

Your Child Care Partner

## Earth Day Snack

- Grapes (sliced)
- Blueberries (sliced)
- Cream Cheese
- Rice Cakes

Spread cream cheese on a rice cake and have your little ones place the land (green grapes) and water (blueberries) to make their own little Earth. The rice cake even counts as your daily whole grain! This is a great way to incorporate an activity into snack time. Feel free to read a fun story about our planet while they eat.



Providers- make sure to cut the fruit into small pieces to prevent a choking hazard.

## Family Style Serving

Get conversation flowing around the table! Family-style dining not only fosters healthy eating habits, but also helps kids learn the art of conversation. During family-style dining, children and caregivers sit together for a meal or snack and children serve themselves from common platters of food.

*-A sufficient amount of prepared food must be placed on each table to provide the full required portions.*

*-Family-style meal service allows children to make choices in selecting foods and size of initial portion.*



## Meat/Meat Alternates at Breakfast



Did you know up to 3 times per week, you can serve a meat or meat alternate like eggs or yogurt instead of a grain at breakfast?

## Earth Day is April 22nd

It's a wonderful opportunity to have your children plant flowers, go on nature walks, or use recycled materials in arts and crafts projects.





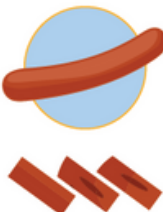
Carrie Heuertz has been a field monitor with our Center's team for 3 years now. She came to Midwest with a strong background in child care in Nebraska and Kentucky. She's worked in child care a total of 14 years, including 1 year as a home provider and 4 years running a before and after school kids club.

## Reduce the risk of choking...


Children under the age of 4 are at a high risk of choking while eating. Young children are still learning how to chew food properly, and they often swallow the food whole. Their small airways can become easily blocked. You can help reduce children's risk of choking when eating by preparing food in certain ways, such as cutting food into small pieces and cooking hard food, like carrots, until it is soft enough to pierce with a fork. Remember, always supervise children during meals and snacks. For more information, see [FNS.USDA.gov](http://FNS.USDA.gov)

### Cut Tube-shaped Foods Into Smaller Pieces

Cut tube-shaped foods, such as baby carrots, string cheese, hot dogs, etc., into short strips rather than round pieces.



In addition to the foods listed, **avoid serving foods that are as wide around as a nickel**, which is about the size of a young child's throat.





## Upcoming Trainings

- Apr 4 - A Frog Thing - Interactive Preschool - webinar
- Apr 4 - Infant Led Weaning and Family Style Dining - webinar
- Apr 4 - HSI Pediatric First Aid Renewal - webinar
- Apr 11 - I say OOH, You say AAH! - Interactive Preschool - webinar
- Apr 11 - HSI Pediatric First Aid Full Class - webinar
- Apr 18 - Bounce - Interactive Preschool - webinar

**For more details and to sign up, go to [midwestchildcare.org](http://midwestchildcare.org)**



Welcome to our new providers



Susie Stinson  
Kellie Vasa