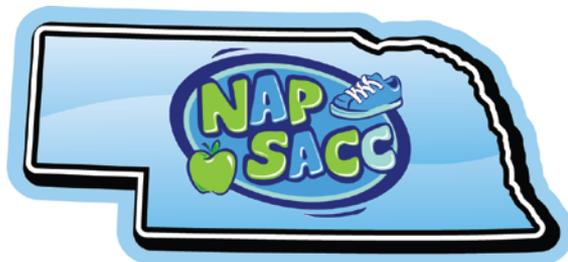


Eat Right, Grow Strong Nutrition for Young Children



Partnering Organizations:



Department of Health & Human Services

DHHS

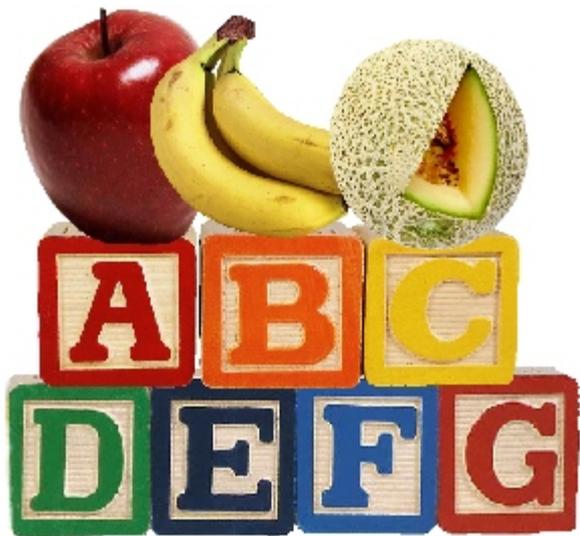
N E B R A S K A



Objectives

- Describe why good nutrition is so important to young children.
- Explain in detail the components of a child care environment that promote healthy eating
- Describe the role of child care staff in helping shape children's eating behaviors.
- List some things staff can do in their classroom to help children develop healthy eating behaviors.





Nutrition

- Young children need to eat nutritious foods because their bodies are growing rapidly.
- Children may receive between 50% and 75% of their daily calories at the child care facility.
- Children learn healthy eating habits at a very young age.



Discussion

What have you noticed about the eating habits of children in your center?



Have they changed over time?





What does this all mean for CC providers?

- Providers have an important influence on children’s eating habits and attitudes.
- Children look up to their teachers and often “model” their own eating habits based on watching others.
- Providers can make changes to create a better “food environment” so it’s easier for children and staff to make healthier choices.

The healthy choice needs to be the easy choice!



ACTIVITY

Complete the “Are you a good role model?” Worksheet.



Fruits & Vegetables



- A variety of fruits and vegetables give children vitamins and minerals that keep them healthy and help them grow.
- Fruits and vegetables are “nutrient dense,” which means a lot of nutrients but few calories.



Vegetable Subgroups

- **Dark Green**
- **Red/Orange**
- **Dried Beans/Peas**
- **Starchy**
- **Other**



Eat Your Colors!





Success Story - Vegetables

“We worked really hard to make some healthy changes on our fall/winter menu. We added new vegetables to our menu, asparagus, beets and brussel sprouts, due to the encouragement and help we have received from the NAP SACC program.

It was unanimous in the classrooms that beets are "yummy, yummy!" They were well received by the children. Plus, they added a beautiful purple color to our lunch plates which was probably a first for us.

Brussels sprouts were described by teachers and children as looking like lettuce, but tasting like broccoli. We serve family style so the children get to choose what they want. On brussel sprout day one of our toddlers ate almost 7 of them!

Only 1 preschool child in a classroom out of 20 said that she eats asparagus at home, so we are delighted to be able to serve some foods that children may not be able to try otherwise.”

- Quote provided by Jaci Foged, Director @ UNL Children's Center

Fruits & Vegetables are FUN!

Ways to get kids to **LOVE** their fruits and vegetables
(or at least try them!).



- Have a party for your senses.
- Serve them creatively.
- Staff “talk them up” before serving them.
- Incorporate them into lessons.
- Eat a rainbow.
- Set a good example.



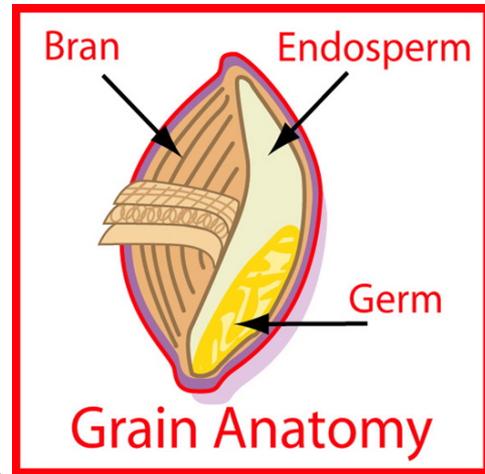
Meat & Meat Alternatives

Higher Fat Meats	Leaner Meats or Meat Alternatives
Sausage	Skinless, Baked or Broiled Chicken
Bologna	Baked or Broiled Fish
Salami	Ground Beef or Turkey (at least 93% lean)
Bacon	Dried Beans
Hot dogs	Baked, Poached, or Boiled Eggs
Chicken nuggets	Tofu
Fish sticks	Nuts & Seeds

Think about what cooking method you're using!



Grains



- **Whole grain** – The complete grain kernel (starchy endosperm, germ, & fiber-rich bran).
- **Refined grain** – Bran & germ removed when milled.
 - Removes iron, fiber, and many B vitamins.
- **Enriched** – Vitamins & minerals were added to replace originals that were lost during refining process.
- **Fortified** – Nutrients have been artificially added to a food product that didn't naturally contain them.
 - Example: Cereals fortified with iron & folate



Whole Grains

- **Benefits of whole grains:**

- Consumed as part of a healthy diet may reduce the risk of heart disease.
- May help with weight management by helping you to feel full.
- Helps with digestion.



- Try and incorporate high-fiber whole grain foods into the menu at least 2 times per day!



Grain Label Reading Activity

Which products are actually whole grains?

Ingredients: WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SOYBEAN OIL, SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN (EMULSIFIER), CORNSTARCH. CONTAINS: WHEAT, SOY.

Look at the first ingredient!
Is the first word whole?



Whole Grain Makeover



FOOD	EXAMPLE MAKEOVER
Muffins	Whole wheat english muffin, toast, or mini-bagel with PB or low-fat cream cheese
Frosted Flakes	Cheerios, Wheat Chex, Shredded Wheat, Bran Flakes, Low-Fat Granola, Oatmeal
Breakfast Cereal Bar	Tortilla roll-up (spread cream cheese or PB and jelly on a whole wheat tortilla and roll it up), low-fat/high fiber granola bar
Cookies	Graham crackers, whole wheat crackers
Poptarts	Whole grain waffle or pancake
Chips	Whole grain pretzels, homemade chex mix (with pretzels, wheat chex, cheerios, etc.), whole grain tortilla with a bean dip spread



Beverages



- Water is the best choice for thirsty children. Model good habits for the children by choosing water first.
- Soda and fruit drinks are full of sugar and “empty calories,” meaning few nutrients, many calories.
- Serving low fat milk with meals and snacks provides calcium but doesn’t add many calories.



Beverage Myths



- Myth 1: Whole milk is best for all kids.
 - Under 1: breast milk or formula
 - 1 to 2: Whole milk
 - Over 2: 1% or skim milk



- Myth 2: Juice is always the best option.
 - Whole fruits have more nutrients.
 - Under 6: 4-6 oz. a day of 100% juice
 - Not a good choice to quench thirst





Skim milk vs. Whole Milk

Skim Milk			
Serving Size 8 fl oz (240mL)			
Servings Per Container 2			
Amount Per Serving			
Calories 80		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol less than 5mg			1%
Sodium 130mg			5%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugars 11g			
Protein 8g			
Vitamin A 8%		• Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories: 2,000 2,500	
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Whole Milk			
Serving Size 8 fl oz (240mL)			
Servings Per Container 2			
Amount Per Serving			
Calories 150		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 5g			25%
Cholesterol 35mg			12%
Sodium 125mg			5%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugars 11g			
Protein 8g			
Vitamin A 6%		• Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories: 2,000 2,500	
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calcium Activity – Most to Least



• Place the following foods in order from which ones have the most amount of calcium to the least amount of calcium:

- 1 oz. or slice of cheese
- ½ c. of ice cream
- 1 c. yogurt
- ½ c. cottage cheese
- 4 oz. ready-to-eat pudding cup
- 1 c. milk
- ½ c. homemade pudding
 - (made w/ milk from box mix)



Calcium Activity – Most to Least



Answer:

- 1.) 1 c. milk (30% DV)
- 2.) 1 c. yogurt (25% DV)
- 3.) ½ c. cottage cheese (16% DV)
- 4.) 1oz. or slice of cheese (15% DV)
- 5.) ½ c. homemade pudding (11% DV)
- 6.) ½ c. ice cream (6% DV)
- 7.) 4 oz. ready-to-eat pudding cup (6% DV)

(%DV may differ slightly depending upon brand of food product)



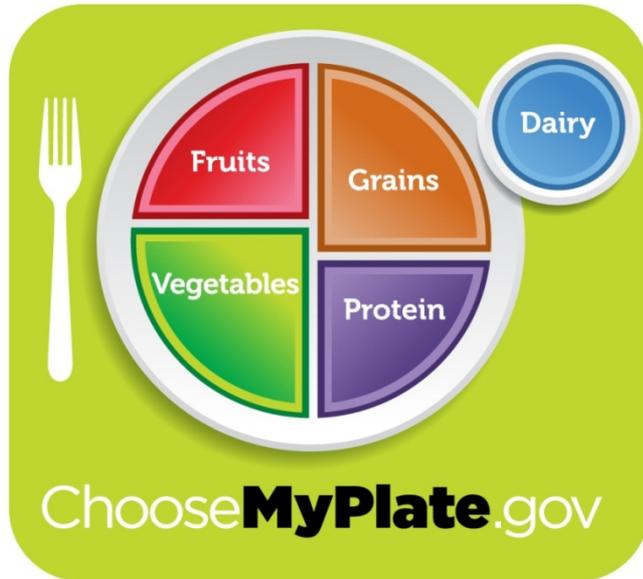
How to Make a Healthy Lunch

What is the difference?

More Nutritious	Less Nutritious
Baked, skinless chicken breast	Chicken nuggets
Steamed carrots	Tater tots
Fresh strawberries	Canned fruit cocktail in heavy syrup
Whole wheat dinner roll	Slice of white bread
Skim milk	Whole milk



Choose MyPlate



Activity Break: Choose MyPlate Relay

What other creative ways can we incorporate MyPlate teachings into the childcare center and into your classrooms?



THE FOOD GROUPS



Menus & Variety



- Serving a variety of foods helps to meet a child's nutrition needs.
- Cycle menus of 3 weeks or longer, with seasonal change, may help provide variety.
- Children may need to see a new food at least 10 times before they'll actually try it.
- Don't give up!
- Including food in your menus from a variety of cultures can make meals more fun and interesting for children.



Brainstorm



- 1.) Does your center provide a variety of meals and snacks?
- 2.) Are there easy ways to offer unique or new foods?
- 3.) Do you give up on serving new foods when they don't go over well with the kids the first couple of times?



Feeding Practices

- Gently encourage, but don't force children to try a bite of a new food.
- Forcing children to clean their plates can lead to overeating and weight problems.
- Offer healthy foods to children and then let them decide if and how much to eat.



Feeding Practices

- Make meal and snack time as stress free as possible.
- Staff help children determine they are still hungry or full.
- Provide enough time to eat.
- Try to avoid using food to reward good behavior or to calm upset children.





Celebrations & Fundraisers

- Ask parents to help celebrate birthdays and holidays with healthier options than candy, cake, and ice cream.
 - Healthier sweets like fruit and low-fat muffins are great alternatives.
- If your facility has fundraisers, consider campaigns that involve healthier foods or non-food items.
 - This sends a message that you care about good health.



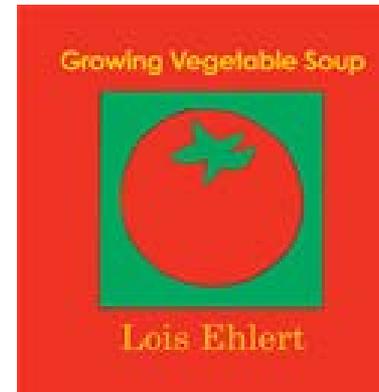
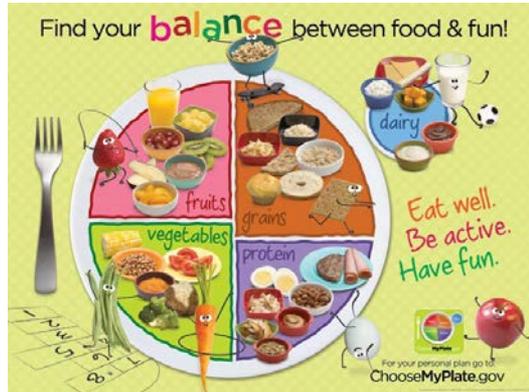
Success Story – Healthy Celebrations

“At both Centers, all classrooms asked parents to help bring in healthy snacks for our Valentine’s Day celebration and not to bring cookies, cupcakes, etc. Instead of focusing so much on sweets as we did in the past for holiday parties, classrooms made things like fruit kabobs, friendship fruit salad, smoothies, fruit pizza, cheese hearts, and heart peanut butter/jelly sandwiches. One room had families bring pink or red fruits and vegetables. Some of the staff commented on how they felt so much better at the end of the day compared to how they used to feel after classroom holiday parties.”

- Quote provided by Deanna Turner, Director @ Trinity Infant & Child Care Centers



Support Healthy Eating



- Promote good nutrition through posters, pictures, books.
- What are staff eating and drinking in front of the kids?
- No vending machines at your facility.
- Teachers model healthy eating.
- Create a pleasant social environment around the table.
- If possible, serve meals family-style.



Family Style Meals (FSM)

- The serving of food in bowls and platters with beverages in pitchers on the table.
- It allows child care providers and children to participate in table setting, serving, eating, and clean-up.
- During the meal service there is time for conversation and teaching of appropriate eating habits.



Advantages of FSM

- Promotes/reinforces social skills
- Strengthens serving skills/mannerisms
- Gives children control of their eating
- Indirectly encourages them to try new foods
- For teachers and staff, a successful family style meal is interactive, satisfying, and relaxing.



What possible challenges might you face in implementing FSM at your child care?



Things to Remember

- Children will eat!
- They are capable of regulating their food intake.
- They generally react negatively to new foods, but will usually accept them with time and experience.
- Caregivers can either support or disrupt children's food acceptance and regulation.





Nutrition Education for Staff, Parents, & Children

- How often are staff provided with nutrition training opportunities?
- How can we offer nutrition education experiences to the parents of the children at your center?
- Examples of Nutrition education resources:
 - Serving up MyPlate: A Yummy Curriculum
 - Nutrition & Wellness Tips for Young Children: Provider Handbook for the CACFP
 - Grow It, Try It, Like It!
 - The Two Bite Club



Cooking with Children

What they can do	What they can learn
Measure, stir, beat	Fine motor skills
Peel, cut, grate	Follow directions
Hot vs. cold	Observing
Compare quantities	Enhance social skills
Set the table	Sorting, classifying skills



Cook and learn!!



Nutrition Policy



A written policy on food and nutrition:

- Tells parents and staff that these are important issues and that you care about the health of the children in your facility.
- Helps guide decisions and choices your facility makes every day.
- Makes it easier to explain your approach to parents and staff.



Suggested Topics to Include in a Nutrition Policy



- Foods & Beverages provided
- Healthy mealtime environments
- Fundraising with non-food items
- Guidelines on food for holidays & celebrations
- Teacher practices to encourage healthy eating
- Education for families on child nutrition
- Professional development on child nutrition
- Not offering food as a reward



Success Story – Nutrition Policy

“The first thing that we changed because of our NAP SACC training was to ask parents not to bring outside breakfast food into our center. We’ve had children eating pop tarts or donuts as they enter the building in the mornings, yet we serve a healthy breakfast at no charge to the parents! It was frustrating, but by putting it in words in the form of a nutrition policy for parents, it made the change go very smoothly. Parents no longer bring junk with their child in the morning and we are able to offer them a healthy breakfast.”

- Quote provided by Karen Decker, Owner/Director @ Sugar & Spice Child Care Center & Preschool





Menu Planning Resources

- Recipes for Healthy Kids Cookbook for CCC & homes
<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>
<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>
- USDA Recipe Finder Database
<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>
- USDA SNAP-Ed Connection Recipe Finder
<http://recipefinder.nal.usda.gov/>
- USDA Recipes for Child Care booklet
<http://www.fns.usda.gov/tn/usda-recipes-child-care>





RECIPES HEALTHY KIDS



COOKBOOK FOR HOMES



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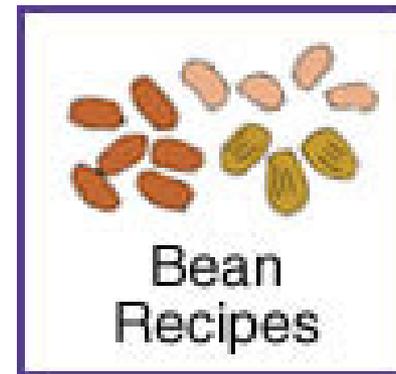
96 Turkey Smoked Turkey and Bean Soup

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We invite you to search the database of recipes submitted by nutrition and health professionals and organizations. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) and other FNS nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education messages.

SNAP-Ed Connection is pleased to announce a new **Build a Cookbook** feature to the Recipe Finder! You can create your own personalized cookbook by adding recipes you've selected from the Recipe Finder database, or you can choose one of our fixed cookbook options that use pre-selected recipes based on several categories. Start building your cookbook today!

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- Eat Smart. Play Hard.

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Resource Library

USDA Recipes for Child Care

The recipes from the 1999 publication *Child Care Recipes: Food for Health and Fun* for USDA's Child and Adult Care Food Program have been updated.

USDA Recipes for Child Care consists of a booklet and 2 CD-ROMs. The booklet describes how to work with recipes, adjusting recipes, food safety information, and much more. One CD includes the booklet text and a Supplemental Information technical assistance piece that has tips for cooking, preparation, and storage. This CD also has files of the recipes by name and number as well as such as "how to make sandwiches," food storage times, and mini-posters on hand washing and thermometer usage. A bonus CD of the *Food Buying Guide for Child Nutrition Programs* is also included.

Available: in PDF only

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Booklet Content

Full Document

- [Introduction \(pg 1-2\)](#)
- [Reimbursable Meal Requirements \(pg 3\)](#)
- [Working with the Recipes \(pg 4-17\)](#)
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- [Introduction \(pg 2\)](#)
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Mini-Posters

- [Thermy Rules! Cooking for Food Service](#)
- [Remember to Wash Hands](#)
- [How to Wash Your Hands](#)

All Recipes Alphabetically

All Recipes Numerically

Single Recipes Alphabetically



ACTIVITY

Complete the “Nutrition Classroom Goals” Worksheet.



Nutrition

