

The Edible Editorial

December 2022

Celebrating Holidays in Early Childhood Programs

National Association for the Education of Young Children

Holiday celebrations can be wonderful opportunities for children to learn about the traditions and values that are cherished parts of people's lives. But many early childhood professionals wonder what holidays to celebrate in the program or classroom and how to respect the cultures represented by all children. Many parents, too, wonder why programs celebrate specific holidays or why they discourage any celebration at all.

NAEYC believes that decisions about what holidays to celebrate are best made together by teachers, parents, and children. Families and staff are more comfortable when both have expressed their views and understand how a decision has been reached. The important thing for all to remember is that when planning holiday activities, the rules of good practice continue to apply: Are the activities meaningful to the children? Are their needs and interests being met? Is the activity a valuable use of children's time?

Teachers may survey families at the beginning of the year to determine what holidays to celebrate. They may even ask the children to create their own holiday to help them learn the concepts that underlie such valued traditions. In any case, holiday celebrations are just one way for programs and families to work together to create developmentally and culturally appropriate learning experiences.

Here are some signs of good practice in celebrating holidays:

Parents and teachers ask themselves why children should learn about this holiday. Is it developmentally appropriate for those in the group? Why is it important to specific children and families?

Activities are connected to specific children and families in the group. This helps children understand holiday activities in the context of people's daily lives. Children should have the

chance to explore the meaning and significance of each holiday.

Children are encouraged to share feelings and information about the holidays they celebrate. This will help them make the distinction between learning about another person's holiday rituals and celebrating one's own holidays. Children may participate as "guests" in holiday activities that are not part of their own cultures.

Every group represented in the classroom is honored (both children and staff). This does not mean that every holiday of every group must be celebrated or classrooms would be celebrating all the time! It does mean that once families and programs have decided on what holidays to celebrate, none should be treated as if they are "unusual." Children should recognize that everyone's holidays are culturally significant and meaningful.

Activities demonstrate the fact that not everyone in the same ethnic group celebrates holidays in the same way. Families may provide examples of their own unique traditions.

Curriculum demonstrates respect for everyone's customs. If children are observing different holidays at the same time, the values and traditions of each child's culture should be acknowledged.

Parents and teachers work together to plan strategies for children whose families' beliefs do not permit participation in holiday celebrations. Families should take part in creating satisfactory alternatives for the child within the classroom.

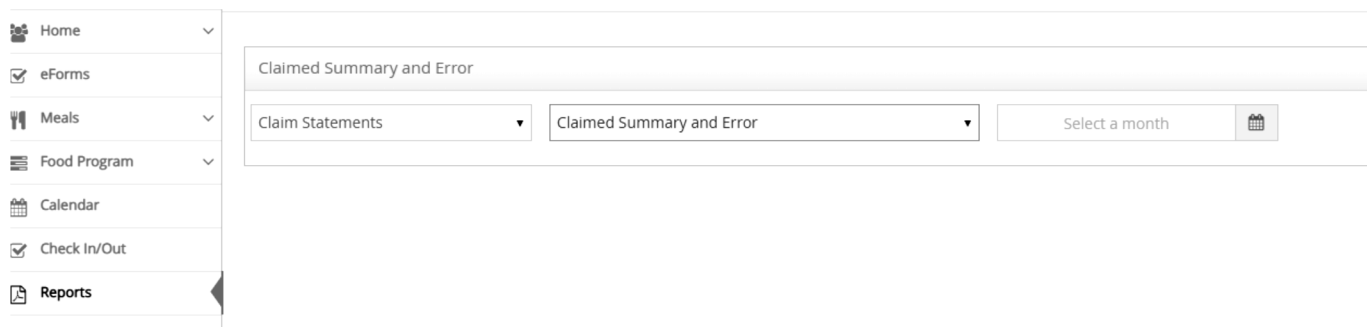
Focus is on meaningful ways to celebrate holidays without spending money. Families may find certain holidays stressful due to the amount of commercialization and the media pressure to buy gifts. Teachers can help by showing children that homemade costumes and gifts are very special, and celebrating can be joyful without gifts.

Happy Holidays!!!

Home Based Day Care—Training

Always read your Claim Summary and Error Report after the monthly claim has been processed when submitting claims through Kid Kare.

1. Select “Reports” from the left side column.
2. Under Select a Category, choose “Claim Statement”.
3. Under Select a Report, choose “Claim Summary and Errors”.
4. Select the Month in which would you like to view.
5. Review all bullet points to be aware of any corrections that need to be made for future claims.



The screenshot displays the Kid Kare software interface. On the left is a vertical sidebar menu with icons and labels for 'Home', 'eForms', 'Meals', 'Food Program', 'Calendar', 'Check In/Out', and 'Reports'. The 'Reports' option is currently selected, indicated by a dark arrow icon. The main content area on the right is titled 'Claimed Summary and Error'. Below this title, there are two dropdown menus: the first is labeled 'Claim Statements' and the second is labeled 'Claimed Summary and Error'. To the right of these dropdowns is a button labeled 'Select a month' with a small calendar icon next to it.

Center Based Day Care—Training

Always read your Claim Summary after the monthly claim has been processed.

1. Click on the File Cabinet “Claims” Icon from the main Minute Menu CX screen.
2. A list will appear showing all the claims you have submitted.
3. Click on the button that says “OER” (stands for Office Error Report).
4. View all the bullet points on the Claim Summary and Error Report to be aware of any corrections that need to be made for future claims.

Spinach Egg Bake—USDA Recipe for Child Care Centers

Serves 25

C ACFP Crediting Information: 1 piece provides 2 oz. equivalent meat alternate and 1/4 cup vegetable.

Ingredients:

4 lbs. 9 oz. (or 2 qt. 2 1/2 cups) Spinach, frozen, chopped, thawed, drained

25 large Eggs, large, whole

2 oz. (or 1/4 cup) Feta cheese, crumbled

1 Tbsp. Onions, dehydrated, chopped

1/2 tsp. Black pepper, ground

1/2 tsp. Salt

Nonstick cooking spray

Instructions: Preheat oven to 350 degrees F.

Thaw spinach in the microwave using package directions or by placing under cool running water. Drain excess water from spinach. Whisk eggs in a large mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well. Lightly coat steam table pan (12"x 20"x 2 1/2") with nonstick cooking spray. Spread spinach evenly on the bottom of the pan. Top pan of spinach with the egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon. Place steam pan in the over. Bake for 30 minutes. Critical Control Point: Heat to 160 degrees F for at least 15 seconds. Broil on high for 2 minutes or until the eggs are set and the top is a light golden brown. Remove immediately to prevent burning. Cut each pan 5 x 5. (25 pieces per pan.) Serve 1 piece per child.



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, audiotape, 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

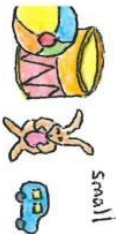



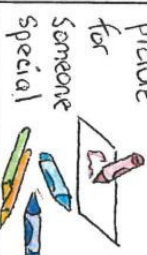



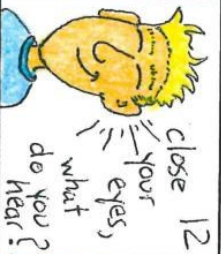


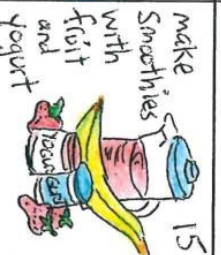
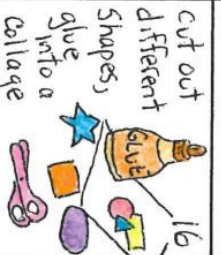










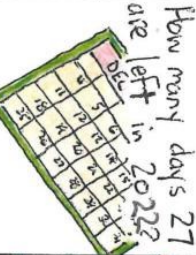


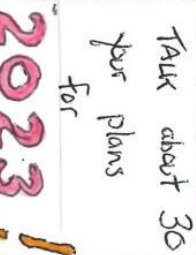

2. **fax:** (833) 256-1665 or (202) 690-7442; or

email: program.intake@usda.gov

This institution is an equal opportunity provider.

DECEMBER

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sort toys: 4 Large, medium & small</p> 	<p>describe the 5 taste of different apples</p> 	<p>imitate animal sounds</p> 	<p>mix equal parts 7 of liquid starch and glue, play with</p> 	<p>color a picture for someone special</p> 	<p>practice ballet moves</p> 	<p>throw, kick and catch a football</p> 
<p>Count all the steps at your house</p> 	<p>close your eyes, what do you hear?</p> 	<p>visit the library</p> 	<p>can you name animals that live in water?</p> 	<p>make Smoothies with fruit and yogurt</p> 	<p>cut out different shapes, glue into a collage</p> 	<p>READ a book about winter</p> 
<p>Touch your toes ten times</p> 	<p>HANUKKAH begins</p> 	<p>make Holiday cards</p> 	<p>WINTER begins!</p> 	<p>fill glasses with water, tap to make music</p> 	<p>SING seasonal songs TOGETHER</p> 	<p>It is Christmas Eve!</p> 
<p>MERRY CHRISTMAS</p> 	<p>KWANZAA begins</p> 	<p>How many days are left in 2022?</p> 	<p>HELP clean the hose</p> 	<p>Look for tracks on the ground or in the snow</p> 	<p>TALK about your plans for 2023!</p> 	<p>CELEBRATE NEW YEAR'S EVE!</p> 



Homemade