

The Edible Editorial

December 2023

Holiday Celebrations

Adapted from PennState Extension: Better Kid Care

Do you celebrate holidays in your child care? What do holiday celebrations look like in your child care? The holidays present an opportunity for staff to offer engaging, developmentally appropriate, and culturally welcoming experiences for children and families.

Do any of the following descriptions of an approach to the holidays sound familiar?

“We’ve always done it this way”

Ms. Anita looks at the calendar and sighs. The fall and winter holidays are approaching. She gets her “holiday box” out of the closet and take an inventory of what is available. There are Christmas trees, ornaments, snowflakes, and Santa Clauses. Ms. Anita smiles, knowing that she is ready for winter holiday celebrations.

“Holiday tourists”

Mr. Jamal thinks that celebrating holidays is a great way to teach children about other cultures. The children in his group celebrate multiple holidays every month as they learn about holiday foods, dress, and traditions of families around the world.

“Holiday elimination”

Mr. Kadin knows that children in his group represent many backgrounds, cultures, and religions. He decides that eliminating all holiday celebrations gives equal treatment to all children and avoids offending children and families. Holidays are reserved for home time.

When deciding a program strategy for holidays, staff should think carefully about the children’s level of development, approaches to learning, and unconscious messages that might be communicated.

Before planning to celebrate a holiday, consider why children should learn about a particular holiday and whether the holiday is developmentally appropriate for young children. Meaningful holiday celebrations for

children should be respectful of the values, wishes, and beliefs of all families in the group. Holiday activities should help children feel valued for who they are and what they do at home with their families. Children, not the holiday should be the priority.

If a program decides to highlight a specific holiday, consider:

- Children under age eight have a limited sense of time. While adults may take weeks to prepare for a holiday event, this much anticipation and emphasis may be overwhelming and inappropriate for young children. A “normal” programming routine will be a comfort to children who are bombarded at other times with the commercial and stressful aspects of holidays. Limit observations to an afternoon or one day, if possible.
- If children are interested in insects, trucks, or building skyscrapers, why set aside those interests to inject a holiday event?
- If children celebrate holidays differently, use that information to increase a child’s understanding of her friends and her diverse world. Children can still be friends and do things differently. One way is not better or more valued than another way.
- Emphasize celebration actions that don’t cost money and that highlight learning and relationships. Include stories, songs, child-created art, discussion of “same” and “different,” and family participation.

Recognize that what seems normal and comfortable to people from the majority culture may be different for others. Santa bringing present to the “good” children, but what if Santa doesn’t bring gifts to a child’s house? Would the child then feel “bad”?

CACFP Training for Home and Center Based Day Cares

Meals can only be claimed for CACFP reimbursement when children are present and offered the specific meal or snack, in the home and/or center at the meal time. (Regardless of what the home or center is allowed to bill through DHHS/CDC.)

HOMES:

- Meal Attendance can be completed no later than the end of a day, when less than 13 children are in care during that day.
- Meal Attendance must be done at point-of-service, when there are 13 or more children present during the day or if the provider has been previously found seriously deficient. (See Point-Of-Service notes below.)

CENTERS:

- Meal Attendance must be done at point-of-service. (See Point-Of-Service notes below.)

POINT-OF-SERVICE MEAL ATTENDANCE:

- Must record meal attendance when the children are sitting down to eat.
- Never before a meal is served.
- Never after the children have gotten up from the table.
- Meal Attendance cannot be recreated from sign in/out times.
- If a staff member forgets to mark meal attendance for a particular meal/snack, you cannot go back later to do it. That meal cannot be claimed.
- Be sure to fully train staff on how to complete meal attendance accurately.

Condolences to:

- Shajuana Smith of Oakland County, whose son recently passed away.
- Jamie Fox-Lantz (Little Learners Day Care Center) of Bay County, whose mother recently passed away.
- Kenyetta Thomas of Macomb County, whose son recently passed away.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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
- email:** program.intake@usda.gov

This institution is an equal opportunity provider.

Cinnamon French Toast Sticks

CACFP Crediting Information: Provides a grain/bread component at breakfast.

1-5 year olds: 2 sticks, 6-12 year olds: 4 sticks

Ingredients:

6 Hot Dog Buns, Enriched or Whole Grain-Rich (at least 1 ounce)

2 Large Eggs

3/4 Cup Milk

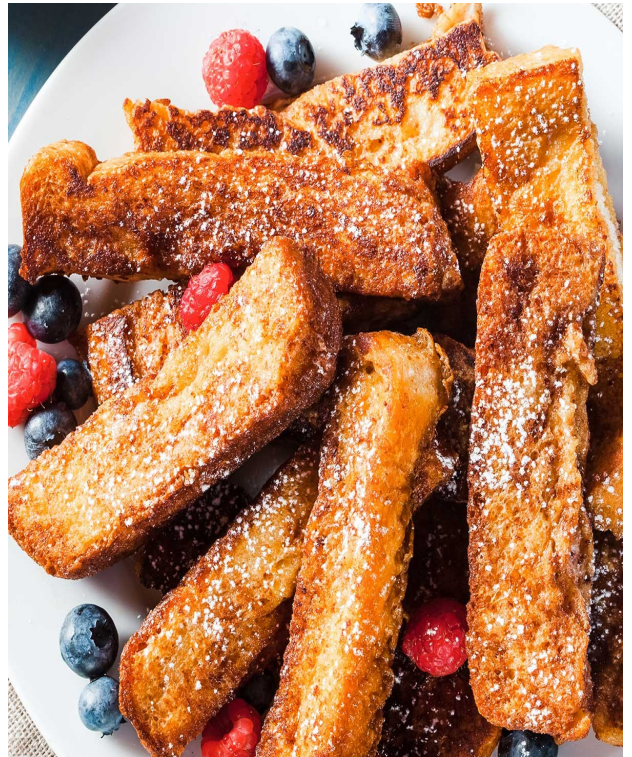
1 1/2 tsp. Vanilla Extract

1 Tbsp. Maple syrup

Pinch of salt

1 Tbsp. Butter

2 Tbsp. Cinnamon Sugar

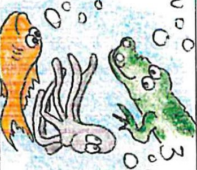



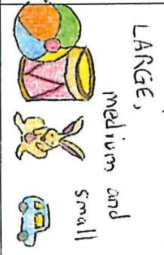


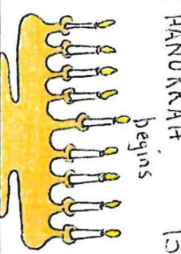





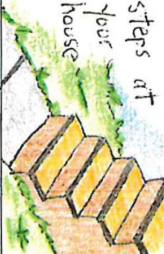







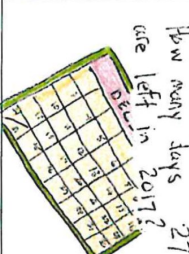
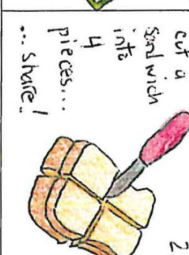

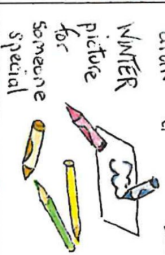

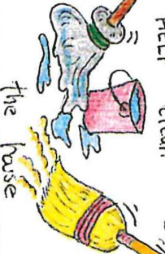



Instructions:

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Slice the hot dog buns in quarters, so you have four long “sticks”.
3. In a medium bowl, whisk together the milk, eggs, vanilla, maple syrup, salt, and 1 Tbsp. melted butter.
4. Place the sliced hot dog buns and let them soak in the milk mixture for about 1 minute. Remove, allowing any excess to drop off back into the bowl.
5. Place on the prepared baking sheet and bake for 10 minutes.
6. While they are in the oven, in a small bowl, whisk together the remaining butter and cinnamon sugar.
7. Remove the sticks from the oven after 10 minutes and brush with the cinnamon mixture.
8. Return to the oven for another 10 minutes.

DECEMBER

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>can you name animals that live in water?</p>  <p>close your eyes, what do you hear?</p> 	<p>mix equal parts of liquid starch and glue, PLAY WITH GOOP!</p>  <p>check out some books from the LIBRARY</p> 	<p>sort toys: LARGE, medium and small</p>  <p>cut out different shapes, glue into a collage</p> 	<p>describe the taste of different apples</p>  <p>HANUKKAH begins</p> 	<p>imitate animal sounds</p>  <p>use your favorite veggies to make a salad</p> 	<p>touch your toes Ten Times</p>  <p>send a picture or a letter to someone special</p> 	<p>pass, kick and catch a FOOTBALL!</p>  <p>count all the steps at your house</p> 
<p>LOOK for Tracks * 17 on the ground or in the SNOW</p>  <p>Christmas Eve 24</p>  <p>NEW YEARS EVE! 31</p>	<p>sing seasonal songs!</p>  <p>MEREN CHRISTMAS Ho Ho Ho!</p> 	<p>make Smoothies with fruit and yogurt</p>  <p>KWANZAA begins 26</p> 	<p>make HOLIDAY cards</p>  <p>How many days are left in 2017?</p> 	<p>cut a sandwich into 4 pieces... share!</p>  <p>FIRST day of WINTER</p> 	<p>draw a WINTER picture for someone special</p>  <p>Look everywhere for words or letters</p> 	<p>HELP clean the house</p>  <p>READ a book about WINTER</p> 
<p>TALK about your plans for 2024!</p>						

Small Hands Crafting

Part of the joy of Christmas is receiving thoughtful handmade gifts from your children. With sequins, glitter, and cut out trees and snowmen, have your kids make Christmas cards. With your older kids, you can work on writing and spelling as they write out a Christmas wish.

For the little ones, use any color ink pad to create an angel body with a foot stamp and two hand stamps for wings.



Merry Christmas

Did you know that the CACFP has grown throughout the years and serves over 3.3 million children?

Children are served meals nationwide in family day care homes, in child care centers, and Head Start Programs.

The goals of the CACFP are to ensure that well-balanced, nutritious meals are served and to help children learn to eat a wide variety of foods as part of a balanced diet. The CACFP serves children under the age of 13, migrant workers' children, age 15 and under, physically or mentally disabled persons receiving care in a family day care home or child care center, adults who are functionally impaired or over the age of 60, and unable to care for themselves.

This Holiday season we honor and appreciate CACFP providers and staff. Happy Holidays!

Freeze Tag! Grinch Style Movement on Christmas

This is a fun wrap on a traditional children's physical activity. Designate two kids to be "grinches" and two others to be Santa and Mrs. Claus. All of the other children will be elves. The goal of the Grinch is to stop the elves from working. If an elf is tagged by a Grinch they must freeze. Santa or Mrs. Claus must touch them to unfreeze them. Switch Grinches and Santa and Mrs. Claus every two minutes. Want some variation? Try skipping, galloping or side-stepping instead of running.



Applesauce Pancakes

- 1 cup applesauce
- 1/4 cup dry milk powder, non-fat instant
- 1 cup water
- 2 eggs
- 1 tablespoon canola oil
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder

In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil. Add flour, sugar, cinnamon, and baking powder. Stir until mixture has only small lumps. Place large skillet on medium-high heat. Spray skillet with non-stick cooking spray. Pour 1/2 cup batter onto skillet. Turn pancake when bubbles form on top of batter. Cook the other side for about 1 minute or until golden brown.

Recipe from USDA Mixing Bowl

Hello
Winter

