cookbooks for young children at your local library. Recipes for young children should have simple step-by-step instructions and pictures.

Check the recipes to be sure they include basic foods and not a lot of fat or sugar. Check to be sure the recipes can be credited as part of a meal or snack on the CACFP Meal Pattern. We will discuss ways children of ages two to four can be involved with cooking. We will also learn about safety rules to use when cooking with children.

Plan cooking activities that fit with children's abilities at different ages.

- Two year old children can help gather ingredients, stir, and pour ingredients together.
- Three year old children can use a rolling pin, shape objects with their hands, and help measure some ingredients.
- Four year old children can help measure ingredients and can cut with a plastic knife.

Safety rules when cooking with kids include:

1. Wash hands with soap and running water before beginning.
2. Clean and disinfect the surface where you will be working before starting. Clean between preparing different foods.
3. Keep cold foods in the refrigerator until you are ready to use them.
4. Wash all fruits and vegetables even if you peel or cook them.
5. Throw away foods that fall on the floor.
6. Do not sneeze or cough near food. Children who have colds should do other activities away from the food.
7. Use only plastic knives with older children. Younger children should not use knives.
8. Avoid using electrical appliances.
9. Only adults should use the stove.
10. Clean up spills quickly.

Books to share with children. Look for books about the foods you cook. Some examples are:

- *The Very Hungry Caterpillar* by Eric Carle
- *Oliver's Vegetables* by Vivian French and Alison Bartlett
- *Oliver's Fruit Salad* by Vivian French and Alison Bartlett
- *Stone Soup* by Marcia Brown
- *Tops and Bottoms* by Janet Stevens
- *Eating the Alphabet* by Lois Ehlert
- *Cook-a-Doodle-Do* by Janet Stevens and Susan Stevens Crummel



Mealtime Memo FOR CHILD CARE

Yogurt Fruit Dip G-04*

Lowfat vanilla yogurt 1 qt 2 ¼ cups
 Canned diced peaches, drained 1 qt 2 ¼ cups (2 ¾ No. 2-½ cans)

In a bowl, combine yogurt and peaches. Stir to blend. Refrigerate until ready to serve. Portion with No. 10 scoop (¾ cup).

Number of servings: 25

Serving size: ¾ cup (No. 10 scoop) provides ¼ cup of yogurt or the equivalent of ½ oz cooked lean meat and ¼ cup of fruit.

Special tip: This makes a good snack for dipping fruit and crackers.



Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Soft chicken taco with shredded lettuce, tomato, grated cheese, and salsa Carrot sticks Pineapple chunks Milk	Banana-Peanut Butter** Sandwich-F-03A* Broccoli Salad-E-11* Apple slices with Yogurt Fruit Dip- G-04* Milk	Spaghetti and meat sauce Green salad with shredded carrots French bread Orange wedges Milk	Sliced turkey Orange-Glazed Sweet Potatoes-I-12* Whole wheat roll Peach slices Milk	Baked fish Green peas Stuffed potatoes (cooking activity) Corn Muffin Squares- A-02A* Gelatin salad with mixed fruit Milk

*USDA *Recipes for Child Care*. Available online at www.nfsmi.org

**Sunflower butter may be substituted for peanut butter.

Suggested cooking activity: On Friday, let children help prepare the stuffed potatoes. Cut baked potatoes in half. Allow children to scoop out the center of the potato and place it in a bowl. Let them choose from a variety of toppings (broccoli, tomatoes, carrots, cheese, lowfat cottage cheese, etc). Add toppings to potato and mix. Refill the potato and reheat if necessary.



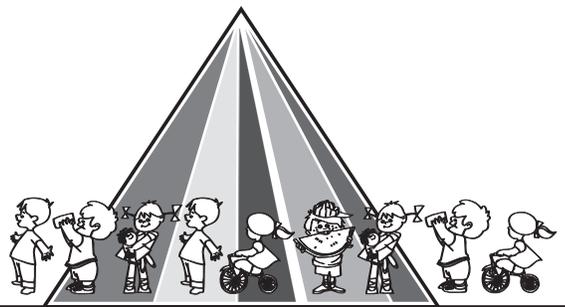
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National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.
 U.S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved February 28, 2007, from <http://www.nfsmi.org>

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Using Seasonings in Cooking for Children

Child care is a good place for children to try new foods and flavors. One way to enhance the flavor of foods is to use seasonings, such as herbs and spices. Using herbs and spices rather than salt to enhance flavor can help children learn to enjoy foods without added salt. Below you will find some tips on using seasonings in cooking for children.



Guidelines for Using Seasonings When Cooking for Young Children:

1. Use simple recipes. Children like simple food and like to be able to identify the foods on their plate.
2. Use mild seasonings; avoid very spicy seasonings. Children have sensitive taste buds.
3. Avoid using salt to season foods. Most people eat too much salt. Help children learn to like food without added salt. Instead of using garlic salt or onion salt, use fresh garlic, fresh onion, garlic powder, or onion powder.
4. When seasoning foods, start with $\frac{1}{4}$ teaspoon of seasoning for each pint (2 cups) or pound of food. Increase the seasoning until the food product has a pleasing taste and smell.
5. Use a total of one - three tablespoons of dried herbs and spices per 50 portions of a recipe.
6. Add herbs and spices at the beginning when making quick-cooking foods such as vegetables.
7. Add herbs and spices in the final 45 minutes of cooking when making slow-cooking foods such as soups or stews.

Ideas for Using Seasonings

- Apple slices (canned): Cinnamon or nutmeg
- Banana slices: Orange juice or pineapple juice
- Baked fruits: Nutmeg, cinnamon, or apple pie spice
- Mashed potatoes: Parsley
- Broccoli: Glaze with orange juice seasoned with tarragon and thickened with cornstarch
- Carrots: Brown sugar and cinnamon
- Winter squash: Cut in half and bake with chopped apple, cinnamon, and allspice
- Bread: Slice and brush with margarine; sprinkle lightly with sugar (about 1 tsp per slice) and cinnamon. Broil until sugar bubbles; cut in wedges for snack or dessert



Teaching Tip

On the day that you prepare the featured recipe this month, let the children smell the cinnamon and nutmeg. Talk about how spices and herbs make foods taste great. Encourage them to try the recipe and see if they can taste the spices.



Mealtime Memo FOR CHILD CARE

Baked Sweet Potatoes and Apples I-08*

Canned cut sweet potatoes, in light syrup, drained	1 qt ¼ cup (½ No. 10 can)	Ground cinnamon	½ tsp
Canned unsweetened sliced apples, solid pack, drained	1 qt (½ No. 10 can)	Ground nutmeg (optional)	½ tsp
Brown sugar, packed	¼ cup 2 Tbsp	Margarine or butter	2 Tbsp 2 tsp
		Water	¼ cup 2 Tbsp

Place sweet potatoes into 9" x 13" x 2" pan which has been coated with pan release spray. Place apples over sweet potatoes.

Combine brown sugar, cinnamon, and nutmeg (optional). Sprinkle mixture over apples.

Dot each pan with margarine or butter. Add water to pan.

Bake: Conventional oven: 350 °F for 25-30 minutes; Convection oven: 300 °F for 15-20 minutes. Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.

Number of servings: 25

Serving size: ¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.

Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal Orange wedges Milk	Cheese toast Grape juice Milk	Cheerios® Peach slices Milk	Pumpkin bread Apple slices Milk	Scrambled eggs Toast Pineapple juice Milk

Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna Patties - D-10* Peas and carrots Pineapple chunks Milk	Chicken Pot Pie - D-11* Green salad Peach slices Milk	Glazed Meat Loaf - D-04A* Mashed potatoes Whole wheat roll Apple slices Milk	Chicken or Turkey Chowder - H-01* Roasted chicken Crackers Steamed carrots Pear halves Milk	Vegetable Chili - D-26* Corn Muffins - A-02* Fruit salad Milk

Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Graham crackers Applesauce Milk	Carrot sticks Milk	Yogurt Banana slices Water	Peach Muffin Squares - A-16A* Milk	Cottage cheese Pineapple chunks Milk

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Sources:

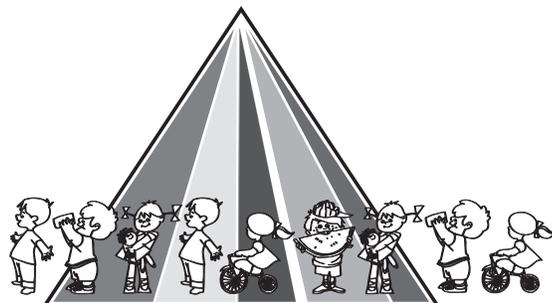
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Cooking with Fresh Vegetables: Focus on Carrots



Carrots are good sources of important vitamins and minerals. They can be served in many different ways.

Carrots are great

- cooked and served as a side dish or in soups and stews
- grated in salads, sandwiches, muffins, quick breads, and cakes
- pureed and combined with chicken broth to make a tasty soup

Carrots can be served raw, boiled, steamed, microwaved, or blanched.

Methods of preparing carrots:

1. Boil

Bring water to a boil and add raw carrots. The water should partially cover the carrots. For one pound of carrots, boil for 10-15 minutes.

2. Steam

To steam vegetables, either use a metal steamer pot with a colander or make your own steamer by placing a small footed sieve or colander in a large pot. Add water until it almost reaches the bottom of the colander. The water should not touch the vegetables. Cover the pot. Steam just long enough for carrots to be easily cut with a fork. The

vegetables will turn a bright color. Steaming takes a little bit longer than boiling.

3. Microwave

Place carrots in a microwave safe container, cover, and vent slightly (you can use plastic wrap). You do not need to add water. Microwave just long enough for carrots to be easily cut with a fork. Since microwaves cook unevenly, you will need to stir and turn carrots during cooking. Remove carrots from microwave and uncover. Allow carrots to stand at least five minutes before serving.



4. Blanch

Fresh carrots are easier for young children to chew if partially cooked. Cook carrots for a very short time, then chill quickly in ice water and drain. Remember to cut carrots into small pieces to avoid choking. Do not offer carrots sliced into circles to young children.

Seasonings:

You can use cinnamon, nutmeg, brown sugar, and/or orange juice to season carrots. Refer to *Mealtime Memo for Child Care* issue No. 7, 2007 for tips in seasoning vegetables. Young children do not need added salt. Do not add bacon or fat drippings and only use about one teaspoon of oil if you need to add fat.



Mealtime Memo FOR CHILD CARE

Orange Glazed Carrots I-12A*

Cornstarch	1 Tbsp	Frozen orange juice concentrate	¼ cup 2 ½ Tbsp
Water, cold	½ cup	Ground nutmeg (optional)	½ tsp
Canned sliced carrots, drained OR	1 qt 3 cups (5/8 No. 10 can) OR	Ground cinnamon	½ tsp
Frozen sliced carrots	2 qt	Dehydrated plums (prunes), chopped (optional) OR	¼ cup 3 Tbsp OR
Margarine or butter	¼ cup	Raisins (optional)	½ cup
Brown sugar, packed	¼ cup 2 Tbsp		

Combine cornstarch with cold water until dissolved and set aside to be used in preparing glaze. Place carrots in pan (9"x13"x 2" inch).

For glaze, combine margarine or butter, brown sugar, orange juice concentrate, nutmeg (optional), cinnamon, and dissolved cornstarch. Stir to blend. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).

Pour glaze over pan of carrots. Bake: Conventional oven: 375 °F for 20-30 minutes; Convection oven: 325 °F for 15-20 minutes. Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher. Portion with No. 12 scoop (½ cup).

Number of servings: 25

Serving size: ½ cup (No. 12 scoop) provides ¼ cup of vegetable.



Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Ground Beef and Spanish Rice-D-22* Green Beans Orange Glazed Carrots- I-12A* Milk	Toasted Cheese and Tomato Sandwich-F-09* Broccoli lightly steamed Pinto beans Milk	Stir-Fry Chicken-D-18* Not Fried Rice-A-08* Diced peaches Milk	Lentil Soup-H-07* Cornbread Steamed spinach Baked apples with cinnamon Milk	Turkey sandwich Carrot sticks lightly steamed Potato wedges Milk

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