

# Child and Adult Care Food Program (CACFP) Monthly Newsletter



## Taste Testing New Foods in Preschool

Did you know it may take at least 10 times of trying a food before a child decides if they like it or not? Preschool settings are great ways to help introduce new foods, especially with family-style meal service.

Here are some tips to encourage children to try new foods:

- Pair a familiar food with a less common food such as a new raw vegetable with a favorite meal.
- Be a role model by tasting the food yourself. Involve children in prepping the food.
- Discuss the texture, smell and sight of the new food.
- Don't pressure children to eat and never use food as a reward.
- Introduce one new food at a time.
- Try this repeated exposure activity: [https://healthyeatingresearch.org/wp-content/uploads/2022/11/HER-Classroom-Repeated-Exposure-Chart\\_final.pdf](https://healthyeatingresearch.org/wp-content/uploads/2022/11/HER-Classroom-Repeated-Exposure-Chart_final.pdf)

**In this newsletter you can expect:**

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Tips for Trying New Foods

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Summer Recipes

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Upcoming Trainings

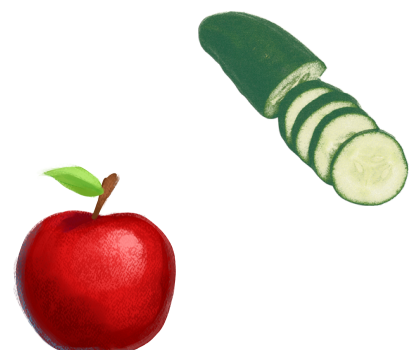
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10 Cents a Meal

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Resources

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# Summer Recipe Ideas



## Fruit Taco

**Ages 3-5:** Serving Size 1 waffle or pancake

- ½ oz equivalent grain
- ½ cup fruit

Find the full recipe on page 27: <https://eatlearngrowga.org/wp-content/uploads/2024/10/c9dc8a76b9.pdf>



## Pizza Pasta Salad

**Ages 3-5:** 6 servings

- 1 oz. equivalent grains
- ½ cup vegetable

Find the full recipe on page 9: <https://eatlearngrowga.org/wp-9c.opndft ent/uploads/2024/10/c9dc8a76b>



## Upcoming Thinking Thursday

**Topic:** Identifying Whole Grains **Date:** August, 21, 2025

**Time:** 2 - 3 pm

Learn how to identify whole grains including credible grains vs. non-creditable grains in CACFP.

Link to register for webinar: [https://us06web.zoom.us/webinar/register/WN\\_qgcckdH7Q\\_y-qtNVdzTyZA](https://us06web.zoom.us/webinar/register/WN_qgcckdH7Q_y-qtNVdzTyZA)

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**10 CENTS  
A MEAL**  
FOR MICHIGAN'S KIDS & FARMS

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## **2025-2026 Program and Application Trainings**

Whether you are thinking about participating in the 10 Cents a Meal Program for the first time or are an experienced grantee, join us to learn how 10 Cents a Meal works, how to source Michigan-grown produce from local suppliers, and what is needed to participate.

Several in-person sessions are available and, for grantees unable to attend in-person, there will also be a virtual option. Bring your laptop if you would like help with completing your application during a session or just bring your questions.

Attendance is free; however, all attendees are required to register.

- Mason/Ingham – August 7, 2025, 2 - 4pm (EST) [Register](#)
- Macomb - August 14, 2025, 2 - 4 pm (EST) [Register](#)
- Flint – August 18, 2025, 2 - 4 pm (EST) [Register](#)

Virtual training – TBD



# CACFP Resources



- CACFP MDE Trainings: [www.michigan.gov/mde/services/food/cacfp/topics/trainings/cacfp-trainings](http://www.michigan.gov/mde/services/food/cacfp/topics/trainings/cacfp-trainings)
- [Email: MDE-CACFP@michigan.gov](mailto:MDE-CACFP@michigan.gov)

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**1. mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**2. fax:**

(833) 256-1665 or (202) 690-7442; or

**3. email:**

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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