

The Edible Editorial

January 2023

Tips for a “Choosy” Eater

Nibbles for Health: Nutrition Newsletters for Parents of Young Children

United States Department of Agriculture Food and Nutrition Services

“Choosy” eating is common among preschoolers. Your child may eat only certain types of foods. He or she may play at the table and not want to eat. Don’t worry. As long as your child has energy and is growing, he or she is most likely eating enough.

How to Cope with a “Choosy” eater:

1. Consider what your child eats over several days. Most children eat more variety throughout the week rather than in one day.
2. Trust your child’s appetite. Don’t force him or her to eat everything on the plate. Making a child eat when he or she is not hungry may encourage overeating.
3. Set reasonable time limits for the start and end of a meal. Remove the plate quietly. What is reasonable depends on your child.
4. Stay positive. Avoid calling your child a “picky eater.” Children believe what you say.
5. Offer healthy choices for your child to choose from. For example, “Would you like broccoli or carrots for dinner?” Poll your daycare children on one or two choices.

Ways to Encourage Your Child to Try New Foods:

1. Offer one new food at a time. Start small. Let your child try small portions of new foods.
2. Offer new foods first. Your child is most hungry at the start of a meal.
3. Cook and garden together. These activities make new fruits and vegetables fun.
4. Be a good role model. Try new foods yourself. Describe the taste, texture, and smell.
5. Be patient, new foods take time. It may take 10 or more tries for a child to accept a new food.

New Food Badges:

Celebrate with these fun badges for trying new foods. Simply cut the badge out and attach tape to the back.



**New Year, New
Foods!!**

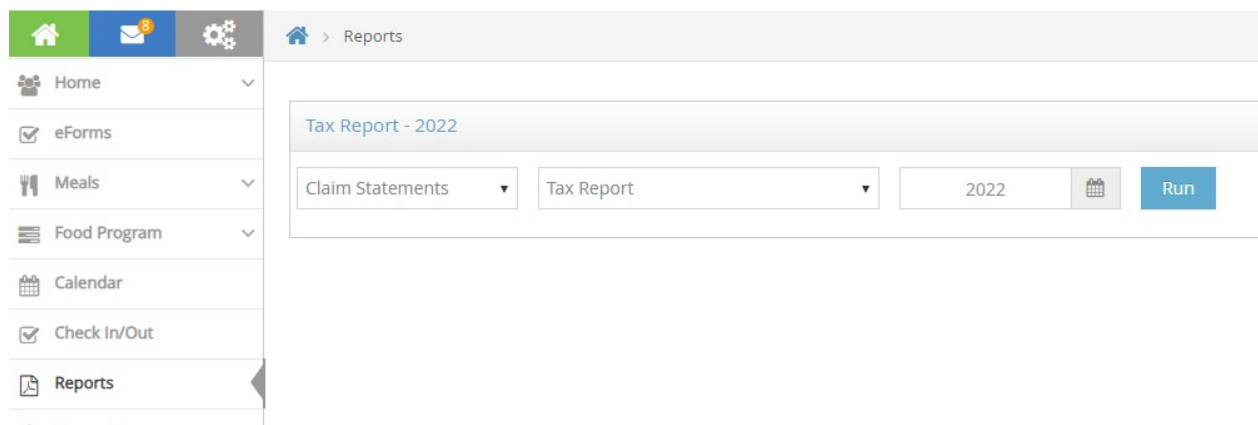
Home Based Day Care—Training

How to get your Year End Tax Summary:

Option 1: Save the check stub you receive during the month of December. On the check stub you will see “Year to Date.” This is the total you have been reimbursed for the calendar year.

Option 2 (Kidkare):

1. Select REPORTS from the left column.
2. Select CLAIM STATEMENTS.
3. Select TAX REPORT and the year.



The screenshot shows the Minute Menu CX web application interface. On the left is a vertical navigation menu with icons and labels for Home, eForms, Meals, Food Program, Calendar, Check In/Out, and Reports. The Reports menu item is highlighted. The main content area has a breadcrumb trail 'Home > Reports'. Below this, there is a section titled 'Tax Report - 2022'. Inside this section, there are two dropdown menus: the first is set to 'Claim Statements' and the second is set to 'Tax Report'. To the right of these dropdowns is a text input field containing the year '2022' and a calendar icon. A blue 'Run' button is located to the right of the year field.

Center Based Day Care—Training

To print your Year End Tax Summary from Minute Menu CX:

1. Click on REPORTS from the top menu bar.
2. Click on CHECKBOOK, then YEAR END TAX SUMMARY.
3. Select the year you wish to view.
4. Data will appear in a pdf file.

Tomato Soup—USDA Recipe for Child Care

Serves 6

C ACFP Crediting Information: 1 cup provides 5/8 cup vegetable..

Ingredients:

- 1 1/3 cup or 6 oz. fresh onions, diced
- 1 1/2 tsp. garlic powder
- 2 cups or 1 lb. 4 oz. canned plum tomatoes, undrained
- 3 1/4 cup water
- 1/2 tsp. low-sodium chicken base
- 2 1/4 tsp. dried basil
- 1/4 tsp. ground black pepper
- 1 tsp. sugar
- 1/4 cup or 2 oz canned no salt added tomato paste
- 2 Tbsp. or 1 oz. margarine, trans fat-free



Directions:

In a medium saucepan, add onions, garlic powder, tomatoes, water, chicken base, basil, black pepper, and sugar. Bring to a boil. Reduce heat to medium. Add tomato paste. Simmer uncovered over medium heat for 7 minutes. Do not over cook. Remove from heat and transfer all ingredients from saucepan to a high-speed blender and blend at high speed for 60 seconds or until mixture has a smooth consistency. Return mixture to the saucepan. Add margarine. Simmer uncovered over medium heat for 2-3 minutes. Stir well. Heat to 140 degrees F for at least 15 seconds.


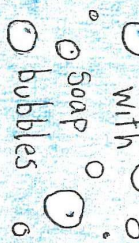

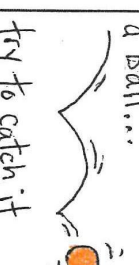






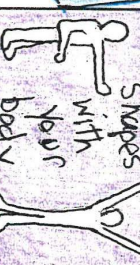










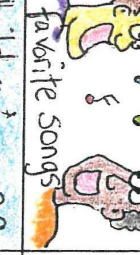


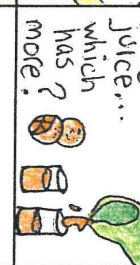






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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HAPPY NEW YEAR! 1</p>	 <p>play with 2 Soap bubbles 6</p>	 <p>jump up high 3 10 1 times.</p>	 <p>roll or bounce 4 a ball... try to catch it.</p>	 <p>play a rhyming game 5 cat hat</p>	 <p>string cereal 6 to make a necklace</p>	 <p>visit a store, 7 talk about fruits</p>
 <p>help sort, count 8 and put away silverware</p>	 <p>make pet (new) 9 Sounds</p>	 <p>visit the 10 LIBRARY</p>	 <p>make letter 11 shapes with your body</p>	 <p>practice 12 writing the letters in your name</p>	 <p>match family 13 gloves or mittens</p>	 <p>make snowballs 14 and count them</p>
 <p>look for 15 pictures of winter clothes</p>	 <p>Marlin 16 a dream LUTHER KING JR Day!</p>	 <p>name things 17 that keep us warm</p>	 <p>read a book 18 about animals in winter</p>	 <p>blow up a balloon 19 over and over things</p>	 <p>bring in some 20 snow... see what happens</p>	 <p>National 21 Hug Day! give a hug.</p>
 <p>Sing your 22 favorite songs</p>	 <p>Celebrate 23 Chinese New Year</p>	 <p>pick up 24 cotton balls with a clothespin</p>	 <p>pour fresh 25 squeezed juice... which has more?</p>	 <p>make your 26 own book with pictures and a story</p>	 <p>cut white 27 paper... make snowflake snips</p>	 <p>find 28 circle shapes in your house</p>
 <p>build a 29 snowman with three buttons</p>	 <p>feed some 30 birds</p>	 <p>make a 31 marshmallow snowman... eat him up YUM!</p>				



Winter Word Search

Q	W	R	C	O	L	D	W
M	I	T	T	E	N	S	I
E	N	J	T	L	S	N	N
H	T	P	E	Q	C	O	L
A	E	K	N	S	Y	W	M
T	R	Q	C	O	A	T	I



Winter

Cold

Snow

Hat

Coat

Mittens