

The Edible Editorial

November 2022

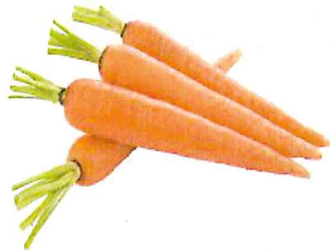
How to Talk to Children about Healthy Eating

May Not Help

“Apples are good for you”



“Carrots will turn you into a bunny.”



“This food will help you grow.”



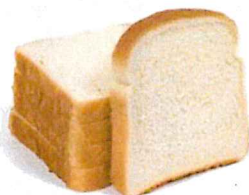
“Salad is healthy.”



“Blueberries have antioxidants in them.”



“White food isn't good for you.”



May Help A Lot

“Red foods give you a strong heart.”

“Orange foods help you see in the dark.”

“Yellow foods help your body heal cuts.”

“Green foods help you fight off sickness.”

“Blue & Purple foods give you a strong brain.”

“White foods give you energy.”

- Modeling healthy eating habits can help shape children's eating behaviors and relationships with food.
- Involve the children in food shopping and cooking from an early age to expose them to fruits and vegetables.
- Avoid using food as a reward, bribe or punishment.
- Don't focus on weight or dieting during conversations about healthy eating.
- Occasionally incorporating less-than-healthy foods into meal plans is okay. Don't stress if your kids won't eat certain things.
- Praise children when trying new foods and refrain from using desserts as a reward.
- Don't give up, as it may take up to 12-15 exposures for a new food to be accepted.



Family Style Meal Service in the Child and Adult Care Food Program (CACFP)

The CACFP has long been recognized for its nutritional goals of providing nutritious meals to children and helping establish good eating habits at a young age. Family style meal service provides a further opportunity to enhance these goals by encouraging a pleasant eating environment that will support and promote mealtime as a learning experience.

Family style is a type of meal service which allows children to serve themselves from common platters of food with assistance from supervising adults. As supervising adults, in family style meal service, try to set a personal example and provide educational activities that are centered around foods. This approach allows children to identify, and be introduced to new foods, new tastes, and new menus, while developing a positive attitude toward nutritious foods, sharing in group eating situations, and developing good eating habits.

Unlike cafeteria lines, unitized meals, and pre-set service, the family style method affords some latitude in the size of initial servings because replenishment is immediately available at each table. Even when a complete family style service is not possible or practical, it may be useful to offer a component or components in a family style manner particularly when smaller children are being served or when a new food item is being introduced.

This latitude must be exercised in compliance with the following practices, at a minimum.

- A sufficient amount of prepared food must be placed on each table to provide the full required portions of each of the food components for all children at the table, and to accommodate supervising adult(s) if they eat with the children. (Refer to the USDA Meal Pattern for required portion sizes.)
- The family style meal service allows children to make choices in selecting foods and the size of the initial serving. Children should initially be offered the full required portion of each meal component.
- During the course of the meal, it is the responsibility of the supervising adults to actively encourage each child to accept service of the full required portion for each food component of the meal pattern. For example, if a child

initially refuses a food component, or initially does not accept the full required portion of a meal component, the supervising adult should offer the food component to the child again.



When submitting paperwork through email or fax:

- Be sure the ink is copied dark enough that it will come through visible enough for us to read. Many times light colored ink (pink, gel pen, pencil, etc.) will not come through the fax clearly. Sometimes we can't even tell which provider it is coming from.
- As a home based provider be sure to include your name (not the daycare name) and provider food program ID# on all pages you are sending through fax or email.
- As a center based provider be sure to include the site name (not your personal name) and site food program ID# on all pages you are sending through fax or email.
- Anything can be emailed to rachel@midmichigancc.com or dongow@midmichigancc.com.



*We are so very thankful
for you!*

*You do amazing things for children
every day and do not receive enough
thanks. We know how important you
are!*

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









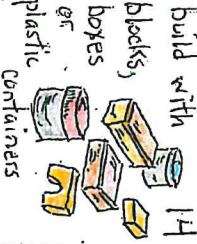
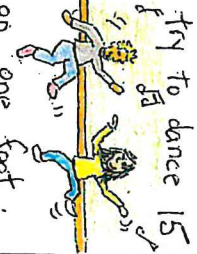








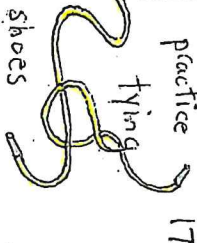

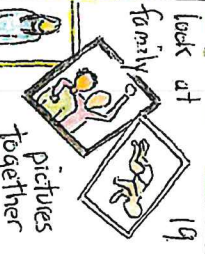







2. **fax:** (833) 256-1665 or (202) 690-7442; or

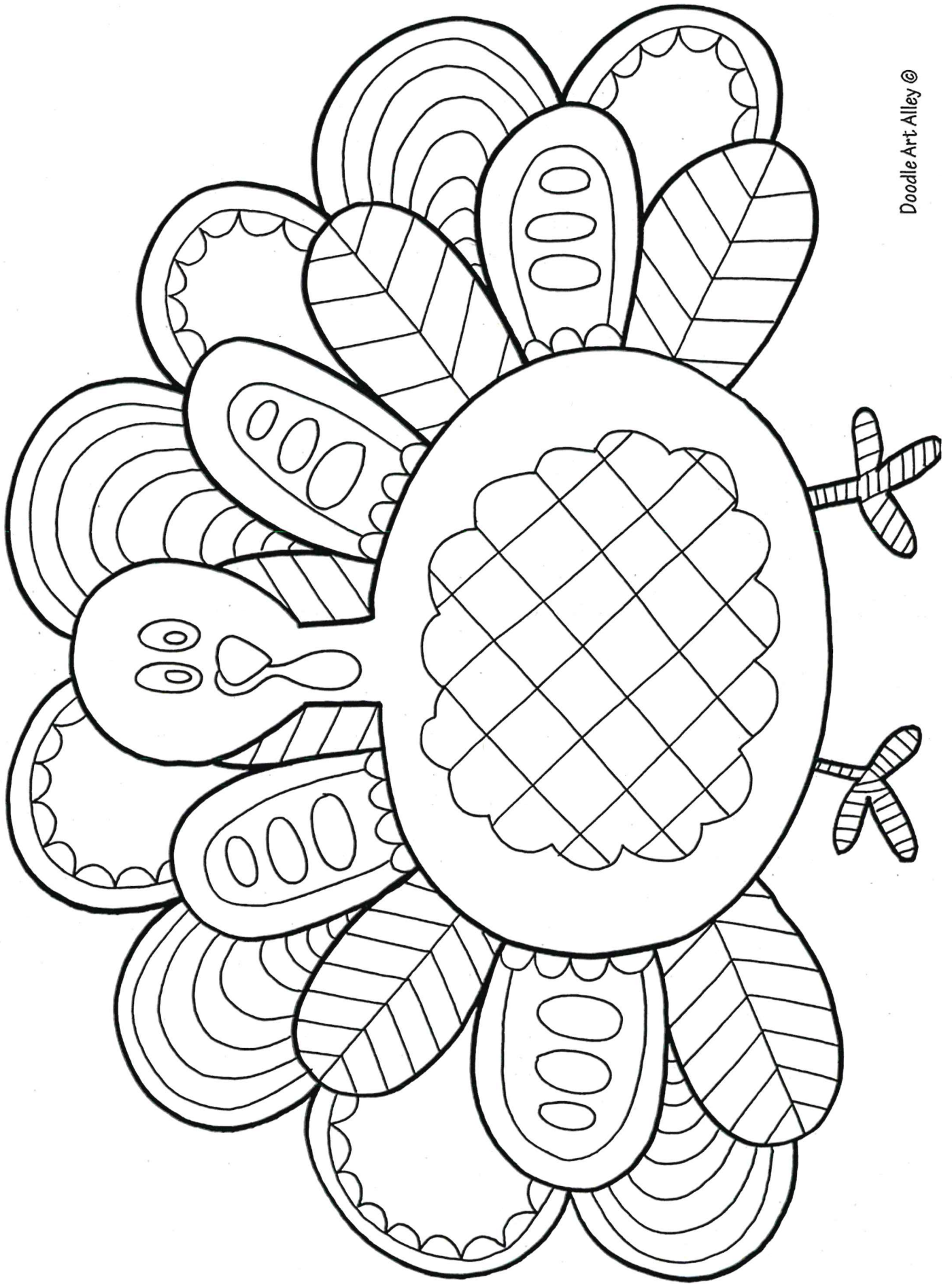
email: program.intake@usda.gov

This institution is an equal opportunity provider.

November

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daylight Savings Ends, Turn clocks back 1 hour</p>  <p>6</p>	<p>Compare LONG and SHORT.</p>  <p>7</p>	<p>mix yogurt, banana and slices for a nutritious snack</p>  <p>1</p>	<p>retell a story by looking at the pictures</p>  <p>2</p>	<p>wash your toes and count them ALL!</p>  <p>3</p>	<p>find words, letters or numbers in a newspaper</p>  <p>4</p>	<p>FAMILY EXERCISE DAY!</p>  <p>5</p>
<p>Talk about nice things each family member does.</p>  <p>13</p>	<p>build with blocks, boxes or plastic containers</p>  <p>14</p>	<p>try to dance on one foot.</p>  <p>15</p>	<p>visit the LIBRARY, check out some books</p>  <p>9</p>	<p>talk about what makes you HAPPY</p>  <p>10</p>	<p>VETERAN'S DAY</p>  <p>11</p>	<p>Take a walk, 12</p>  <p>12</p>
<p>touch and count different types of trees at a park</p>  <p>20</p>	<p>World PEACE DAY - it can start in our neighborhood!</p>  <p>21</p>	<p>face your hand, draw a turkey</p>  <p>22</p>	<p>follow directions: measure, mix, pour, make pudding</p>  <p>16</p>	<p>practice tying shoes</p>  <p>17</p>	<p>play the mirror games, match faces</p>  <p>18</p>	<p>look at family pictures together</p>  <p>19</p>
<p>Walk and gobble like a TURKEY</p>  <p>27</p>	<p>Share a toy with someone</p>  <p>28</p>	<p>EAT green, red and yellow veggies!</p>  <p>29</p>	<p>make a triangle turkey sandwich</p>  <p>30</p>	<p>Happy Thanksgiving DAY!</p>  <p>24</p>	<p>cut or tear paper, glue to make a collage face</p>  <p>25</p>	<p>Sing your favorite songs</p>  <p>26</p>



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