

The Edible Editorial

November 2023

Grain Products

All grain products served in the CACFP must be made with enriched or whole grain meal or flour ([7 CFR 226.20\(a\)\(4\)\(i\)](#)), or bran or germ in order to be creditable.

The majority of cheese balls and puffs are not creditable because they are NOT an enriched grain product.

Notice how the first ingredient on this product (to the left) just says “corn meal” and how it doesn’t mentioned “enriched”.



Notice how the first ingredient on these specific cheese puffs (to the right) says “enriched corn meal”.

These puffs ARE a creditable grain item.

A best practice would be to avoid serving cheese puffs because they are higher in fat and sodium. A healthier option would be a whole grain cracker.



Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made from Corn], Natural and Artificial Flavors, Salt, Whey Protein Concentrate, Monosodium Glutamate, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), and Salt.

CONTAINS MILK INGREDIENTS.

Nutrition Facts	
Serving size	About 13 pieces (28g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 16g	6%
Dietary Fiber less than 1g	3%
Total Sugars 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.4mg	2%
Potassium 60mg	0%

Not a significant source of added sugars.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Home Day Care Training

Meal attendance (also referred to as “meal counts”) and **daily attendance** are two completely different things and must be recorded separately.

DAILY ATTENDANCE

- *Daily attendance* is also referred to as “sign in/sign out sheets.”
- *Daily attendance* must be recorded upon each child’s arrival and departure every day, noting accurate arrival and departure times.
- *Daily attendance* must list each child’s first and last name.
- *Daily attendance* may be recorded by the parent/guardian **or** by the child care provider, but **must** be done as each child arrives and as each child leaves every day.

MEAL ATTENDANCE

- *Meal attendance (meal counts)* must be recorded no later than the end of each day. (This must be done at point of service/while children are eating each meal and snack if more than 12 children are cared for in a single day. Centers must always record meal attendance at point of service.)
- *Meal attendance (meal counts)* must show the actual meals and snacks each child consumed while in care. For example: If a child ate Breakfast, AM Snack, and Lunch, the provider would record “B” (for breakfast), “AM” (for AM snack), and “L” (for lunch).

Center Based Child Care Training

Point-of-Service Meal Attendance is required.

- Mark meal attendance while the children are eating.
- Never before or after the meal is served.
- Meal attendance cannot be created from sign in/out times.
- If a staff member forgets to mark meal attendance at snack, you can not go back later to do it. That meal cannot be claimed.
- Be sure to fully train staff on how to complete meal attendance.

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

Corn Pudding - USDA Recipe for Child Care Centers

CACFP Crediting Information (25 servings):

One serving: 1 piece = 1/4 cup vegetable and 1 oz. equivalent grains.

Ingredients:

- 1 3/4 cups & 2 tsp. whole wheat flour
- 1 1/2 cups white whole grain cornmeal
- 3/4 cup sugar
- 1Tbsp. & 1/2 tsp. baking powder
- 1/2 tsp black pepper
- 1/3 cup frozen whole eggs, thawed
- 3/4 cup, 3 Tbsp. & 2 tsp low-fat sour cream
- 1/4 cup canola oil
- 3 3/4 cups & 1 Tbsp. frozen corn, thawed, drained
- 1 qt., 1 Tbsp. & 2 tsp. canned cream style corn
- 2 Tbsp. fresh onions, chopped

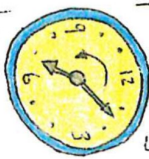
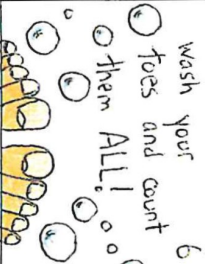

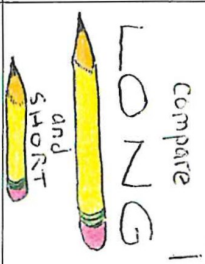











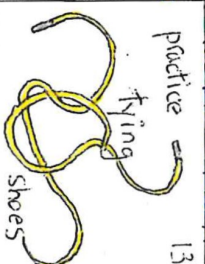


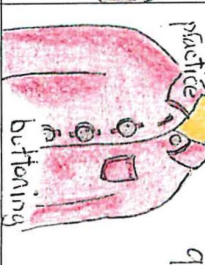
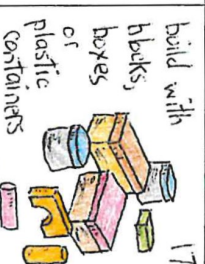




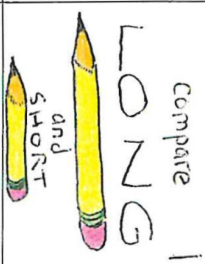











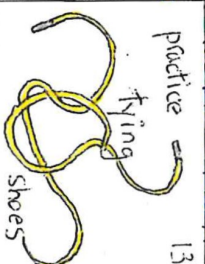


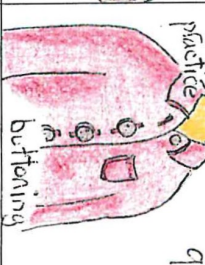
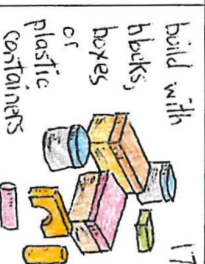




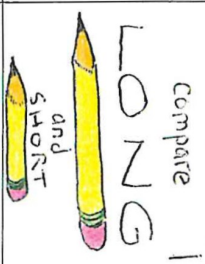





Instructions:

1. Combine flour, cornmeal, sugar, baking powder, and pepper in a large bowl. Stir well. Set aside.
2. Combine eggs, sour cream, oil, corn, cream style corn, and onions in a large bowl. Stir well.
3. Pour 2 qt. egg mixture over 3 cups flour mixture. Stir well.
4. Transfer 2 qt. 3/4 cup corn pudding to a steam pan lightly coated with pan-release spray.
5. Bake until golden brown. Conventional Oven: 375 degrees for 50-60 minutes.
6. Heat to 140 degrees or higher.
7. Portion: Cut pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2 3/8 inch by 4 inches).

November

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DAYLIGHT Savings Ends, turn clocks back 1 hour</p>  <p>5</p>	<p>wash your toes and count them ALL!</p>  <p>6</p>	<p>follow directions - 1</p>  <p>7</p>	<p>compare LONG and SHORT</p>  <p>1</p>	<p>retell a story by looking at the pictures</p>  <p>2</p>	<p>mix yogurt, granola and bananas for a nutritious snack</p>  <p>3</p>	<p>look at family pictures together</p>  <p>4</p>
<p>discuss how Native Americans helped the pilgrims</p>  <p>19</p>	<p>Trace your hands, make a turkey</p>  <p>20</p>	<p>WORLD PEACE DAY - it can start in our neighborhood</p>  <p>21</p>	<p>walk and talk like a TURKEY!</p>  <p>22</p>	<p>make a Turkey Sandwich</p>  <p>30</p>	<p>EAT delicious green and yellow veggies!</p>  <p>24</p>	<p>talk about nice things each family member does.</p>  <p>25</p>
<p>touch and count some trees at a park</p>  <p>26</p>	<p>practice tying shoes</p>  <p>13</p>	<p>share a toy with someone</p>  <p>14</p>	<p>play the mirror game, match faces</p>  <p>8</p>	<p>practice buttoning</p>  <p>9</p>	<p>build with blocks, boxes or plastic containers</p>  <p>17</p>	<p>take a walk, what do you smell?</p>  <p>18</p>
<p>EXERCISE DAY!</p>  <p>12</p>	<p>Trace your hands, make a turkey</p>  <p>20</p>	<p>measure, mix, pour - make pudding</p>  <p>7</p>	<p>compare LONG and SHORT</p>  <p>1</p>	<p>retell a story by looking at the pictures</p>  <p>2</p>	<p>mix yogurt, granola and bananas for a nutritious snack</p>  <p>3</p>	<p>look at family pictures together</p>  <p>4</p>
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Encourage Children to Try New Foods


Introducing toddlers to new foods allows them to experience new textures. Soft, lumpy, and crunchy foods can help toddlers strengthen their chewing skills. It can also help them get used to new foods and textures early on in life, so they are more accepting of foods as they grow.

You can encourage 1-2 year olds to try new foods by:

- Introducing a new food outside of mealtimes through reading, gardening, and food activities.
- Offering a new food with a food they like.
- Talking about the taste, texture, smell, and color of the food at mealtime.

Teachers and toddlers can encourage each other at mealtime. Try this!

- Plan where toddlers sit around the table. Toddlers who need more help can sit closer to you. Toddlers who need a bit more encouragement can sit next to children who are more adventurous eaters.
- Show by example that a new food tastes good by eating foods together with the children.

 **Go on your own taste adventure!** Set a personal goal to try a few new vegetables and fruits at home. Or, have a taste test with the teachers at your child care site.

 **Start Simple with MyPlate**

Check out USDA's "Start Simple with MyPlate" mobile app to help set your personal goals and stick with them! Find more information at choosemyplate.gov/startsimpleapp.

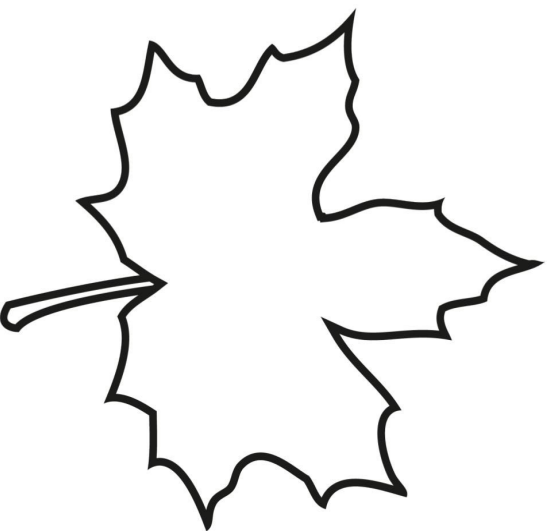


LOOK WHAT I CAN DO!

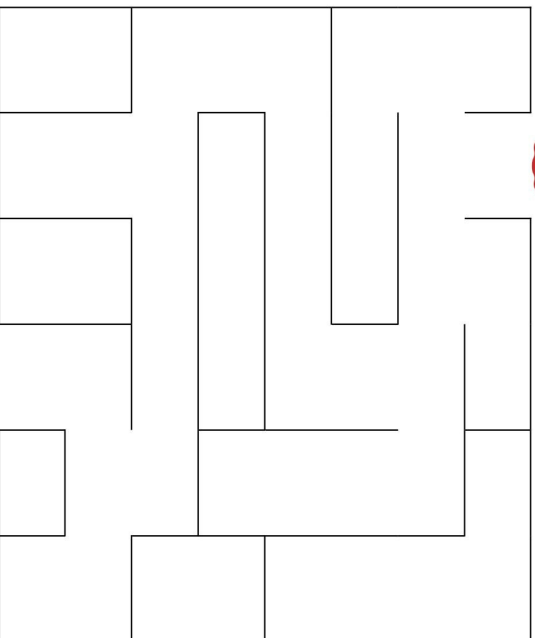


I like to learn about everything, even food. I may not like a food the first time I try it, but please keep offering it to me! You may need to offer a food to me more than 10 times before I like it.

Imagine you were walking through the woods in the fall and found the most unusual leaf you'd ever seen. Color in the leaf to show what it would look like.



Find your way through the maze to put the apple in the apple basket.



acorn	R	L	E	A	V	E	S	T	P
apples	P	P	T	S	E	V	R	A	H
autumn	A	P	U	N	V	B	V	A	N
crisp	P	S	Y	M	Y	T	Y	M	M
fall	P	I	N	G	P	R	B	L	U
hayride	L	R	C	R	I	K	L	M	T
harvest	E	C	J	D	O	A	I	Y	U
leaves	S	W	E	P	F	C	C	N	A
pumpkins	L	P	E	K	A	R	A	X	S
rake									

