

# The Edible Editorial

April 2024

## Tips for a “Choosy” Eater

*United States Department of Agriculture: Nibbles for Health*

“Choosy” eating is common among pre-schoolers. 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 than in 1 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 over-eating.
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?”

### 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.



# CACFP Training

New Guidance from Michigan Department of Education on claiming Special Needs children over the age of thirteen (13) years.

## Eligible children

The children needing childcare services must be one of the following.

- ◆ Under the age of 13
- ◆ Age 13, but under the age of 18 when one of the following apply:
  - Required constant care due to a physical/mental/psychological condition according to the child's physician.
  - Supervision has been ordered by a court.
- ◆ Age 18 and requires constant care due to a physical/mental/psychological condition according to the child's physician or a court order, and is all of the following.
  - A full-time high school student.
  - Reasonably expected to complete high school before reaching age 19.
- ◆ For children over the age of 13 with Special Needs a copy of a court order **OR** a statement by the child's physician is required.
- ◆ Reimbursement cannot be provided for anyone over the age of nineteen (19) years.

We know this is a change and hope you understand. We will be training on this in the next few months and final implementation will take place on May 1<sup>st</sup>.

If you already have the required paperwork (child's physician statement or court order) for a child age 13-18 years, please forward it to our office.

You can of course watch the older children but you may not be able to claim them on the food program without proper documentation.

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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](mailto:program.intake@usda.gov)

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## Barbeque Beef Sliders—USDA Recipe for Child Care Centers

Ages 3-5 Serving Size: 25

CACFP Crediting Information: 1 1/2 oz. meat/meat alternate and 1 oz. equivalent grains

### *Ingredients:*

25 Rolls or slider buns, whole wheat

3 lbs. 13 oz. Beef chuck roast, fresh or frozen, thawed, without bone, practically free of fat

1 Cup Barbecue sauce

### *Directions:*

1. Wash hands with soap and water for at least 20 seconds.
2. Place beef in a 4 –quart slow cooker. Cook on low for 5 hours or cook on high for 2 1/2 hours. Heat to an internal temperature of 145 degrees F or higher for at least 15 seconds. Wash hands after touching uncooked beef.
3. Remove beef from slow cooker. Place on a cutting board. Use two forks to shred beef into strips.
4. In a large bowl, combine shredded beef, barbecue sauce, and 1/3 cup au jus (liquid) from the slow cooker. Mix.
5. Slice rolls in half horizontally (if not pre-sliced).
6. Place 1/4 cup barbecue beef between each roll.
7. Serve 1 slider. Serve immediately, or keep warm at 140 degrees F or higher.



## Provider Pics

Owner Sharoune Foster and Director Angel Wise from Foster's Childcare and Learning Center in Southfield, wearing matching Valentine's Day outfits!





# ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>make playdough: 7 1 cup flour 2 spoons salt a little water</p>	<p>draw your family 8</p>	<p>take a walk 9</p>	<p>talk about plant parts: 10 flower leaf stem roots</p>	<p>draw a bug... 4 make up a bug story</p>	<p>name and eat foods that come from plants 5</p>	<p>READ a book about... 6 bugs!</p>
<p>practice writing and drawing 14</p>	<p>go fly a kite! 15</p>	<p>turn over a rock - what's under it? 16</p>	<p>plant flower seeds in dirt... watch them grow 17</p>	<p>make someone smile 11</p>	<p>How does rain help plants? 12</p>	<p>count to three in SPANISH! 13 uno dos tres</p>
<p>wash your toes and count them ALL 21</p>	<p>EARTH DAY! 22 reduce, reuse, recycle</p>	<p>Have a family sing-a-long 23</p>	<p>plant a tree, hug a tree 24</p>	<p>walk through your neighborhood, pick up litter 18</p>	<p>draw a circle and cut it out 19</p>	<p>go on a BIG HUNT. 20</p>
<p>blow bubbles 28</p>	<p>Count all family shoes! 29</p>	<p>how TALL are you? 30</p>	<p>plant a tree, hug a tree 24</p>	<p>find some rectangles in your house 25</p>	<p>visit the LIBRARY 26</p>	<p>See what shapes clouds can make 27</p>
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### Small Hands Crafting

All you need are coffee filters, blue and green washable markers, and water! Flatten the coffee filter and have your kids color it with the markers. Use a squirt bottle to spray water two or three times directly on the center of the filter. Watch with your kids as the water spreads to create a unique earth day design!



# Earth Day

**Did you know the USDA's Child and Adult Care Food Program (CACFP) plays a vital role in improving the quality of day care?**

Not only that, but the CACFP also works to help make child care more affordable for many low-income families. Each day, 3.3 million children receive nutritious meals and snacks through CACFP. The program also provides meals and snacks to 120,000 adults who receive care in nonresidential adult day care centers. CACFP reaches even further to provide meals to children residing in emergency shelters, and snacks and suppers to youths participating in eligible afterschool care programs.

**CACFP makes the world a better place for children!**

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### Seeds of Renewal: Movement on Earth Day

Start with Johnny Appleseed. Have your kids learn gardening movements while you share the story of the man who planted apple trees across the northeast in the early 1800s. First have them reach down and touch their toes as they gather apples from the ground and then stand back up to put them in their shoulder sack. Next have your kids walk in one spot as they travel the country looking for new places to plant apple trees. Then have them make large circle motions with their hand, one side at a time, as they pretend to toss the apple seeds across the ground. Finally, have the kids bend over and tamp down the soil to ensure the seeds grow.

### Crunchy Carrot Salad

Color your plate with carrots! This salad can accompany any meal.

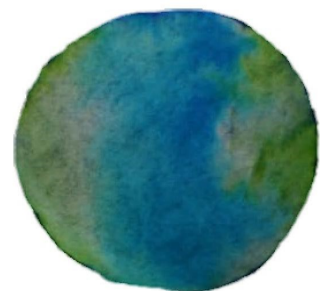
1 pound raw fresh carrots (washed and scrubbed or peeled, shredded)

1/2 cup raisins

8 ounces low-fat vanilla or lemon yogurt

Mix all ingredients in a large mixing bowl. Cover with plastic wrap and refrigerate for at least an hour. Toss again before serving.

*Source: What's Cooking? USDA Mixing Bowl*



**CACFP is an indicator of quality child care.**

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