

Child Care Food Program Meal Pattern for Older Children

2022 – 2023

Breakfast (Select 3 Components)	Ages 1–2	Ages 3–5	Ages 6–12
Milk, fluid ³ unflavored only (must be offered)	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)
Vegetable, fruit, or both ⁴ (must be offered)	¼ cup	½ cup	½ cup
Grains ^{6,8} (Whole Grain-Rich (WGR) or Enriched Only) WGR or Enriched Bread OR Biscuit, roll, muffin, etc. OR Cooked breakfast cereal ⁷ , cereal grain, and/or pasta OR Ready-to-eat breakfast cereal (dry cold) ^{7,8} Flakes or Rounds Puffed cereal Granola OR Meat/meat alternate ⁵ (3 times per week max in place of breakfast bread/grain)	½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz	½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz	1 oz eq 1 oz eq 1 oz eq 1 oz eq 1 oz eq 1 oz eq 1 oz eq 1 oz
Lunch or Supper (Select All 5 Components)	Ages 1–2	Ages 3–5	Ages 6–12
Milk, fluid ³ unflavored only	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)
Vegetable ⁴	⅛ cup	¼ cup	½ cup
Fruit ^{4,9}	⅛ cup	¼ cup	¼ cup
Grains ^{6,8} (WGR or Enriched Only) WGR OR enriched bread OR Biscuit, roll, muffin, etc. OR Cooked breakfast cereal ⁷ , cereal grain, and/or pasta	½ oz eq ½ oz eq ½ oz eq	½ oz eq ½ oz eq ½ oz eq	1 oz eq 1 oz eq 1 oz eq
Meat/Meat Alternates (M/MA) Lean meat, fish, poultry, cheese, tofu, soy, or alternate protein products ¹⁰ OR Egg (Large) OR Cooked dry beans or dry peas ¹¹ OR Peanut butter, soy nut butter, or other nut or seed butters OR Peanuts, soy nuts, tree nuts, or seeds ¹² OR Yogurt, plain or flavored, unsweetened or sweetened ¹³	1 oz ½ egg ¼ cup 2 tbsp ½ oz ½ cup OR 4 oz	1½ oz ½ egg ⅜ cup 3 tbsp ¾ oz ¾ cup OR 6 oz	2 oz 1 egg ½ cup 4 tbsp 1 oz 1 cup OR 8 oz
Snacks (Select 2 of These 5 Components)	Ages 1–2	Ages 3–5	Ages 6–12
Milk, fluid ³ unflavored only	½ cup (4 oz)	½ cup (4 oz)	1 cup (8 oz)
Vegetable ⁴	½ cup	½ cup	¾ cup
Fruit ⁴	½ cup	½ cup	¾ cup
Grains ^{6,8} (WGR or Enriched Only) WGR OR enriched bread OR Biscuit, roll, muffin, etc. OR Cooked breakfast cereal ⁷ , cereal grain, and/or pasta OR Ready-to-eat breakfast cereal (dry cold) ^{7,8}	½ oz eq ½ oz eq ½ oz eq ½ oz eq	½ oz eq ½ oz eq ½ oz eq ½ oz eq	1 oz eq 1 oz eq 1 oz eq 1 oz eq
Meat/Meat Alternates (M/MA) Lean meat, fish, poultry, cheese, tofu, soy, or alternate protein products ¹⁰ OR Egg (large) OR Cooked dry beans or dry peas ¹¹ OR Peanut butter, soy nut butter, or other nut or seed butters OR Peanuts, soy nuts, tree nuts, or seeds OR Yogurt, plain or flavored, unsweetened or sweetened ^{13,15}	½ oz ½ egg ⅛ cup 1 tbsp ½ oz ¼ cup	½ oz ½ egg ⅛ cup 1 tbsp ½ oz ¼ cup	1 oz ½ egg ¼ cup 2 tbsp 1 oz ½ cup

3. Must serve whole milk to children age 1. Must serve 1% or fat-free milk to children ages 2 years and older.
4. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement once per day. Breakfast or snack only.
5. M/MA may be used to meet the entire grains requirement a maximum of three times a week for breakfast. One oz of M/MA is equal to 1 oz eq of grains.
6. At least one serving per day, across all eating occasions, must be WGR. Grain-based desserts do not count towards meeting the grains requirement.
7. Breakfast cereals must contain no more than 6 g of sugar per dry oz (no more than 21.2 g sucrose and other sugars per 100 g of dry cereal).
8. Refer to FNS guidance for additional information on crediting different types of grains.
9. A vegetable may be used to meet the entire fruit requirement. When 2 vegetables are served at lunch/supper, 2 different types of vegetables must be served.
10. Alternate protein products must meet the requirements in Appendix A per 7 CFR, Section 226.20. Additionally, a 2.2 ounce serving of tofu = 1 ounce equivalent toward the M/MA requirement and must contain a minimum of 5 grams of protein per 2.2 ounces.
11. Cooked dry beans or dry peas may be used as a meat alternate or as a vegetable component; but **CANNOT** be counted as both components in the same meal.
12. No more than 50% of the requirement shall be met with nuts (peanuts, soy nuts, and tree nuts) or seeds. Nuts or seeds shall be combined with another M/MA to fulfill the requirement. To determine combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish.
13. Yogurt must contain no more than 23 g of total sugars per 6 oz.
14. Juice cannot be served when milk is served as the only other component.
15. Commercially added fruit or nuts in flavored yogurt cannot be used to satisfy the second component requirement in snacks.

CDA Medical Statements

And Soymilk Request Forms

A CDA Medical Statement may be required for a variety of reasons. The most common reason that CDA would require a Medical Statement to be completed for a child in your care is when that child has a food allergy. Food allergies can be severe and life threatening, so having clear instruction from a licensed physician on how to safely provide meals for a child with a food allergy is vitally important. Additionally, if a child in your care has a disability that affects their normal eating/feeding habits, requires that certain food group or texture be eliminated from a child's diet (i.e. "no/low protein diet" or "pureed foods only"), or requires the use of specialized equipment for feeding, a CDA Medical Statement would be necessary. In any of these situations, ***you will need to call the Nutrition Office***. We will provide you with a CDA Medical Statement and any additional guidance you may need.

If you have a child in your care who is lactose intolerant, allergic to dairy products, or who follows a vegan diet and the parent would like you to serve their child a milk alternate, ***you will need to call the Nutrition Office***. Per CACFP regulations, any milk alternate served at a reimbursable meal must be nutritionally equivalent to cow milk. Soymilk is currently the only milk alternate that meets USDA requirements, however not *all* brands of soymilk meet the requirements, so CDA will supply you with a list of USDA approved soymilks to choose from (see selection below). If you have a child in your care who requires soymilk, call the office. We will send you a Soy Milk Request Form. This form must be signed and dated by the parent, then returned to the Nutrition Office.

All other milk alternates require a CDA Medical Statement to be completed and signed by a physician in order for you to be reimbursed, however the USDA will not allow CDA to reimburse for a milk alternate that is not nutritionally equivalent to cow milk unless the child has a disability as determined by the child's physician. The physician would have to state on our form that the child has a disability that requires the child to have a milk alternate that is not nutritionally equivalent to cow milk. For example, almond milk. Almond milk is not nutritionally equivalent to cow milk. While cow milk has 8 grams of protein per serving, almond milk only has 1 gram, so this would require a CDA Medical Statement.

Reimbursable Soymilks: (Only reimbursable with a CDA Soymilk Request Form on File in the Nutrition Office)

- 8th Continent Original Soymilk
- Lucerne Original Soymilk
- Silk Original Soymilk (must be the refrigerated type and meet the above requirements)
- Kikkoman Pearl Organic Soymilk, Smart Original
- Kirkland Signature Organic Soymilk, Plain

Fluid Milk Substitution Nutrient Requirements

As outlined in Title 7, *Code of Federal Regulations*, Section 210.10(m)(3)

Column 1: Nutrients that must be contained in the product

Column 2: Nutrient requirements as stated in the federal regulations

Column 3: Recommended Daily Intake (RDI) for the nutrient

Column 4: Percent (%) RDI (*except for protein*, the % RDI is what is listed on the Nutrition Facts Label)

If providers wish to offer a fluid milk substitute for children without disabilities who have a *documented* medical or special dietary need, the nondairy beverage(s) **must** provide the nutrients listed in the following table:

Nutrient	Requirements as Stated in Federal Regulations (Per cup)	RDI	% RDI
Calcium	276 mg	1000 mg	27.60%
Protein	8 g*	50 g	N/A
Vitamin A	500 IU	5000 IU	10.0%
Vitamin D	100 IU	400 IU	25.0%
Magnesium	24 mg	400 mg	6.0%
Phosphorus	222 mg	1,000 mg	22.2%
Potassium	349 mg	3,500 mg	10.0%
Riboflavin	0.44 mg	1.7 mg	25.90%
Vitamin B-12	1.1 mcg	6 mcg	18.30%

An acceptable milk alternate must contain, at a minimum, the amounts in the % RDI column (except protein-**8 g***). We have done the comparisons and made a list of the acceptable alternates for your convenience (see options on opposite page). However, you will not be reimbursed for a milk alternate, even one of the approved options, without a parent-signed form on file in the Nutrition Office.

→You must call the Nutrition Office to obtain a Soymilk Request Form←

CACFP Mealtime Basics

For Reimbursable Meals

Milk: Required at *all major meals*. That means it must be offered at Breakfast, Lunch, and Dinner.

- Unflavored Milk *ONLY*.
- Whole milk *mandatory* for children 12 - 23 months (1 year) old.
- 1% or Fat-Free milk *mandatory* for children 24 months (2 years) and up.

Fruits and Vegetables: Required at *all major meals*.

- **Breakfast:** At least 1 serving of fruit or vegetable must be offered.
- **Lunch:** At least 2 servings of vegetables, or one fruit and one vegetable must be offered.
- **Dinner:** At least 2 servings of vegetables, or one fruit and one vegetable must be offered.

Meat/Meat Alternate: Required at *Lunch and Dinner*.

- Effective October 1st, 2017, you can be reimbursed for serving a meat/meat alternate at breakfast *in place of the entire grain component* up to 3 times per week.

Bread/Bread Alternate: Required at *all major meals*. At least 1 serving per day must be *whole grain-rich*.

- Remaining servings can be either *enriched grain* products or additional whole grains.
- This group includes most grains/grain products: bread, rice, hot or cold cereal, tortillas, quinoa, etc. *Please refer to your CDA Food List for a full list of reimbursable bread and grain products.*

BREAKFAST (3 Items Served)	LUNCH/DINNER (5 Items Served)	SNACK (2 Items Served)
Milk	Milk	Milk
Fruit or Vegetables	Select Two 2 Vegetables OR 1 Fruit/1 Vegetable	Fruit or Vegetables
Meat/Meat Alternate OR Bread/Bread Alternate	Bread or Bread Alternate (rice, tortilla, pasta, etc.)	Bread or Bread Alternate (rice, tortilla, pasta, etc.)
	Meat or Meat Alternate (meat, cheese, nuts, etc.)	Meat or Meat Alternate (meat, cheese, nuts, etc.)

» Only meals served in the family child care facility and consumed in the absence of parents may be claimed for reimbursement. Meals sent home with children MAY NOT be claimed for reimbursement.



Beverage Guide

Milk is a required component of all major meals

- * Unflavored 1% or Fat-Free Milk *only* must be offered to children two years and older
- * Unflavored Whole Milk is *required* for children **one year old** as of October 1st, 2017.
- * Drinking water *must* be available and offered to children throughout the day, including mealtimes. When served at a mealtime, water must be offered alongside the full portion of milk and be in a separate cup; it cannot *replace* the required milk.



Milk Intolerance or Allergies

If you have a child in your care who has a lactose intolerance, you may serve that child lactose-free milk as long as it is the correct fat percentage for that child's age. CDA does not require a medical statement for lactose-free milk.

If you have a child with an allergy to dairy products or who is on a vegan diet, call the office to talk to the Nutritionist about a Soymilk Request Form. This form only requires the parent signature for approval, however, only the following approved soymilk options may be served for reimbursement:

- * 8th Continent Original Soymilk
- * Lucerne Original Soymilk
- * Silk® Original Soymilk (refrigerated only)
- * Kikkoman Pearl Organic Soymilk, Smart Original
- * Kirkland Signature Organic Soymilk, Plain

Drink More Water



Did you know the human body is made up of about 60% water? Water plays a vital role in many different bodily functions such as aiding in digestion and helping to regulate the body's temperature. Water also helps to carry nutrients to cells and flush waste from the body. This makes it all the more important to drink enough water each day to replenish what the body uses.

Water is the best way to satisfy your thirst because it's calorie-free, it doesn't have to cost a dime, and you can find it almost everywhere! Encourage the children in your care to drink water throughout the day to keep them healthy and hydrated.



Make "spa" water and let the children help you. Add slices of cucumber, different types of citrus, or berries to the water to add flavor. Be creative! Try lemon-cucumber water, or orange-raspberry water. You can even add herbs like mint, basil or sage for a little extra hint of flavor.



100% Fruit Juice

Juice is reimbursable only when it is served as 100% fruit juice and only at breakfast or snack. As of October 1st, 2017, only one serving of juice will be reimbursable per day. As a best practice, we recommend that you not serve juice at all in your facility. When a child is asking for juice, try offering the whole fruit first. The child will be getting fiber, vitamins, and minerals along with that sweetness they're craving.

Meat/Meat Alternate Ounce Equivalent Guide

A one-ounce (oz) serving of lean meats like pork, poultry, or fish contains between 6 to 8 grams of protein depending on the cut. Meat alternates like yogurt, beans, and tofu tend to contain less protein per ounce than meat, so the USDA created an “ounce equivalent” (oz eq) chart to help make sure that children get enough protein regardless of the source. For example, when serving yogurt as a meat alternate, ½ cup of yogurt = 1 oz eq., so if you have 3-5 year olds present for lunch and you offer yogurt, you will need to offer ¾ cup (6 oz) per child in order to meet the meal pattern requirements.

*Items such as drinkable yogurt, homemade yogurt, almond milk yogurt, coconut milk yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit and nuts, and yogurt in commercially prepared smoothies are **not creditable** in the CACFP.*

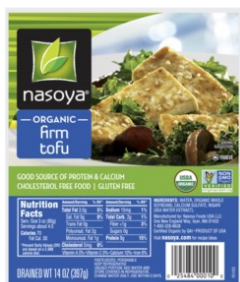
Let’s talk tofu for a minute. Per the chart, 2.2 oz of tofu = 1 oz eq. Additionally, each 2.2 ounce serving must contain at least 5 grams of protein in order to be credible. Tofu comes in several different forms such as silken, soft, firm, and extra firm. Soft tofu is great for making a tofu scramble because the texture is much like scrambled eggs, whereas the extra firm tofu is better

for dishes like stirfry because the texture is more dense and can hold its shape whether sautéed, baked or steamed.



Ounce Equivalent Crediting	
Lean meat, poultry, fish	1 oz = 1 oz eq
Tofu	2.2 oz = 1 oz eq
Cheese	1 oz = 1 oz eq
Large egg	½ egg = 1 oz eq
Cooked dry beans or split peas	¼ cup = 1 oz eq
Peanut butter, soy nut butter, or other nut or seed butters	2 Tbsp = 1 oz eq
Yogurt, plain or flavored	½ cup = 1 oz eq
Peanuts, soy nuts, tree nuts, or seeds	1 oz = 1 oz eq

When serving tofu at a reimbursable meal, it has to be easily recognizable by children as part of the protein food group. What this means is that you can serve it in a stirfry, as an omelet or scramble, as the filling for a taco, or in a stew where the cubes/crumbles of tofu are visibly taking place of meat. Tofu will not be credible when it is puréed into a smoothie or any other dish or, for example, when it’s in the shape of a noodle where it would look like part of the bread/grain food group.



Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.



#1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich. An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name. List available at cacfp.org.

#2 WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.



#3 FDA STATEMENT

One of the following FDA statements is included on the labeling:

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."



#4 RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.



Whole Grain #1 2nd Grain Ingredient

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.

CONTAINS: WHEAT, MILK

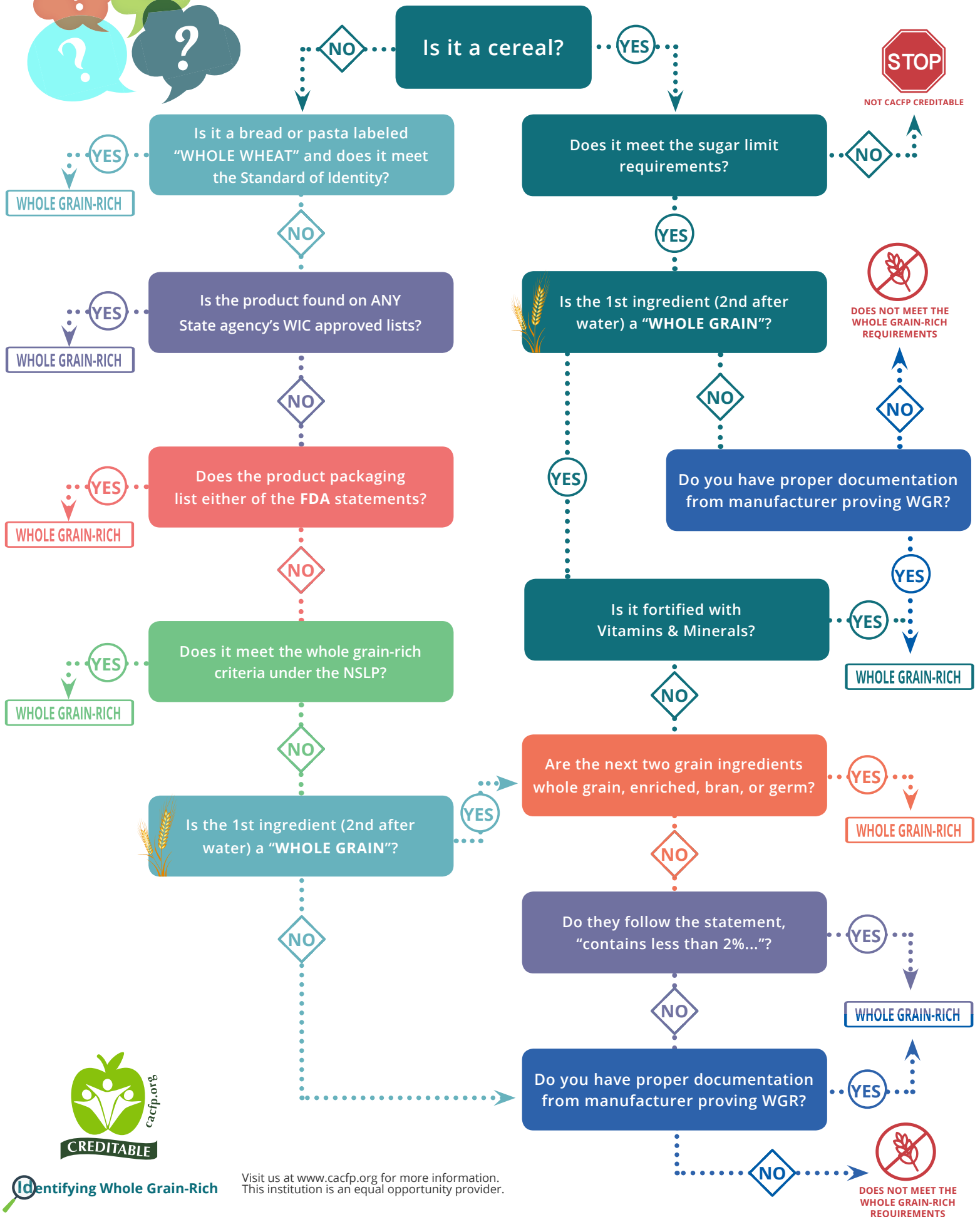
#5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

#6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

Wondering if your food is **WHOLE GRAIN-RICH**?



CN Labels

What are CN Labels?

CN labels tell us how a product contributes to the meal pattern. The manufacturer voluntarily submits their product to the USDA to get a CN label. The CACFP provides a warranty against audit claims for those who purchase CN labeled products. As a CN label statement clearly identifies the contribution of a product toward the meal pattern requirements, it protects programs from exaggerated claims about a product. CN labeling makes menu writing easier and gives peace of mind during audits.

Which Foods Are Eligible for a CN Label?

CN labels are available only for main dish entrées that contribute to the meats/meat alternates component of the meal pattern. Examples include beef patties, chicken nuggets, corn dogs, fish sticks, meatballs, lasagna, etc.

Where Do I Find CN Labels?

You will find CN labels on the product's package and, most often, on foods purchased through a large food distributor. Items purchased in grocery stores generally do not include a CN label, and not all commercially prepared combination food items will have one.

How Do I Use a CN Label?

Compare information from the CN label to the CACFP Meal Pattern minimum requirements to know how much to serve each child.

Do I Have to Keep CN Labels on File?

Providers must be able to document the meal pattern contribution of commercially processed foods served at meals and snacks. A CN label must be on file for all processed meats/meat alternates food items to credit them to the meal pattern. There are three options for keeping documentation of CN labeled foods.

- Original CN label cut from the product package
- Photograph of the CN label attached to the product packaging
- Photocopy of the CN label removed from the product package

CN labels must be visible and readable. The CN label for a specific product cannot be used for a different product. When re-purchasing a product, you must use the CN label from the exact product.

What if I Cannot Find a CN Labeled Product?

Make the product from scratch! This is an easy way to make sure you are serving creditable CACFP foods. More importantly, you control what goes into the product and can make a healthy version of it.

**You must serve an additional Bread/Bread Alternate. Additionally, CN Label items will not be creditable as your daily required Whole Grain-Rich component.*



Understanding Food Labels

LOOK

When reading nutrition labels, keep in mind that the Nutrition Facts are based on serving size. If you are choosing to eat more than the one serving size, you will need to multiply the numbers by how many servings you plan to eat.

COUNT

The number of calories your body needs on a daily basis depends on your age, gender, and level of physical activity.

Nutrition Facts	
8 Servings per container	
Serving size 2/3 cup (55g)	
Amount Per Serving	
Calories	230
% Daily Values **	
Total Fat 4g*	8%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total	10%
Carbohydrate 41g	
Dietary Fiber 5g	14%
Sugars 10g	
Includes 4g Added Sugars	19%
Protein 3g	
% Daily Values **	
Vitamin D 2mcg	100%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEART TALK

Choose foods that are lower in saturated and trans fats, along with cholesterol and sodium. These can increase your risk of heart disease, high blood pressure, obesity and some cancers.

LIMIT

Sugar isn't all bad for you. Some sugar is good and needed for energy but some sugar is bad. Limit your Added Sugars to less than 10% of your daily calories.

GET MORE

These nutrients help improve your health. Most people don't get the proper daily amount of vitamins and minerals that the body needs. Look for foods with 10% or higher of these nutrients in the Daily Value Column.

% DAILY

These percentages are based on an average adult's daily calorie count needs of 2,000. **Children have very different calorie needs** based on age, gender, height and weight.

To find out daily recommended calorie count for children ages 2 through 14 go to: www.myplate.gov/myplate-plan



5% Daily Value or less per serving is **LOW**.

20% Daily Value or more per serving is **HIGH**.





The **Child Nutrition (CN) Label** is a product label which contains a statement from the USDA Food and Nutrition Service that clearly identifies the contribution that product makes towards the CN meal pattern requirements.

Nutrition Label

BREADED DINOSAUR

SHAPED CHICKEN NUGGETS WITH 100% RIB MEAT

INGREDIENTS: Contains Up To 20% Solution Of Water, Salt, And Sodium Phosphates. Breaded, Battered And Predusted With: Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Corn Starch, Salt, Less Than 2% Of Each Of The Following: Yellow Corn Flour, Spices, Leavening, (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Flavor (Maltodextrin, Autolyzed Yeast Extract, Flavor, Hydrolyzed Corn Gluten), Soybean Oil, Dried Garlic, Dried Onion, Silicon Dioxide Added As An Anticaking Agent. Coated With: Wheat Flour. Breeding Set In Vegetable Oil.
CONTAINS: EGG, SOY, WHEAT
HEATING INSTRUCTIONS: From Frozen: Heat in Convection Oven for 5-8 minutes at 375°F. Convectional Oven for 7-10 minutes at 400°F. Appliances vary, adjust cook times accordingly.

Nutrition Facts

24 servings per container
Serving Size **5 Nuggets (125g)**

Amount Per Serving

Calories **230**

% Daily Values **

Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 560mg	28%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	

% Daily Values **

Vitamin D 1mcg	5%
Calcium 26mg	2%
Iron 4mg	10%
Potassium 120mg	3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CN 000000

Five .88oz breaded fully cooked chicken nuggets (2.43 oz Total) provide 2.00 oz equivalent meat/meat alternate and 1.00 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service. USDA 00-00.)

CN

FULLY COOKED • KEEP FROZEN
PACKED 120 - .88OZ. (25G) • NET WT 6.6 LB

CN Label

CN 000000

Five 0.88 oz. breaded fully cooked chicken nuggets (4.40 oz Total) provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service. USDA 00-00.)

CN

Six Digit ID#
Assigned by the FNS USDA.

Month/Year
Date of approval. Valid for five years or until product formulation changes.



Equivalent Calculation Lunch/Supper*

Meat

- 1 & 2 year olds (1 oz) = 3 nuggets
- 3-5 year olds (1.5 oz) = 4 nuggets
- 6-12 year olds (2 oz) = 5 nuggets

Grain

- 1 & 2 year olds (1/2 oz) = 3 nuggets
- 3-5 year olds (1/2 oz) = 3 nuggets
- 6-12 year olds (1 oz) = 5 nuggets

Child Nutrition labels do NOT indicate that a product is healthy. CN labels are mainly used on processed meats and meat alternate products. If using CN labeled foods, always read the nutrition labels to choose the healthiest option.

*The crediting here is specific to the to the nuggets shown in the example above. Be sure to check the label or nutrition information for all foods you serve to make sure you are meeting minimum requirements.

Processed Meat Products

When claiming processed meat products like hot dogs, bologna, lunch meats, and sausages, you must read the ingredient label carefully. Only products that are 100% meat are reimbursable.

Binders and extenders are used to help hold processed meats together and retain moisture. They are sometimes used to supplement the amount of meat in the product as well.

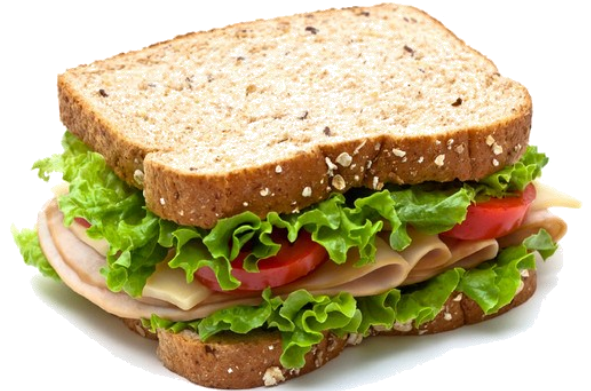
Some examples of binders/extendors include:

- Starchy vegetable flour
- Modified food starch (rice, corn, etc.)
- Calcium-reduced dried skim milk
- Cereal/ grains
- Dried milk
- Carrageenan
- Gums or gels
- Tapioca flour/ starch

Processed meats that contain any of the above binders/extendors are ***not reimbursable***.

A few reimbursable choices are...

Turkey, ham, chicken or beef sliced off the bone



Seasonal Produce Guide

Spring

Fruits

Apricots
Bananas
Blood Oranges
Coconuts
Grapefruit
Kiwi
Lemons
Limes
Lychee
Mangoes
Navel Oranges
Papaya
Pineapples
Strawberries
Tangerines
Valencia Oranges



Vegetables

Artichokes
Arugula
Asparagus
Avocados
Baby Leeks
Beets
Broccoli
Cauliflower
Fava Beans
Green Onions
Green Peas
Kale
Lettuce
Mushrooms
Radishes
Red Potatoes
Rhubarb
Spinach
Sweet Onions

Summer

Fruits

Blackberries
Blueberries
Cantaloupe
Cherries
Grapes
Guava
Honeydew
Mangoes
Nectarines
Papaya
Peaches
Plums
Raspberries
Strawberries
Watermelons

Vegetables

Avocados
Beets
Bell Peppers
Cabbage
Carrots
Celery
Chili Peppers
Collard Greens
Corn
Cucumbers
Eggplant
Green Beans
Lima Beans
Okra
Pattypan Squash
Peas
Radicchio
Radishes
Summer Squashes
Tomatoes



Fall

Fruits

Apples
Cranberries
Date Plums
Figs
Grapes
Guava
Key Limes
Kumquats
Passion Fruit
Pears
Persimmons
Pineapple
Pomegranate
Quince

Vegetables

Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Chinese Long Beans
Eggplant
Endive
Escarole
Fennel
Hearts of Palm
Leeks
Mushrooms
Parsnips
Pumpkins
Red Potatoes
Rutabaga
Shallots
Sweet Potatoes
Winter Squashes
Yukon Gold Potatoes



Winter

Fruits

Apples
Blood Oranges
Cherimoya
Clementines
Grapefruit
Kiwi
Mandarin Oranges
Navel Oranges
Pears
Persimmons
Pomegranate
Pummelo
Red Bananas
Tangerines
Quince

Vegetables

Belgian Endive
Brussels Sprouts
Buttercup Squash
Collard Greens
Delicata Squash
Leeks
Mushrooms
Parsnips
Potatoes
Rutabaga
Sweet Potatoes
Turnips
Watercress
Winter Squashes





FOOD FACTS

From the U.S. Food and Drug Administration

Safe Food Handling What You Need to Know

The food supply in the United States is among the safest in the world. However, when certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness, often called “food poisoning.” The Federal government estimates that there are about 48 million cases of foodborne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. Since foodborne illness can be serious — or even fatal — it is important for you to know and practice safe food handling behaviors to help reduce your risk of accidentally getting sick from contaminated food.

Foodborne Illness Is Serious Business

Foodborne illness can strike anyone. However, some people are at a higher risk for developing foodborne illness. These include pregnant women, young children, older adults and people with weakened immune systems. If you — or someone you care for — are in one of these at-risk groups, it’s important to pay extra attention to handling food safely.

4 Steps to Food Safety

CLEAN



Wash hands and surfaces often



SEPARATE



Separate raw meats from other foods



COOK



Cook to the right temperature



CHILL



Refrigerate foods promptly



Is It Done Yet?

Use a food thermometer to be accurate

SAFE COOKING TEMPERATURES

GROUND MEAT & MEAT MIXTURES Internal temperature
 Beef, Pork, Veal, Lamb _____ 160°F
 Turkey, Chicken _____ 165°F

FRESH BEEF, PORK, VEAL & LAMB _____ 145°F
 with a 3 minute rest time

POULTRY
 Chicken & Turkey, Whole _____ 165°F
 Poultry Parts _____ 165°F
 Duck & Goose _____ 165°F
 Stuffing (cooked alone or in bird) _____ 165°F

HAM
 Fresh (raw) _____ 145°F
 with a 3 minute rest time
 Pre-cooked (to reheat) _____ 140°F

EGGS & EGG DISHES
 Eggs _____ Cook until yolk & white are firm
 Egg Dishes _____ 160°F

SEAFOOD
 Fin Fish _____ 145°F
 or flesh is opaque and separates easily with fork
 Shrimp, Lobster & Crabs _____ Flesh pearly & opaque
 Clams, Oysters & Mussels _____ Shells open during cooking
 Scallops _____ Milky white or opaque & firm

LEFTOVERS & CASSEROLES _____ 165°F

Keep Food Safe: Check Your Steps at www.FoodSafety.gov

4 Steps to Food Safety

CLEAN: Wash hands and surfaces often

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food.

To ensure that your hands and surfaces are clean, be sure to:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- With canned goods, remember to clean lids before opening.

SEPARATE: Separate raw meats from other foods

Cross-contamination can occur when bacteria are spread from one food product to another. This is especially common when handling raw meat, poultry, seafood and eggs. The key is to keep these foods—and their juices—away from ready-to-eat foods.

To prevent cross-contamination, remember to:

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.
- Don't reuse marinades used on raw foods unless you bring them to a boil first.



COOK: Cook to the right temperature

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. Refer to the Safe Cooking Temperatures Chart for the proper internal temperatures.

To ensure that your foods are cooked safely, always:

- Use a food thermometer to measure the internal temperature of cooked foods. Check the internal temperature in several places to make sure that the meat, poultry, seafood, eggs or dishes containing eggs are cooked to safe minimum internal temperatures as shown in the Safe Cooking Temperatures Chart.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer. Food is done when it reaches the safe minimum internal temperature.
- Bring sauces, soups and gravy to a boil when reheating.

CHILL: Refrigerate foods promptly

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below and the freezer temperature is 0°F or below.

To chill foods properly:

- Refrigerate or freeze meat, poultry, eggs, seafood and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90°F.
- Never thaw food at room temperature, such as on the counter top. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis. Follow the recommendations in the Refrigerator & Freezer Storage Chart at <http://www.fda.gov/downloads/Food/ResourcesForYou/HealthEducators/UCM109315.pdf>

Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips. These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous.

- Purchase the product before “sell-by” or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper, or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer
Eggs		
Fresh, in shell	4 to 5 weeks	Don't freeze
Raw yolks, whites	2 to 4 days	1 year
Hard cooked	1 week	Don't freeze well
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
unopened	10 days	1 year
Mayonnaise, commercial	2 months	Don't freeze
TV Dinners, Frozen Casseroles		
Keep frozen until ready to heat		3 to 4 months
Deli & Vacuum-Packed Products		
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 to 5 days	Don't freeze well
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze well
Store-cooked convenience meals	3 to 4 days	Don't freeze well
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze well
Raw Hamburger, Ground & Stew Meat		
Hamburger & stew meats	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb	1 to 2 days	3 to 4 months
Ham, Corned Beef		
Corned beef in pouch with pickling juices	5 to 7 days	Drained, 1 month
Ham, canned, labeled “Keep Refrigerated,” unopened	6 to 9 months	Don't freeze
opened	3 to 5 days	1 to 2 months
Ham, fully cooked, whole	7 days	1 to 2 months
Ham, fully cooked, half	3 to 5 days	1 to 2 months
Ham, fully cooked, slices	3 to 4 days	1 to 2 months
Hot Dogs & Lunch Meats		
Hot dogs, opened package	1 week	1 to 2 months
unopened package	2 weeks	1 to 2 months
Lunch meats, opened package	3 to 5 days	1 to 2 months
unopened package	2 weeks	1 to 2 months

Product	Refrigerator	Freezer
Soups & Stews		
Vegetable or meat-added & mixtures of them	3 to 4 days	2 to 3 months
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 to 2 days	1 to 2 months
Smoked breakfast links, patties	7 days	1 to 2 months
Summer sausage labeled “Keep Refrigerated,” unopened	3 months	1 to 2 months
opened	3 weeks	1 to 2 months
Fresh Meat (Beef, Veal, Lamb, & Pork)		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 to 2 days	3 to 4 months
Meat Leftovers		
Cooked meat & meat dishes	3 to 4 days	2 to 3 months
Gravy & meat broth	1 to 2 days	2 to 3 months
Fresh Poultry		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, parts	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Cooked Poultry, Leftover		
Fried chicken	3 to 4 days	4 months
Cooked poultry dishes	3 to 4 days	4 to 6 months
Pieces, plain	3 to 4 days	4 months
Pieces covered with broth, gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months
Fish & Shellfish		
Lean fish	1 to 2 days	6 months
Fatty fish	1 to 2 days	2 to 3 months
Cooked fish	3 to 4 days	4 to 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 to 2 days	3 to 6 months
Canned seafood	<i>after opening</i>	<i>out of can</i>
Pantry, 5 years	3 to 4 days	2 months

**How Mealtimes Can Set the Stage for Better Learning,
Behavior and Health in Children**

**Handouts for
Early Childhood Educators
and
Childcare Providers**

ELLYN SATTER'S DIVISION OF RESPONSIBILITY IN FEEDING

Parents provide *structure, support* and *opportunities*. Children choose *how much* and *whether* to eat from what the parents provide.

The Division of Responsibility for Infants:

- The parent is responsible for *what*
- The child is responsible for *how much* (and everything else)

The parent helps the infant to be calm and organized and feeds smoothly, paying attention to information coming from the baby about timing, tempo, frequency and amounts.

The Division of Responsibility for Toddlers through Adolescents

- The parent is responsible for *what, when, where*
- The child is responsible for *how much* and *whether*

Parents' Feeding Jobs:

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Show children what they have to learn about food and mealtime behavior
- Not let children graze for food or beverages between meal and snack times
- Let children grow up to get bodies that are right for them

Fundamental to parents' jobs is trusting children to decide *how much* and *whether* to eat. If parents do their jobs with *feeding*, children will do their jobs with *eating*:

Children's Eating Jobs:

- Children will eat
- They will eat the amount they need
- They will learn to eat the food their parents eat
- They will grow predictably
- They will learn to behave well at the table

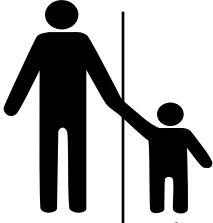


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FEEDING POLICY

Our child care facility adheres to Ellyn Satter's division of responsibility in feeding:
Feeding demands a division of responsibility—

Adults are responsible for *what, when, and where*



Children are responsible for *how much and whether*

We provide nutritious, regularly scheduled meals and snacks

Meals and snacks are an important part of our program day.

- We take time to help children relax and prepare to eat.
- We sit down to eat with children and have good times.
- We help children learn to behave well at meal and snack times.

We follow federal and state guidelines to plan meals and snacks.

- We keep in mind the special food needs of small children.
- We offer familiar and popular foods along with unfamiliar foods.
- We let children eat what they like and also try out new foods.

We follow guidelines on wellness to cook food moderate, not low, in fat.

- We use meat, poultry, and fish as well as cooked dried beans.
- We use lean red meats but do not restrict red meat.
- We serve whole or 1% milk.
- We let children help themselves to salad dressings, butter and/or margarine.

We trust children to manage their own eating

Children will eat, they will eat what they need, and they will learn to eat the new foods that we offer.

- We let children pick and choose from the food we make available.
- We let children eat as little or as much of the food as they want.

Some days children eat a lot, other days, not so much. But they know how much they need.

- We do not limit the amounts children eat.
- We do not force children to eat certain foods or certain amounts of food.

Also see Ellyn Satter's books, *Secrets of Feeding a Healthy Family*, *Child of Mine: Feeding with Love and Good Sense*, and *Your Child's Weight: Helping Without Harming*.



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DEVELOPMENTAL PRINCIPLES GUIDING FEEDING PRACTICES

At all ages, developmentally appropriate feeding depends on a division of responsibility. The child must be allowed and encouraged to determine what and how much to eat from what the parent provides.

Child's age, developmental tasks	Parents' jobs in optimum feeding
<p>Newborn 0-3 months Homeostasis Remain calm and alert Begin to be interested Filter stimuli Regulate sleep states Begin to explore: Sight, touch, taste, smell</p>	<p>Core tasks: Observe and understand the infant. Respond to infant cues. Understand and respect sleep rhythms Learn to read and respond to baby's cues Time care and feeding for quiet alert state Understand baby's own temperament Be willing and able to feed on demand</p>
<p>Infant 2-6 months Attachment Learn to love Coordinate reflexes Move and communicate deliberately</p>	<p>Core task: Develop and maintain emotional give and take. Help baby be calm and alert during feeding Feed baby when she wants to eat Talk and smile; talk and smile back Understand baby's signs and do what baby wants</p>
<p>Older baby 5-9 months Attachment/separation individuation Consolidating attachment Beginning to experience self as separate Begins taking an interest in what lies beyond the parent</p>	<p>Core task: Understand and support the child's interest in things Understand baby's development: eating skills and body control Start solids based on what baby can <i>do</i>, not how old she is Feed the way baby wants to eat: fast or slow, little or much, brave or cautious Give baby many chances to like new food Have family meals the child is working toward joining</p>
<p>Almost-toddler 7-15 months Separation individuation Begins to experience self as separate Cares deeply about doing it him- or herself</p>	<p>Core task: Recognize and support the child's need to do it herself. Include the child at family meals Choose "safe" food to pick up, chew and swallow Give many chances to experiment with new food and learn to like it Time snacks so child can be hungry but not too hungry at mealtime Give attention but not <i>all</i> the attention</p>
<p>Toddler 11-36 months Separation individuation Develops perception of self as "separate" Grapples with balancing connection & autonomy Develops concept of control Somatopsychological differentiation (distinguishing feelings from sensations) Organizes behavior into sequences</p>	<p>Core task: Teach child he or she is part of the family Have family meals; scheduled snacks Not let the child graze Eat with the child Teach the child to behave at mealtimes Not short order cook Let the child experiment, eat much or little</p>
<p>Preschooler 3-5 years Initiative Learning and doing Working toward mastery Symbolic thought: "figures out" Imitates and tries to please</p>	<p>Core task: Provide both structure and trust Make choices about parenting Provide mastery opportunities Maintain structure of meals and snacks Don't force, reward or shame Parents eat with child; don't just feed Make mealtimes pleasant</p>



Mealtime Philosophy

During mealtimes at (insert name of childcare center), adults and children eat together and share the same food, milk, juice and water. The adults seated at each table models the mealtime philosophy and appropriate mealtime behavior.

Children serve themselves and pour their own milk, juice or water. They are invited to put at least a small portion of every food onto their plates. They are encouraged, but never forced, to taste everything.

Children are allowed to eat at their own pace. Dessert is served as part of the meal. Children may eat dessert without finishing their other food.

We encourage pleasant discussions about food, nutrition, and other topics. After the meal, children put away their dishes, utensils and paper products.

ADULTS are the most important role model for children at mealtimes. Please remember that children will do as they see.

We support a philosophy that respects a division of responsibility between adults and children at mealtime. Simply put,

- Adults decide the what, when, and where of feeding
- Children decide whether they will choose to eat the foods offered and how much to eat

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To file a complaint, write to:
The Secretary of Agriculture
Washington, DC 20250

USDA is an equal opportunity provider and employer.



This information was adapted from material from Ellen Satter, MS, RD, LCSW, BSD, and Dayle Hayes, MS, RD for Head Start, Inc. in Billings, Montana.

10 Steps that Early Childhood Educators can Take to Support the Division of Responsibility in Feeding

1. Support the basic principles of the Division of Responsibility in Feeding and recognize its importance in developing a positive Feeding Relationship between children and caregivers.
2. Develop a simple and clear Mealtime Policy which supports the Division of Responsibility in Feeding.
3. Train staff on the Mealtime Policy and share this information with parents and their children.
4. Make your mealtime table a pleasant place to be.
5. Use Family Style meals to raise confident and competent eaters.
6. Be a Positive Role Model!
7. Provide meals and sit-down snacks at regularly scheduled times.
8. Provide a variety of foods
 - a. Meal planning (variety, colorful, fresh, appealing); to meet the minimum CACFP meal pattern if applicable; enough food is prepared
 - b. Familiar with unfamiliar foods
 - c. Don't give up, keep offering for 6-8 weeks
9. Respect a child's feelings of fullness and/or feelings of hunger.
10. Enjoy food and active play every day!



Family Style Dining in Child Care

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 sit at the table with the children. Children and child care givers practice good manners in a pleasant mealtime setting.

The Child and Adult Care Food Program (CACFP) supports family style dining in the child care setting.

What are the Benefits of Family Style Dining for the Children?

Children can learn and practice many social skills, such as taking turns, passing food to others, saying please and thank you, and helping to set the table. Children can serve themselves with carefully chosen serving dishes. Bowls with wide lips are most easily handled by young children. Plastic serving bowls are light-weight and don't conduct heat. Children often want to try new foods when they see the other children and adults eating them.

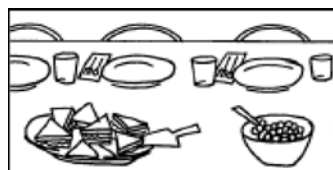
Children enjoy eating with adults and practicing good table manners.

What are the Benefits of Family Style Dining for the Child Care Provider? Child care givers benefit by being able to sit and eat with the children. Because all of the food for the meal is placed on the table at the beginning of the meal, the child care giver does not have to act as server unless more food is needed for second servings.

Children and care givers can enjoy quiet conversation and a relaxed meal together. Care givers can use the opportunity to talk with the children about nutrition and about the foods that they are enjoying together.

Points to Remember

- Be prepared! Talk with the children about what will happen. You may wish to have a "meal" set up in the play area so that children can practice.
- Provide child-size plates, cups, utensils, and serving bowls that children can use comfortably.
- Have all foods on the table at the beginning of the meal. Have enough food available to meet meal pattern requirements and to allow for seconds. Some food may spill as children learn to serve themselves. Allow for this.
- Think about each child's ability to serve himself. For some children, you may need to start with only one or two foods as self-serve, then serve them the other foods that are required in the meal pattern.
- Some children may need more help than others. Seat these children near an adult.
- Expect spills. Children are learning and accidents will happen. Wipe up spills without a fuss.



From NFSMI
Mealtime
Memo for Child
Care online at
www.nfsmi.org



Phrases that *HELP* and *HINDER*



As the caregiver, you play the biggest role in your child's eating behavior. What you say has an impact on developing healthy eating habits. Negative phrases can easily be changed into positive, helpful ones!

Phrases that *HINDER*

INSTEAD OF ...

Eat that for me.

If you do not eat one more bite, I will be mad.

Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.

INSTEAD OF ...

You're such a big girl; you finished all your peas.

Jenny, look at your sister. She ate all of her bananas.

You have to take one more bite before you leave the table.

Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.

INSTEAD OF ...

See, that didn't taste so bad, did it?

This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.

INSTEAD OF ...

No dessert until you eat your vegetables.

Stop crying and I will give you a cookie.

Offering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.

Phrases that *HELP*

TRY ...

This is kiwi fruit; it's sweet like a strawberry.

These radishes are very crunchy!

Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.

TRY ...

Is your stomach telling you that you're full?

Is your stomach still making its hungry growling noise?

Has your tummy had enough?

Phrases like these help your child to recognize when he or she is full. This can prevent overeating.

TRY ...

Do you like that?

Which one is your favorite?

Everybody likes different foods, don't they?

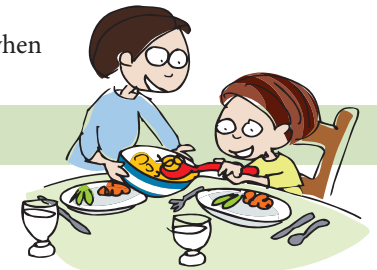
Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of food rather than who was right.

TRY ...

We can try these vegetables again another time. Next time would you like to try them raw instead of cooked?

I am sorry you are sad. Come here and let me give you a big hug.

Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.



Practicing Phrases that Help Worksheet

Use this worksheet to practice saying key phrases to support children in becoming competent eaters. Use some of the phrases provided on the *Phrases that Help and Hinder* handout from MyPyramid for Preschoolers and include some of your own personal phrases.

Step 1. Find a partner.

Step 2. Taking turns, read the phrases out loud. Talk about why some phrases help and why some phrases hinder, based on the Division of Responsibility in Feeding. Practice saying the phrases that help out loud to your partner. Which phrases do you like? Share some of the phrases that you use regularly at mealtimes in your child care home or center.

Step 3.

Working together, consider these feeding scenarios and role-play a feeding situation that supports positive feeding relations and the division of responsibility in feeding.

Scenario 1. Child is suspicious of trying a new food and vocalizes his/her strong disapproval at the table.

This is an example of a caregiver saying phrases that hinder:

Child says: ***What is that?*** I don't like it. I'm not eating it!

Care giver says: It is tuna noodle casserole and ***that*** is what we are having for lunch.

Child says: It looks yucky. Do I have to eat it?

Care giver says: It is good food. You need to try one bite to see if you like it.

Re-do this scenario with the caregiver saying phrases that help:

Child says: ***What is that?*** I don't like it. I'm not eating it!

Care giver says: (Example: It is tuna noodle casserole. It has noodles and cheese in it.) Identify 2 phrases that help:

1.

2.

Child says: It looks yucky. Do I have to eat it?

Care giver says: (Example: Caregiver can ignore the "It looks yucky comment" or say "We all like different foods. Let's keep our opinions about "yucky" foods to ourselves, so the others can try it if they want to. No, you don't have to eat it. You can choose from the other things that are offered for lunch today.")

Identify 2 phrases that help:

1.

2.

Taking a Closer Look at the “No, Thank-You Bite” A Discussion Sheet

A “No Thank-You Bite” is a common name for a rule that says children must try at least one bite of all the foods at the table. Some people have also called this a “Thank the Cook Bite”.

1. Describe your childcare center or home’s current policy on the “no, thank-you bite” rule. Do you use it? Do you not use it?
2. What were your thoughts or beliefs about the “no thank you bite” rule before this presentation?
3. What are your thoughts or beliefs about the “no thank you bite” rule after this presentation?
4. Does the use of the “no, thank you bite” rule support or interfere with the Division of Responsibility in Feeding? Why?
5. Comments for discussion:

This worksheet was adapted from Feeding Young Children in Group Settings, Professors Fletcher and Branen, University of Idaho, College of Agriculture.




CDA Weekly Menu Sample

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Pancakes ◆ Apples ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ WW Cinnamon Toast ◆ Peaches ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Oatmeal ◆ Bananas ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Cream of Wheat ◆ Oranges/raisins ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Cheerios ◆ Berries ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Egg Salad Sandwich</p> <ul style="list-style-type: none"> ◆ Egg Salad ◆ WW Bread ◆ Vegetable Soup ◆ Pears ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Turkey Chili</p> <ul style="list-style-type: none"> ◆ Turkey, Beans & Cheese ◆ Oranges ◆ Broccoli ◆ Cornbread ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Parmesan Chicken ◆ Sweet Potatoes ◆ Baked Apple Slices ◆ Biscuits ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Burritos</p> <ul style="list-style-type: none"> ◆ Refried Beans - Cheese ◆ WW Tortilla ◆ Lettuce & Tomato ◆ Peaches ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Pasta & Ground Beef</p> <ul style="list-style-type: none"> ◆ WW Pasta ◆ Beef w/ Tomato Sauce ◆ Carrot coins ◆ Pineapple ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<p style="text-align: center;"><u>PM Snack</u></p> <p style="text-align: center;">Quesadilla</p> <ul style="list-style-type: none"> ◆ Corn Tortilla ◆ Cheese  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ Kix Cereal ◆ Melon  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ String Cheese ◆ Assorted Veggies  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <p style="text-align: center;">Tuna Sandwich Squares</p> <ul style="list-style-type: none"> ◆ Tuna ◆ WW Bread  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ Cottage Cheese ◆ Apples & Cinnamon  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>

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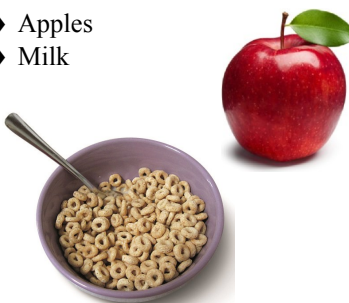



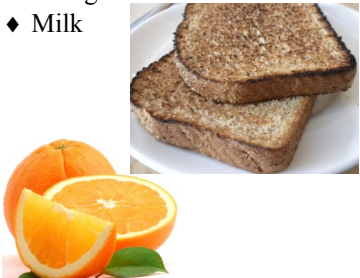










CDA Weekly Menu Sample

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Arroz con Leche</p> <ul style="list-style-type: none"> ◆ Brown Rice ◆ Banana ◆ Milk <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ English Muffin ◆ Pineapple ◆ Milk <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Oatmeal ◆ Apples/raisins ◆ Milk <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Rice Krispies ◆ Peaches ◆ Milk <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Pancakes ◆ Oranges ◆ Milk <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Make Your Own Taco</p> <ul style="list-style-type: none"> ◆ Ground Beef - Cheese ◆ Lettuce & Tomato ◆ Taco Shell ◆ Refried Beans ◆ Milk <div style="text-align: center;">  </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Turkey Hot Dogs ◆ WW Bun ◆ Peas ◆ Apples ◆ Milk <div style="text-align: center;">  </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Chicken Stir fry</p> <ul style="list-style-type: none"> ◆ Chicken ◆ Carrots & Squash ◆ Broccoli ◆ Brown Rice ◆ Milk <div style="text-align: center;">  </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Chicken Sandwich</p> <ul style="list-style-type: none"> ◆ Chicken patty - Cheese ◆ Lettuce & Tomato ◆ WW Bun ◆ Pears ◆ Milk <div style="text-align: center;">  </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Pinto Beans ◆ Brown Rice ◆ Tomatoes, Fresh ◆ Apples ◆ Milk <div style="text-align: center;">  </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ String Cheese ◆ Pears <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <p style="text-align: center;">Lentil Salad</p> <ul style="list-style-type: none"> ◆ Lentils ◆ Tomatoes ◆ Cucumber <div style="text-align: center;">  </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <p style="text-align: center;">Quesadilla</p> <ul style="list-style-type: none"> ◆ WW Tortilla ◆ Cheese <div style="text-align: center;">  </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ Bean Dip ◆ Assorted Veggies <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ Yogurt ◆ Bananas <div style="text-align: center;">  </div> <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>

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CDA Weekly Menu Sample

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Cheerios ◆ Apples ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ English Muffin ◆ Pears ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Oatmeal ◆ Bananas/Raisins ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Cream of Wheat ◆ Pineapple ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ WW Toast ◆ Oranges ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<p style="text-align: center;"><u>Lunch</u> Burritos</p> <ul style="list-style-type: none"> ◆ Refried Beans - Cheese ◆ WW Tortilla ◆ Lettuce & Tomato ◆ Peaches ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u> Pasta & Ground Beef</p> <ul style="list-style-type: none"> ◆ WW Pasta ◆ Ground Beef/Tomato Sauce ◆ Carrot Sticks ◆ Green Salad ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u> Lentil Soup</p> <ul style="list-style-type: none"> ◆ Lentils - Cheese ◆ Spinach ◆ Oranges ◆ Sourdough Bread ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u> Teriyaki Chicken</p> <ul style="list-style-type: none"> ◆ Broccoli ◆ Carrots & Squash ◆ Brown Rice ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u> Sloppy Joes</p> <ul style="list-style-type: none"> ◆ Ground Beef ◆ WW Bun ◆ Potato Cubes ◆ Bananas ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ Scrambled eggs ◆ Pita Bread or English Muffin  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ Yogurt ◆ Mangoes  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ WW Cinnamon Toast ◆ Apples  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u> Quesadillas</p> <ul style="list-style-type: none"> ◆ Corn Tortilla ◆ Cheese  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ White Bean Dip ◆ Red Bell Pepper/Celery/Carrots  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>

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CDA Weekly Menu Sample

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Pancakes ◆ Pears ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Rice Krispies ◆ Mango ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Oatmeal ◆ Berries ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Arroz con Leche</p> <ul style="list-style-type: none"> ◆ Brown Rice ◆ Apples/raisins ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ WW Cinnamon Toast ◆ Bananas ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Pinto Beans ◆ Brown Rice ◆ Tomatoes, Fresh ◆ Apples ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Baked Fish ◆ Corn ◆ Cole Slaw ◆ WW Roll ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Veggie Chili</p> <ul style="list-style-type: none"> ◆ Chili Beans & Cheese ◆ Corn Bread ◆ Broccoli ◆ Bananas ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Chicken & Noodles</p> <ul style="list-style-type: none"> ◆ Chicken ◆ Buttered Noodles w/ Parm ◆ Grapes ◆ Green Salad ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Make Your Own Taco</p> <ul style="list-style-type: none"> ◆ Ground Beef - Cheese ◆ Lettuce & Tomato ◆ Taco Shell ◆ Refried Beans ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ Yogurt ◆ Banana  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ Pinto Bean Dip ◆ Whole Grain Corn Chips  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <p style="text-align: center;">Quesadilla</p> <ul style="list-style-type: none"> ◆ WW Tortilla ◆ Cheese  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ Tuna Salad ◆ WW Pita Bread  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;"><u>PM Snack</u></p> <ul style="list-style-type: none"> ◆ String Cheese ◆ Cucumber/Jicama  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>

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