

The Edible Editorial

April 2020

Why You Should Serve Family Style

Family style dining encourages learning and development not only at the table but away from mealtime as well. Children learn independence, social skills, and other important habits that will last them through adulthood.

There are many benefits to serving your meals family style and it is not hard to implement. It may be as easy as putting the minimum serving of food required in serving dishes, placing it on the table and allowing children to serve themselves.

There is a learning curve to this method. However, this approach to mealtime creates a number of healthy habits that are important to the growth and development of children at any age.

Children tend to eat more healthy foods if they see their friends try it. They learn skills such as taking turns, sharing and teamwork.

Family style dining opens up opportunities for conversation, which increases vocabulary, promotes proper use of language and interaction with friends.

There are even more benefits that support healthy growth. Children learn portion sizes for each food group, to recognize when they are hungry or satisfied, how to identify healthy foods and where they come from, and to improve fine motor skills.

Children are not the only ones who benefit. Providers get a better grasp of food costs, get help with mealtime service and, with less food being wasted, they save money.

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There's nothing more exciting for children than being able to say, "I did it all by myself!"

- Jennifer from Mechanicsville, VA



The Edible Editorial is a monthly publication for child care professionals sponsored by Mid Michigan Child Care Centers, Inc. (a Child Care Food Program Sponsor) established in 1981.

Suggestions, Comments or Ideas for future editions of The Edible Editorial?

Please email Allison at allison@midmichiganc.com

For Your Reference...

Reminder - You can find most of the information/forms you are in need of at our web page www.midmichigancc.com



Mid Michigan Child Care Food Program
Encouraging Healthy Eating Habits in Children

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Recommend a Provider receive a special prize.

We cover the entire state of Michigan.

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Reminder - All claims must be received in our office by the 5th of the following month to be considered on time.



- Nicole Johnson, Midland County Provider, welcomed a baby girl, Melody Armstrong on January 28, 2020.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			compare LONG and SHORT	retell a story by looking at the pictures	mix yogurt, granola and bananas for a nutritious snack	look at family pictures together
practice telling time on a clock	wash your toes and count them ALL!	follow directions - - measure - mix - pour - make pudding	play the mirror game, match faces	practice buttoning	talk about what makes you happy	find some rectangles in your house
FAMILY EXERCISE DAY!	practice tying shoes	share a toy with someone	VISIT THE LIBRARY	try to dance on one foot	build with blocks, boxes or plastic containers	take a walk, what do you smell?
See what shapes clouds can make	Trace your hands make a Turkey	make someone SMILE	Count all family shoes!	READ a book about...	EAT delicious green and yellow veggies!	talk about nice things each family member does
Touch and count some trees at a park	Sing your favorite songs	cut or tear paper, glue to make a collage face	FIND words, numbers or letters in a newspaper or magazine	make a triangle PB + J Sandwich		



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