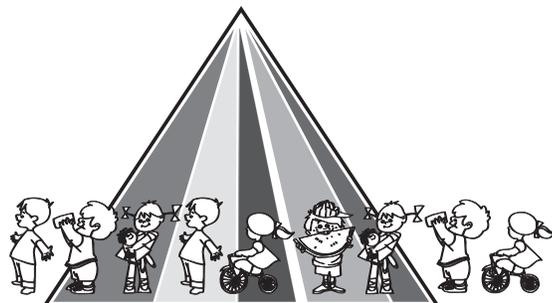


Mealtime Memo

FOR CHILD CARE



No. 8, 2006

Family Style Dining in Child Care

In family style dining, all food is placed in serving bowls on the table and children are encouraged to serve themselves or serve themselves with help from an adult. The adult child care givers sit at the table with the children. Children and child care givers practice good manners in a pleasant mealtime setting.

The Child and Adult Care Food Program (CACFP) supports family style dining in the child care setting.

What are the Benefits of Family Style Dining for the Children?

Children can learn and practice many social skills, such as taking turns, passing food to others, saying please and thank you, and helping to set the table.



Children can serve themselves with carefully chosen serving dishes. Bowls with wide lips are most easily handled by young children. Plastic serving bowls are light-weight and don't conduct heat.

Children often want to try new foods when they see the other children and adults eating them.

Children enjoy eating with adults and practicing good table manners.

What are the Benefits of Family Style Dining for the Child Care Provider?

Child care givers benefit by being able to sit and eat with the children. Because all of the food for the

meal is placed on the table at the beginning of the meal, the child care giver does not have to act as server, unless more food is needed for second servings.

Children and care givers can enjoy quiet conversation and a relaxed meal together.

Care givers can use the opportunity to talk with the children about nutrition and about the foods that they are enjoying together.



Points to Remember

- Be prepared! Talk with the children about what will happen. You may wish to have a “meal” set up in the play area so that children can practice.
- Provide child-size plates, cups, utensils, and serving bowls that children can use comfortably.
- Have all foods on the table at the beginning of the meal. Have enough food available to meet meal pattern requirements and to allow for seconds. Some food may spill as children learn to serve themselves. Allow for this.
- Think about each child's ability to serve himself. For some children, you may need to start with only one or two foods as self-serve, then serve them the other foods that are required in the meal pattern.
- Some children may need more help than others. Seat these children near an adult.
- Expect spills. Children are learning and accidents will happen. Wipe up spills without a fuss.



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Mexican Pizza D-13*

Enriched flour tortillas	12
Canned tomato paste	1/3 cup
Salsa (C-03*)	2 1/4 cups
Refried beans (I-13*)	1 qt 2 1/4 cups
Reduced fat mozzarella cheese, shredded	3 cups



Place 4 tortillas in a single layer on each half-sheet pan (13" x 18" x 1"), which has been lightly coated with pan release spray. For 24 servings, use 3 pans. In a bowl, combine tomato paste and salsa. Spread each tortilla with 1/2 cup of refried beans, 2 2/3 Tbsp of the salsa mixture, and 1/4 cup of cheese. Bake until thoroughly heated and cheese is melted: Conventional oven 375°F for 9 minutes; convection oven 350°F for 9 minutes. Cut each pizza into 4 pieces.

Number of servings: 24

Serving size: 2 pieces (1/2 pizza) provide the equivalent of 1 1/2 oz of cooked lean meat, 1/8 cup of vegetable, and the equivalent of 1/2 slice of bread.

A Week of Family Style Meals

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets – D-09B* Mashed potatoes Kiwi Milk 2%	Tuna Salad Sandwich – F-11* Oven baked potato wedges Peaches, sliced, canned Milk 2%	Mexican Pizza – D-13* Mexicali corn Strawberries, fresh Milk 2%	Ham slice Green beans Fresh fruit cup Milk 2%	Spaghetti & meat sauce Lettuce and tomato salad Pineapple tidbits, canned Milk 2%

*USDA Recipes for Child Care. Available online at www.nfsmi.org.

Events in August, September, and October

August	September	October
Family Meal Month	Baby Safety Month	Fire Prevention Week 10/8-15
Elvis Week 8/8-16	National 5-a-day Month	National Book Month
Best Friends Day 8/15	First Day of Autumn 9/23	Halloween 10/31

Sources:

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