




Tips for Involving Kids in the Kitchen

Involving young children in food preparation and serving promotes learning and appreciation for a wide variety of foods. Below are guidelines developed by the United States Department of Agriculture* to determine how to involve children.

2-year-olds	3-year-olds	4-year-olds
Make "faces" out of pieces of fruit and vegetables.	Add Ingredients.	Peel and mix some fruits and vegetables.
Scrub vegetables or fruits.	Stir.	Peel hard boiled eggs.
Tear lettuce or greens.	Spread peanut butter or other spreads.	Wipe off counters.
Snap green beans.	Shake a drink in a sealed container.	Mash soft fruits, vegetables, and beans.
	Knead bread dough.	Measure dry ingredients.
		Measure liquids with help.

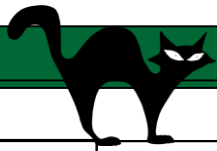
* http://www.fns.usda.gov/fns/corenutritionmessages/Files/Helping_kids_Learn.pdf

Source: Mealtime Memo for Childcare 7/2015 & Environmental Working Group

Program Reminders/ Updates

Enrolling kids in CACFP: Child care providers must offer program meals to all eligible children enrolled in their day care home. Program regulations define an enrolled child as a child who is enrolled in child care. A provider may not avoid the obligation of feeding infants or other children by stating that the child is not "enrolled" in CACFP.

Breast Milk: The maximum storage time for refrigerated breast milk is 72 hours from the time it was collected. Remember all breast milk must be labeled with date, time, name of infant, and name of parent.



Menu Ideas – Meatless Mondays

Breakfast

WW English Muffin	Granola	Oatmeal (or millet)	French toast	Bagel & Crm Chz
Tomato & ched. chz	Bananas & yogurt	Peaches	Blueberries	Tomato & cucumber
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Hard boiled eggs	Chicken Fajitas	Beef meat loaves**	Tilapia roasted	Fresh pork sausages
Pasta WW	WW Tortillas	Quinoa	Brown rice	Corn tortillas
Corn & Potatoes	Roast Bell Peppers	Green Beens	Zucchini	Cabbage
Apples	Pears	Potatoes	Mixed berries	Mashed potatoes
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Tortilla & PB	Pumpkin Muffin (HM)	Mozz. Cheese stick	Broccoli & carrots	Apple sauce
Strawberries & banana	Milk 1 %	WW crackers	Yogurt	Pretzels

Mini Beef Meat Loaves **



Ingredients:

- 1 ½ lbs. fingerling potatoes, quartered
- ¾ Cup plus 2 Tbsp. barbecue sauce
- 2 Tbsp. Olive Oil
- 2 lbs. lean ground beef
- 1 Tbsp. Garlic powder
- ½ yellow onion, finely chopped
- ½ Cup bread crumbs
- 1lb. green beans

Instructions:

- 1) Heat oven to 400° with a rack in the center position.
- 2) Toss potatoes on a rimmed baking sheet with 1 Tbsp. olive oil and sprinkle with salt. Spread them evenly, and then set a wire rack on top.
- 3) In a large bowl, gently combine beef, garlic powder, onion, bread crumbs, and ¾ cup BBQ sauce. Shape the mixture into 4 small loaves and place them on a wire rack over potatoes.
- 4) Bake for 30 minutes. Meanwhile toss the green beans with the remaining olive oil and a pinch of salt.
- 5) Remove pan from oven. Brush the loaves with rest of BBQ sauce and scatter green beans around them. Return the pan to the oven and bake until the potatoes and beans are tender and a thermometer inserted into meat loaf registers 150°, about 12 more minutes.

Serves 4.



Source: *Family Fun Magazine* Sept. 2015

Halloween Games

Pumpkin Toss: Hollow out three pumpkins -- small, medium and large -- then cut large holes into the front of the pumpkins and paint a ring around the border of the hole. Paint point values onto the face of each pumpkin. Place them at different distances and use a beanbag to play!



Spider web Gross Motor:

Materials: painters tape, plastic spiders, a prize for the end (glow stick), ghosts.

- Start by making a web with tape on your floor. Full web or half web.
- Make an obvious start and finish.
- Add some spiders around the web and the prize in the center.
- The object of game is to stay on the web and pick up all the spiders then the prize without falling off the web. Make difficult by requiring tippy toes or easier by only counting a fall onto the floor as a true fall, or add ghosts as obstacles on web that have to be stepped over.



Source: <http://mylifeandkids.com/30-awesome-halloween-games-for-kids/>

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