

The Edible Editorial

December 2018

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Hidden License Number

Look for your license number or relative care billing number in each edition. Every month, there are two numbers hidden. If you find your number, call or email our office to receive special materials that will be beneficial to your day care.

Reminder: File Contents Checklist

Please be sure to review your in home file for the following documents, as they are required to be in your home and available to your consultant at all times. If you are missing something, please feel free to email allison@midmichigancc.com and we can get them in the mail to you right away.

- Copy of Application/Agreement
- Copy of ALL Child Registration Letters (signed by parents)
- Infant Waivers if applicable
- Twelve months previous Menus/Attendance/Registration Letters



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Important Reminder - double check that on your claims, you have WG listed once per day, Juice served no more than once per day and that 1% or whole milk is listed each time served - these new regulations are in effect and errors are being deducted, this began on October 1st. If you need additional training or have questions, please reach out to your consultants.

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

Please email Allison at allison@midmichigancc.com

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.

Family Style Meals in Child Care

Family Style meal service has long been promoted as the preferred method of meal service for the child care setting. While there is limited research that quantifies the benefits of family style vs. traditional meal service, observational evidence has shown many benefits. Based on these observational advantages many professional associations concerned with nutrition and child care have recognized the importance of family style meals. They also recommend that child care facilities adopt practices consistent with family style meals (FSM). These associations include: American Dietetic Association, American Academy of Pediatrics and Healthy Child Care America National Head Start Program The USDA encourages facilities participating in the CACFP to adopt family style for their meal service FSM are recommended for many reasons that benefit both the children in care and the caregivers.

Benefits for Children

Builds lifetime skills such as meal presentation/preparation as children take part in the entire meal from preparation to cleanup; able to carry over the skills learned to the home environment. Promotes a comfortable and relaxed meal setting as everyone is sitting together Influences children's behavior through positive role modeling by caregivers. Teaches children to regulate portion sizes according to their own feelings of hunger and fullness Enhances development of motor, language and social skills: Use fine and gross motor skills to pass and serve foods; Develop hand-eye coordination o Practice meal time conversations and taking turns; Practice table manners and learn what appropriate meal time behavior is (i.e. please and thank you; not to eat from serving utensils or out of serving bowls) Builds self-esteem as children learn new skills Encourages children to try new foods; Allows children to feel in control of their eating; children in control of their eating are more likely to try new foods; Since children serve themselves, they may be more likely to try something, especially if they see other children eating and taking the same foods. Enhances independence—growing independence in tasks is a sign of proper development Provides opportunities for children to learn about the foods they are eating

Benefits for Providers

Promotes a more enjoyable meal atmosphere as caregivers are able to sit and eat with the children instead of having to pass out plates or seconds Provides opportunities to talk with children Decreases food waste as children learn to take about the amount of food they want (this may not happen right away as children are learning to serve themselves) Reinforces skills being taught in other activities, such as taking turns Improves meal time behavior as staff can quickly redirect poor behavior before it gets out of hand.

To read more visit the following link:

http://heartlandcenters.slu.edu/daycare/eatsmart/family_style_meals_in_child_care.pdf



Nutritious Nibbles



**Recommend a Provider
receive a special prize.**

**We cover the entire state
of Michigan.**

Contributors

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Illustrator of Activities

Holiday Snowman Snack

Ingredients

- 3 1/2 cup – broccoli, florets
- 8 jumbo – black olives, canned
- 4 medium – carrot
- 1 medium – bell pepper, red
- 4 medium – bagel, whole grain
- 1 ounce – cream cheese
- 4 stalk – green onion



SERVE WITH: 2 medium – apple

Creditable Components:

1 Whole Grain Bread/Grain

1 Vegetable

1 Fruit (be sure to mark as SD for side dish)

Directions

1. Chop broccoli into bite-sized pieces. Slice olives; cut carrots and bell pepper into small pieces. Separate bagels into halves.
2. Spread cream cheese onto the bagel halves.
3. Curve a green onion around the top of each bagel half; add broccoli to each end for the ear muffs. Add olives for eyes and carrot and bell pepper pieces for the nose and mouth.
4. Serve snowmen with apple slices and any remaining ingredients on the side.

Stay Connected



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related to child care.**

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Also a great way to
connect with other
childcare providers like
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Condolences to...

- *Mary Thompson, Oakland County provider's mother passed away.*
- *Patty O'Farrell, Bay County provider's brother in law recently passed away*
- *Sueanne Niemiec, Bay County provider's mother recently passed away.*
- *Miranda Plume, Alcona County provider's father passed away.*

- *Hannah Purvis, Gratiot County provider, gave birth to Zeiss Howard on 9/16/18 8# 1 oz 21 1/2" long*
- *Stephanie Keck-Warren, Saginaw County provider, welcomed a baby girl, Avery Anne, on 7/12/18, 8# 13 oz.*

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|---|---|---|--|---|---|
| | | | | | | sort toys: 1 LARGE medium & small |
| HANUKKAH begins 2 | close 3 your eyes, what do you hear? | practice 4 ballet moves | use your favorite veggies to make a salad 5 | mix equal parts 6 of liquid starch and glue, play with GOOP | color a picture for someone special 7 | pass, catch and kick a FOOTBALL! 8 |
| LOOK for letters that you know 9 | check out books from the library 10 | describe the taste of different apples 11 | touch your toes ten times 12 | cut different shapes, glue into a collage 13 | cut a sandwich into 4 pieces... share 14 | count all the steps at your house 15 |
| READ a book about WINTER 16 | Can you name animals that live in water? 17 | make Smoothies with fruit and yogurt 18 | sing HOLIDAY songs 19 | make animal sounds 20 | FIRST day of WINTER 21 | LOOK for tracks in the SNOW 22 |
| HELP clean the house 23 | CHRISTMAS EVE 24 | MERRY CHRISTMAS 25 | KWANZAA begins 26 | MAKE HOLIDAY CARDS 27 | fill glasses with water, tap to make music 28 | TALK about things you did in the year 2018! 29 |



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