



STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING



JENNIFER M. GRANHOLM
GOVERNOR

MICHAEL P. FLANAGAN
SUPERINTENDENT OF
PUBLIC INSTRUCTION

**FISCAL YEAR 2007
CHILD AND ADULT CARE FOOD PROGRAM
OPERATIONAL MEMORANDUM #6**

TO: Child and Adult Care Food Program Institutions

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

DATE: February 12, 2007

SUBJECT: Mealtime Memo for Child Care

Attached are four issues of the *Mealtime Memo for Child Care*. The titles are, "Make Mealtimes Happy Times," "Establishing Healthy Habits Early," "Healthy Snacks for Kids," and "Steps to Planning a Nutrition Education Activity."

Developed by the National Food Service Management Institute, these publications reinforce the importance of the Food Guide Pyramid and emphasize that physical activity will help children grow healthy. 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.

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

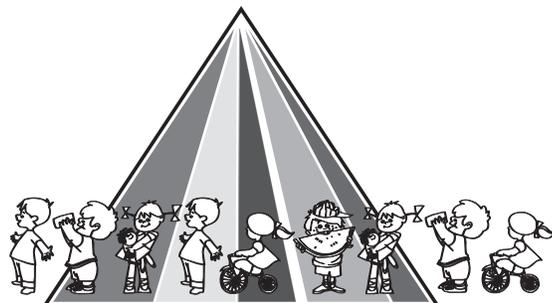
STATE BOARD OF EDUCATION

KATHLEEN N. STRAUS – PRESIDENT • JOHN C. AUSTIN – VICE PRESIDENT
CAROLYN L. CURTIN – SECRETARY • MARIANNE YARED MCGUIRE – TREASURER
NANCY DANHOF – NASBE DELEGATE • ELIZABETH W. BAUER
REGINALD M. TURNER • EILEEN LAPPIN WEISER

608 WEST ALLEGAN STREET • P.O. BOX 30008 • LANSING, MICHIGAN 48909
www.michigan.gov/mde • (517) 373-3324

Mealtime Memo

FOR CHILD CARE



No. 11, 2006

Make Mealtimes Happy Times

Mealtime Environment

Imagine mealtime in a child care center or child care home. What do you see?



Ideally you should see relaxed, happy children and teachers sitting together enjoying both the food and company.

Creating a pleasant mealtime requires planning and a few strategies.

Strategies for Happy Mealtimes

Family style dining is one strategy that helps create a pleasant mealtime. In family style dining, all food is placed in serving bowls on the table and children are encouraged to serve themselves or serve themselves with help from an adult. The adult child care givers or teachers sit at the table with the children. Children and child care givers practice good manners and enjoy talking to each other.

How can you make family style dining relaxed and pleasant?

- Establish regular meal times.
- Establish a regular routine around mealtimes. Use a transition activity such as circle time, story time or music, or letting children help to set the table between active play and a meal.
- Make sure children know what to expect at meal times. When children understand what will happen next and how they are expected to behave, they can relax during the meal. Children

also respond well to clear expectations of table behavior. Children learn to share and to be polite to one another at the table.

- Don't expect young children to eat without an occasional spill. Be prepared and wipe up the spill without a fuss.
- Children should not be rushed through their meal. Careful planning and experience will let you know how much time the children need to eat in a relaxed setting.

Pleasant Conversation

Encourage pleasant conversation focusing on the child's interests and experiences.

You can also use the time to teach the children about the food being served. You can talk about what kinds of foods are being offered, what color the foods are, how they are prepared, if the children eat these same foods at home, where the foods come from, and related topics.

Don't focus on which foods a child has chosen or how much a child has eaten. If the meal is about to end, you can ask the children if they have had enough to eat or remind them when the next meal or snack will be offered.

Children can relax when they know they will never be asked to eat something they don't want or to eat more of a food than they want.



Mealtime Memo FOR CHILD CARE

Sugar Cookies B-04*



| | | | |
|----------------------------|---------|--------------------------|--------|
| Margarine or butter | ¾ cup | Baking powder | 1½ tsp |
| Sugar | 1½ cups | Baking soda | ¾ tsp |
| Fresh large eggs | 2 | Salt | ¾ tsp |
| Vanilla | 1½ tsp | Ground nutmeg (optional) | ½ tsp |
| Milk 1% | 3 Tbsp | Ground cinnamon | ½ tsp |
| Enriched all-purpose flour | 3⅓ cups | | |

Cream margarine or butter and sugar in a mixer with paddle attachment for 10 minutes on medium speed. Add eggs, vanilla, and milk. Mix on medium speed for 1 minute until smooth. Scrape down sides of bowl. Mix for 30 seconds on medium speed.

In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg (optional), and cinnamon. Gradually add dry ingredients to the creamed mixture. Mix for 1 minute on low speed until blended.

Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows 3 across and 3 down. For 25 servings, use 3 pans (1 pan will have only 7 cookies). Bake until light brown: Conventional oven: 375° F for 12 minutes; Convection oven: 350° F for 16 minutes.

Number of servings: 25

Serving size: 1 cookie

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

Candy-Cane Cookies

Using the Sugar Cookie recipe above, make a batch of cookie dough. Have the children help by mixing the dry ingredients, adding the flour mixture slowly to the batter while you stir, or helping gather the ingredients listed in the recipe.**



Divide the dough in half; blend ½ teaspoon red food color into one half. Shape 1 teaspoon dough from each half into 4-inch ropes. Roll them back and forth on lightly floured sheets of waxed paper to make them smooth and even. Place one rope of each color side by side, then twist them together. Place on a half-sheet pan (13" x 18" x 1") lightly coated with pan release spray or lined with parchment paper (see above). Curve top of cookie to form the crook of the candy cane. Bake as directed in the recipe above.

**When cooking with children, always follow a few simple safety rules such as making sure they wash their hands before helping and whenever needed during the activity, finding a different activity for children with colds or runny noses, and only allowing an adult to use knives and electric kitchen appliances such as the oven or mixer.

Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author. Available online at www.nfsmi.org

National Food Service Management Institute. (2003). *Happy Mealtimes For Healthy Kids*. University, MS: Author. Available online at www.nfsmi.org

U. S. Department of Agriculture, Food Nutrition Service. (2005). *USDA Recipes for Child Care*. Washington, D.C.: Author. Available online at www.nfsmi.org

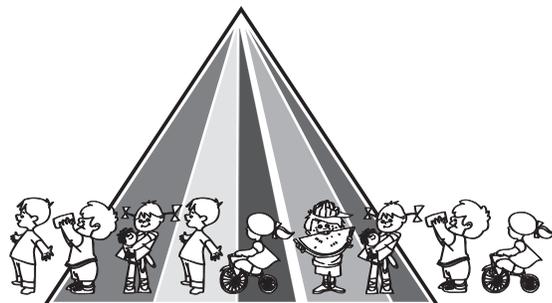
Subscribe to *Mealtime Memo for Child Care* online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.

Mealtime Memo

FOR CHILD CARE



No. 12, 2006

Establishing Healthy Habits Early

Good Habits for Healthy Bodies

To be healthy, children need nutritious foods and regular activity. Nutritious foods are those foods and beverages that provide the nutrients and energy children need for growth and play. Physical activity or play is the work of a child.

Help the children in your care eat healthy foods and be physically active.

Getting Children Off to a Good Start



MyPyramid for Kids shows ways children can eat right and be active. It shows a variety of healthy foods organized by food groups, and encourages activities such as sports, walking, and skating.

Here are some ideas from MyPyramid for Kids.

Eat Right:

- Make half your grains whole. Choose whole-grain foods, such as whole wheat bread, oatmeal, and low fat popcorn.
- Vary your vegetables. Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- Focus on fruits. Eat them at meals, and at snack time. Go easy on the fruit juice.



- To build strong bones, get your calcium-rich foods such as low fat milk and other milk products.
- Eat lean or low fat meat, chicken, turkey, and fish. Include dry beans and peas.
- Choose fish, nuts, and liquid oils such as soybean, canola, and olive oil.
- Don't sugarcoat it. Choose foods and beverages that do not have sugar or sweeteners as one of the first ingredients.

Be Active:

- Set a good example. Be active and get the children to join you.
- Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- Set aside time each day as activity time. Walk, play ball, dance to upbeat music, or play outside. Children need about 60 minutes of physical activity everyday or most days.
- Move it! Instead of sitting in front of the TV, get up and move. Limit TV watching and computer time.
- Keep active games or sporting equipment such as balls, jump rope, and skates on hand for the children.



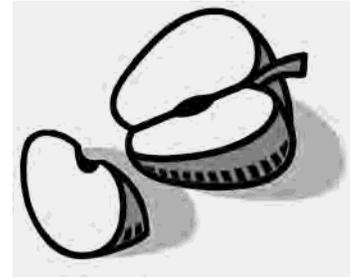
Let the children play and have fun outdoors. Get them in the activity habit early. By serving healthy foods and encouraging play, you will be getting the children off to a good start.



Mealtime Memo FOR CHILD CARE

Baked Sweet Potatoes and Apples I-08*

Canned cut sweet potatoes, in light syrup, drained 1/2 No. 10 can
 Canned unsweetened sliced apples, drained 1/3 No. 10 can
 Brown sugar, packed 1/4 cup 2 Tbsp
 Ground cinnamon 1/2 tsp
 Ground nutmeg (optional) 1/2 tsp
 Margarine or butter 2 Tbsp 2 tsp
 Water 1/4 cup 2 Tbsp



Place sweet potatoes in 9" x 13" x 2" pan which has been lightly coated with pan release spray. Place apples over sweet potatoes. Combine brown sugar, cinnamon, and nutmeg (optional). Sprinkle sugar mixture over the apples. Dot with margarine or butter. Add water.

Bake: Conventional oven: 350° F for 25-30 minutes. Convection oven: 300° F for 15-20 minutes.

Number of servings: 25

Serving size: 1/4 cup provides 1/4 cup of vegetables and fruit.



Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Sloppy Joe on Whole Wheat Bun – F-12* Whole Kernel Corn Melon Cubes Milk 2% | Toasted Ham & Cheese Sandwich Orange Half Potato Salad – E-12* Milk 2% | Beef-Vegetable Stew – D-16* Banana Slices in Strawberry Gelatin Crackers Milk 2% | Sliced Baked Turkey Green Beans Baked Sweet Potatoes and Apples – I-08* Whole Wheat Roll Milk 2% | Vegetable Chili – D-26* Broccoli Salad – E-11* Cornbread Milk 2% |

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

Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author. Available online at www.nfsmi.org

U. S. Department of Agriculture, Food and Nutrition Service. (2005). *USDA Recipes for Child Care*. Washington, D.C.: Author. Available online at www.nfsmi.org

U. S. Department of Agriculture. *MyPyramid for Kids*. Washington, D.C.: Author. Available online at <http://mypyramid.gov/kids/>

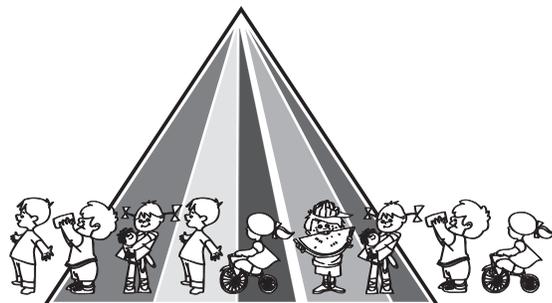
Subscribe to *Mealtime Memo for Child Care* online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.

Mealtime Memo

FOR CHILD CARE



No. 1, 2007

Healthy Snacks for Kids

Healthy snacks are an important part of children's daily eating habits. Since children have small stomachs, they often can't eat enough in three meals to get the calories and nutrients they need to grow. The number of snacks you serve depends on how long children are in your care.

Tips in Snack Planning:

1. Use the same principles in planning snacks as you would with meals: balance, moderation, and variety. You can use snack time to teach children from a young age that snacks can be healthy by
 - serving a variety of fruits, vegetables and whole grains.
 - choosing foods that are low or moderate in fat.
 - limiting salty food.
 - limiting dessert foods.
2. Time snacks so that two hours pass between each meal or snack. For example, if you serve breakfast at 7:30, you could serve a midmorning snack at 10:00 a.m. and then serve lunch at 12:00 p.m. If you serve breakfast later, you may not have enough time for a midmorning snack. You could give the children a midafternoon snack instead. You can be reimbursed for serving each child one snack per day.

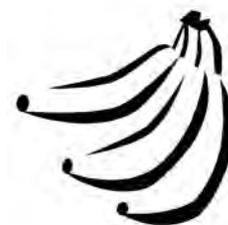


3. Remember that the CACFP Meal Pattern for snacks requires foods from two different components. Plan snack menus that contain foods from at least two of the following groups:

- Meat or Meat Alternate
- Vegetable or Fruit or Juice
- Bread or Bread Alternate
- Milk

Be sure to include foods from two different components. For example, carrot sticks and apple juice would not make a reimbursable snack, since both foods come from the same meal component.

4. Serve one beverage (either juice, milk, or water) at snack time. Since children have small stomachs, they may fill up on drinks and eat less food.
5. Satisfy different appetites with a variety of healthy foods.
 - **Sweet:** apple wheels or banana slices
 - **Crispy:** carrot sticks, cucumber strips, toast, or cereal mixed with nuts
 - **Warmth:** tomato soup
 - **Thirst:** vegetable juice or fruit and yogurt shakes



Mealtime Memo FOR CHILD CARE

Muffin Squares A-11*

| | | | |
|-----------------------------|--------------|--------------------|----------------|
| All-purpose flour, enriched | 3 ¼ cups | Raisins (optional) | ½ cup 2 Tbsp |
| Instant nonfat dry milk | ¼ cup 2 Tbsp | Eggs, large | 2 |
| Baking powder | 2 Tbsp | Water | 1 ¼ cup 2 Tbsp |
| Sugar | ½ cup | Vegetable oil | ¼ cup 2 Tbsp |
| Salt | 1 tsp | | |

Combine flour, dry milk, baking powder, sugar, and salt in a mixing bowl. Mix 5 minutes on low speed. Add raisins (optional). In a separate bowl, combine eggs and water. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds. Scrape down sides of bowl. Slowly add oil while mixing for 40 seconds on low speed. Do not overmix. Batter will be lumpy. Pour batter into a 9"x13"x2" pan which has been lightly coated with pan release spray. Bake until lightly browned. Conventional oven: 425° F for 20 minutes; Convection oven: 350° F for 15 minutes. Cut each pan 5 x 5 (25 pieces).

Number of servings: 25
Serving size: 1 piece provides the equivalent of 1 slice of bread.



Snack Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|-----------------------|--|--|
| Apple slices Peanut butter** Water | Lowfat yogurt Graham crackers Water | Granola bars Juice | Dried apricots Muffin Squares – A-11* Milk 2% | Mini bagel with cream cheese Raisins*** Water |

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

**Sunflower butter may be substituted for peanut butter.

***As a food activity, let the children make faces on the bagel with raisins. Remember that raisins can be choking hazards for very young children.

Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author. Available online at www.nfsmi.org

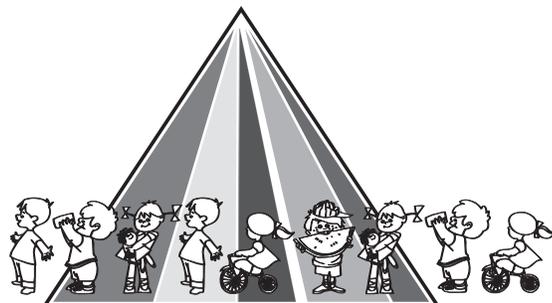
U. S. Department of Agriculture, Food and Nutrition Service. (2005). *USDA Recipes for Child Care*. Washington, D.C.: Author. Available online at www.nfsmi.org

USDA Food and Nutrition Service. (2006). *Pyramid Snacks*. Available online at: www.fns.usda.gov/tn/Parents/pyramidsnacks.html

Subscribe to *Mealtime Memo for Child Care* online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.



Steps to Planning a Nutrition Education Activity

Nutrition education teaches children about foods and how they support good health. It helps children develop healthy eating habits and positive attitudes about foods. Nutrition education activities expose children to a wider variety of foods. Here are six steps to planning a nutrition education activity with children.

Steps to Plan a Nutrition Education Activity:

Step 1: Why

- Think about the lesson you want children to learn.



Step 2: What

- Choose an activity that will help children learn the lesson.
- Use different activities, such as arts and crafts, games, songs, cooking, and role playing.

Step 3: How

Think through the activity.

- Make a list of things you will need.
- Plan what you will do.
- Plan what the children will do.

Planning the activity step by step will keep the children busy rather than having to wait while you prepare the next step.

Step 4: When

- Decide on a time to carry out the activity.
- Use the activity as a transition before mealtime to teach the children something new about food.
- Keep in mind that children will not pay attention well if they are hungry or tired.

Step 5: Do the Activity

- Begin the activity by asking questions to find out what the children already know.
- Explain what they will do.
- Make the activity fun for children and care givers.

Step 6: Follow-up After the Activity

- Ask questions to find out what children learned to reinforce the lesson.
- Remember to refer to this activity later to reinforce the lesson.
- Present a different activity at a later time to reinforce the same lesson.
- Start the follow-up lesson by talking with the children about what they learned in the original lesson.
- Songs and chants are great ways to reinforce nutrition lessons. Try making up your own song to a familiar tune.

Fun Nutrition Activities with Children

Talk about how potatoes grow. Pass around a whole potato and have the children sing, to the tune of "Mary Had a Little Lamb," I'm a potato, brown and round, brown and round, brown and round. I'm a potato, brown and round, growing in the ground.



Allow children to spread pizza sauce on half of an English muffin. Children can make a face on the pizzas with olives (eyes) and green pepper (smile). Provide grated cheese for hair.



Mealtime Memo FOR CHILD CARE

Tortilla Roll-Up F-07*

Monterey Jack cheese, reduced fat, shredded 3 cups
 Flour tortillas, enriched 12 8-inch (at least 1.8 oz each)
 Chicken or turkey, cooked, chopped 1 qt 2 cups
 Mild salsa, chunky 1½ cup
 Onions, fresh 1 Tbsp 2 tsp
 OR ¾ tsp dehydrated onions
 Red bell pepper, fresh, seeded, minced (optional) ½ cup



Sprinkle 1 oz (¼ cup) of shredded cheese on each tortilla. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread 3½ oz (½ cup) of chicken or turkey mixture on tortilla. Roll tortilla like a jelly-roll. Place 6 rolled tortillas in each of two pans (9"x13"x2") which have been lightly coated with pan release spray. Cover with foil. Bake: Conventional oven: 375° F for 15 minutes; Convection oven: 325° F for 15 minutes. Heat to 165° F or higher for at least 15 seconds. Cut each tortilla in half. Hold for hot service at 135° F or higher.

Number of servings: 24

Serving size: 1 roll-up (½ filled tortilla) provides 1½ oz of cooked lean meat and the equivalent of one slice of bread.



Lunch Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Crispy baked chicken Oven baked potato wedges Peach halves Whole wheat roll Milk 2% | Tortilla Roll-Ups - F-07* Whole kernel corn Apple slices Milk 2% | Macaroni and cheese with ham – D-20A* Baby carrots Tropical fruit salad Whole wheat roll Milk 2% | English muffin pizzas Peas and carrots Pear halves Milk 2% | Turkey spaghetti Steamed broccoli and cauliflower Plum Toasted French bread Milk 2% |

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

Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author. Available online at www.nfsmi.org.

U. S. Department of Agriculture, Food Nutrition Service & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Washington, D.C.: Author. Available online at www.nfsmi.org.

Subscribe to *Mealtime Memo for Child Care* online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.