



Raising Courageous Eaters

EATING is one of life's great pleasures. We all want children to grow up enjoying a wide variety of healthy food. You may well be surprised at how brave and competent children can be with eating when the adults in their lives are supportive, consistent and positive with feeding. We hope that you will consider some of these strategies to raise courageous eaters offered by experts in the field of child health and nutrition.

Safe Foods. There should always be a safe food at each meal, which is a food



that your child generally accepts. Examples can be bread and butter, cheese and bread, yogurt, hummus and carrots, etc. If your child goes through a meal and only eats their safe food, that is their choice and that is fine. The fact that it is on the table lets the child know that their needs have been considered. This may eventually give them the confidence to try something new, although, as mentioned, they may stick to their safe food for a while. Balanced nutrition happens over a few days, not at each meal. This is being considerate without catering.

– *Yaffi Lvova, RDN, BabyBloomNutrition.com and author of Stage-By-Stage Baby Food Cookbook and Beyond a Bite, Activities for a Mindful Mealtime.*

Create a garden; bring children to farms for field trips. I think it's important that parents and teachers get together to do one or two things they can accomplish well—a teaching garden, connecting with farms nearby, weave food onto the curriculum.

– *Alice Waters, Chef-activist, author and pioneer in the farm-to-table movement.*

(continued on page 2)

Farmer Fran's Fun Facts



Kumquats

- Kumquats are believed to have originated in China, with earliest historical mention in 12th century literature. The English name "kumquat" derives from the Cantonese, kamkwat, meaning golden mandarin orange.
- The citrus fruit looks like an orange in shape and color, but it is about the size of an olive. Kumquats are generally eaten whole; the outer, sweet rind is edible and offers a contrast to the tangy, inner flesh. They have small edible seeds that can be eaten or discarded. The fruit is also often candied or preserved in salt or sugar.
- Kumquats are commonly used in marmalade, jellies and in baking. Try slicing them thin to add a tart finish to salads or make them into a chutney served alongside a savory dish such as chicken or seafood. Pop straight into your mouth for a burst of yumminess.
- Look for fruit that is shiny with good color. Avoid fruits with blemishes or soft spots. Store in a cool location up to seven days or refrigerate, unwashed, in a plastic bag for up to two weeks.
- Kumquats are high in vitamin C and offer some vitamin A. The skin is full of fiber and antioxidants, helpful substances that can protect your cells.

INSIDE:

- Supporting Children's Needs in Challenging Times
- Physical Activity Around the World

- Recipes
- Food Funny



Happy spring!

We seemed to have made it through another Nebraska winter, always a challenge! Here's to better weather and hopefully, a healthier spring and summer as well.

I always want to keep you updated as to what's going on at Midwest, we like to keep things fresh and exciting for you and for us! We recently started a channel on YOUTUBE, "Midwest Child Care Association Trainings". Please subscribe to our channel, we will be putting short videos on it, in addition to the webinars that we offer monthly. These will not count towards any licensing hours, like our normal webinars do, but, hopefully they will be educational for you.

In other news, we received a grant from the T&L Foundation, and we have decided to offer money from Midwest to anyone that can refer a new child care provider to us that's either licensed or has a Title XX agreement with the state to provide subsidy care. If you refer a provider to Midwest and the provider participates with the food program for at least 3 months, you will each receive **\$100.00**. So, encourage those that you know who aren't already participating to get started. You can contact myself at jherzog@midwestchildcare.org if you have a referral. Who couldn't use an extra \$100.00 right now!

We also have 2 new staff members that have joined our team! Carrie Heuertz is a Field Monitor for the centers and has moved back to Omaha from Kentucky where she was a Director of a child care center. She is a wealth of knowledge and is more than willing to share her expertise with all of you. She is also very upbeat and a joy to work with.

Daniela Villabona is our newest team member, she is a Field Monitor for the homes. Daniela is bilingual in Spanish and hails originally from Columbia, but, grew up primarily in the Grand Island area. She is a breath of fresh air and we are so very lucky to have her on our team.

I also wanted to let you know that we will continue to have voicemail picking up our phones. If you need to speak to one of your Monitors, please call them on their cell phones during our normal business hours. The numbers for the Home Monitors are: Kim Bassler, 402-659-3411 and Daniela Villabona, 402-669-9272, the Center Monitors numbers are: Lacey Drews, 402-506-0246 and Carrie Heuertz, 402-800-7094. If you need to speak to someone else immediately, please press 0 when you hear the voicemail and someone will assist you.

In closing, I want to thank each and every one of you for doing such a fabulous job under very trying circumstances. In the beginning, I said we would get through this together and we did! I know it wasn't easy and there were plenty of challenges, but, as true Midwesterners, we weathered the storm! As my Mom used to say, "This too shall pass" even though sometimes it feels like a fork!

We look forward to continue working with all of you and providing you with the best service and support possible!

Warmly,
Janet



Midwest Child Care Association

Your Child Care Partner

Please check out our website at www.midwestchildcare.org! We have worked really hard to make it easy to navigate and for you to sign up directly on our calendar for webinars. We also have forms you can download in addition to information that you'll find useful. Give us your feedback, we'd love to hear your ideas!

DAILY record keeping is mandatory. Be sure you are up to date when recording your times, dates, meals, and attendance by the **end of each business day**. This will ensure that you are in compliance with the CACFP regulations. It also ensures that the information you are recording is accurate. We appreciate your cooperation with this very important regulation.

Update on when Midwest Monitors will be back out in the field. The USDA has given a waiver to all CACFP Sponsors to wait until September 30, 2021 before going out in person. Midwest is in the process of deciding whether we may go out beginning in July. It will depend on COVID and the variant's as to our decision. We truly miss seeing all of you in person, but, we also have to keep our staff safe as well as all of you and your children. We don't want to be responsible for passing along the virus unknowingly to you and your children and their families. We appreciate your patience and willingness to participate in the remote reviews, you truly are all so wonderful! Thank you!

Please remember you need to keep nutrition labels for whole grain items, cereals and yogurts. Processed foods and combination foods require either a CN label or signed Product Formulation Statement. These will be checked at each review, any meals that are required to have a label may be deducted if they are not available when your review is completed.

Please note when **school-aged children** are out of school for any reason. If this isn't noted, you will not receive reimbursement for these meals. Don't forget about remote learners as well.



Just a reminder - You need to be **pre-approved** to claim the major holidays as well as have your day care parents sign in/out for the approved holiday and turn that in with your claim before we can reimburse you for those days. Please remember that we need to monitor these days as well, so be mindful if you've requested pre-approval, you may receive a visit from your Area Representative. The major holidays include, Christmas, New Years Day, Easter, Memorial Day, 4th of July, Labor Day, and Thanksgiving.

Webinar Schedule

April, 2021

April 3, Claims Due to MCCA
April 12 Webinar—Teaching Gardening to Pre-schoolers
April 20, Webinar—Mindfulness and Meditation
April 20, Checks scheduled to be mailed
April 20, Direct Deposits Scheduled
April 27, Mindfulness and Meditation for Centers
April 30, Midwest Closed—Arbor Day



May, 2021

May 2, Webinar—Live Demonstration—Using the Instant Pot
May 3, Claims Due to MCCA
May 19, Checks scheduled to be mailed
May 20, Direct Deposits Scheduled
May 31, Midwest Closed—Memorial Day

Webinars will be posted on our training calendar at www.midwestchildcare.org

June, 2021

June 3, Claims Due to MCCA
June 21— Checks scheduled to be mailed
June 22—Direct Deposits Scheduled



Webinars will be posted on our training calendar at www.midwestchildcare.org

CPR and First Aid Classes

You can register for these classes directly by calling Cortney Nagler at 402-203-8956. or by emailing her clnagler24@gmail.com .

All **webinars** are FREE and approved for licensing hours.

All of Midwest's Workshops have been approved for DHHS in-service hours.

Midwest's Annual Training will be coming to you by mail this year, please be sure to return the worksheet ASAP, so your reimbursement doesn't get held up.

CIVIL RIGHTS

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KIDS' HEALTH & SAFETY

Supporting Children's Needs in Challenging Times

APRIL IS WORLD AUTISM AWARENESS MONTH.

How can we support children with Autism Spectrum Disorder (ASD), other special needs, or children who display anxious feelings during these challenging times? Transitions and changes in routine can be particularly difficult to navigate for children with ASD, and more so during a pandemic. Creating a predictable and consistent routine can offer children the support they need. A consistent routine is helpful for children at home or in a childcare program. One technique is to use visual aids, such as a visual schedule, a visual timer or pictures of emotions to help children label and identify their feelings. According to northstarpaths.com, visuals help ALL children and are important to use because they:

- are permanent
- allow time for language processing
- prepare children for transitions
- help kids see what you mean
- help build independence
- help reduce anxious feelings



Visual schedules set clear expectations and help prepare children for what is coming next. You can create a visual schedule by using clipart images or taking pictures of children during each part of the daily routine (see image for an example of a visual schedule). Before each transition, point to the visual schedule or use a clip/arrow to show where you are in the routine. Then, show the children what they will do next.

What do you do if an unexpected change occurs in the day? Simply write the new activity or event on paper or a sticky note and place it on the schedule where it will take place in the day. This needs to be paired with a clear, simple explanation of the change, while giving as much notice as possible. Allowing children to be part of the process can give them feelings of control and independence, which can relieve some anxiety.

Transitions can be difficult for some children and there can be a lot of them throughout their day. Visual timers are a proven tool to help support children during transitions. Time is abstract for young children. Using a visual timer, such as a Time Timer or an app on your phone, helps children understand time in a more physical sense. They will still need reminders that the transition is coming, but the visual timer helps them plan and prepare with more ease.

There may be some *big feelings* that come up for children during these uncertain times. It is important to allow children time to process and calm before trying to reason with them. This is because we want to avoid triggering the fight, flight or freeze state and give the child time to process, allowing him to access reasoning skills in a calm state.

STRATEGIES TO HELP A CHILD CALM AND RE-CENTER

- Label and validate feelings: “I see that you’re mad. It’s okay to be mad.” Being heard and seen helps to calm the body better than being told to “calm down.” Use pictures of emotions to help children identify their feelings.
- Give concrete ideas to calm their body. Print out pictures of calming strategies that the children can choose from, 2–4 choices. For example, take 5 deep breathes, color, listen to music, go to a quiet space, play with play dough, read a book, drink some water, hug a stuffed animal.
- Create a sensory basket: include squishy balls, fidgets, pinwheels for blowing, headphones to reduce sound, pictures of emotions, books, puzzles, etc.
- Provide children with positive reinforcement and praise.
- Engage in movement and exercise activities throughout the day.

— Megan Miccio, MA
Inclusion Specialist, CocoKids

Raising Courageous Eaters

— Continued from front page

WISDOM FROM COCOKIDS CHILD HEALTH AND NUTRITION TEAM

I always offer and eat a variety of foods. If I don't set an example for my children that eating different "strange" foods is safe, I can't expect them to do the same. When I serve food my children don't want to try, I leave it on their plate. If I remove it, it seems I'm saying the food was indeed unsafe to eat. They usually end up trying at least a bit. It is their choice to try and like the food, I never force them to eat it.

— Cecilia Sequeira

I used to cater to my picky child. My son loves the classic "white diet" of breads, pasta and cheese, so when feeding him I would not serve him what he didn't like. I learned to stop doing this and began placing the entire meal on his plate as it was intended. At first, he would frustratingly pick through it, but soon he was willing to try things. Witnessing me eating them and seeing them over and over made them more familiar; now I can happily say greens sautéed in garlic is one of his favorites.

— Rachel O'Neal

A successful strategy to encourage my son to eat vegetables and other foods was to use our imagination; we pretended to be dinosaurs eating small (broccoli) trees, wood logs (baby carrots), or soil (ground meat). On the more challenging days, we discussed how tasting foods could help you decide if you liked it or not. I suggested

we close our eyes as we tasted any new foods to focus on the textures and flavors. He felt he could confidently "explore" new foods this way.

— Alejandra Marin Santos

Caregivers who model good eating habits and love to explore a variety of foods stir curiosity in children. The interest and excitement they show about the meal can encourage enthusiasm in children. Family style meal service is a time to explore new menus, colors and textures of food while teaching children to serve themselves without pressure. This also helps grow courageous eaters.

— Vicki Leslie

When I was a family childcare provider, I often let the children get involved with the cooking. We would make personal pizzas together; they really enjoyed it and wanted to eat all that they made. During snack time, I often included counting to make it fun. I would ask the children how many they would like of a food item and together we would count them out. This activity empowered them to choose the amount they wanted and if they ate it all they could always have more.

— Xuiling Goble

One of the ways I helped my children and day care children to eat well, without any pressure, was by having a routine with regular sit-down meals and snacks. They were not "grazing" between meals so when they came to the table, hands scrubbed, for the next meal or snack,

they were genuinely hungry. In addition, meals were served with the TV off to reduce distractions and allow for conversation and a pleasant environment.

— Catherine Stafford

Mealtime shouldn't be a battleground but an adventure land. Embrace the opportunity to introduce children to the wonderful world of food and broaden their culinary horizons. ■

Satter's Division of Responsibility

Parent's responsibilities

- What foods are offered
- When food is offered
- Where food is offered (no distractions)



Child's responsibilities

- How much to eat (as many servings as they like)
- If they will eat (they may choose not to eat)

According to the Ellyn Satter Institute, "Children have natural ability with eating. They eat as much as they need, they grow in the way that is right for them, and they learn to eat the food their parents eat. Step-by-step, throughout their growing-up years, they build on their natural ability and become eating-competent. Parents let them learn and grow with eating when they follow the Division of Responsibility in Feeding."

— EllynSatterInstitute.org

Whole Wheat Buttermilk Scones with Raisins & Oatmeal

Whole wheat flour	1 ¼ cup	Brown sugar	2 Tbsp
All-purpose flour	½ cup	Salt	½ tsp
Oats	⅓ cup	Butter	5 Tbsp
Baking powder	2 tsp	Buttermilk	½ cup
Baking soda	½ tsp	Raisins	½ cup

1. Preheat oven to 400°F. Line a baking sheet with parchment.
2. Sift together flours, baking powder, baking soda, sugar and salt. Stir in oats. Rub in butter or place in a stand mixer fitted with the paddle and beat at low speed or pulse in a food processor, until incorporated. Add buttermilk and raisins and mix just until dough comes together.
3. Transfer to a lightly floured work surface and gently shape into a ½-inch thick rectangle. Cut into 4 squares, then cut each square in half on the diagonal. Transfer to baking sheet. Bake 15 minutes, until browned on the bottom. Flip over, bake 3 more minutes and remove from the heat. Serve warm or allow to cool.

Yield: 8 servings

Meets requirement for whole grain-rich

— *Cooking.nytimes.com*

Quick and Savory Tuna Burgers

Tuna, chunk light, drained	1 (12 oz) can	Prepared horseradish	1 ½ Tbsp
Eggs	2	Lemon juice	1 Tbsp
Bread crumbs	½ cup	Garlic, minced	1 clove
Onion, chopped	½ cup	Black pepper	¼ tsp
Celery, chopped	½ cup	Vegetable oil	2 Tbsp

1. Mix tuna, eggs, bread crumbs, onion, celery, horseradish, lemon juice, garlic and black pepper in a bowl until mixture holds together.
2. Divide mixture into 8 portions and shape each portion into a patty.
3. Heat oil in a large skillet over medium heat and cook patties until golden brown, about 5 minutes per side.

Yield: 8 servings

Meets requirement for meat/meat alternate

— *Allrecipes.com*

ACTIVITY CORNER

Physical Activity Around the World



TINIKLING

Tinikling is a popular dance in the Philippines that is based on the movements of a tinikling bird. It is similar to double-dutch jump rope but with two bamboo poles used instead of rope (broomsticks make a great substitute). It requires a minimum of three people to play—two to hold each end of the poles, low to the ground and one to jump and dance in and out of the space between the poles. Rhythm and music are made as the kids who hold the poles clap the poles together or tap them on the ground while the “jumper” times their jumping with the moving poles.



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Food Q. What's the worst thing about being an octopus?
Funny A. Washing your hands before lunch!



Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants:



Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).