

July, 2010

How Your Feeding Practices Affect Children's Eating Behaviors

As a caregiver of children, you have the power to positively impact their eating behaviors and relationships with food. The feeding practices you implement in your program are very important for the development of children's attitudes toward food and their general eating habits.

Don't pressure children to eat. Children should always be encouraged to listen to their body's own hunger and satiation cues. When a child communicates his or her desire to be done eating, it is best to allow the child to be finished. Caregivers should avoid encouraging children to clean their plates. Doing so teaches children to eat in response to external cues rather than internal cues, such as how hungry they feel. Encourage children to communicate that their tummies feel full or hungry.



Don't restrict food. With the current focus on childhood obesity, restricting certain foods has become more common amongst parents and caregivers. Restricting certain foods can create the "forbidden fruit" phenomenon, in which the restricted food items become even more desirable to the child. If you make a variety of nutritious foods available for the children to choose from, less nutritious foods aren't *off limits* but are rather "out of sight" and out of mind.

Do model healthy habits. Children learn a great deal from the adults in their lives and as their regular caregiver, you are one of those mentoring adults. When children see their peers and caregivers eating unfamiliar foods, they are more likely to feel comfortable trying those foods.

Also, children are dependent upon their caregivers for food, which makes caregivers' choices on what food items to provide and how to offer the foods critical in shaping early eating experiences and expectations. Meal time should be a pleasant experience for children and adults. Ideally, caregivers will also eat with the children to model healthy eating habits.

Improve your own habits by teaching children. By accepting your role as a child's model for healthy eating and living, you will become more aware of your own habits, which will most likely result in improvement.

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CCC Thermometers

We were recently able to purchase refrigerator and freezer thermometers to distribute to CACFP participants. If you are not currently equipped with thermometers or need to replace yours, please contact Lisa.

CCC Provider Blog

Child Care Connections now has a provider blog, which allows us to keep you updated on the latest information and allows you to give us valuable feedback. Check it out at:

childcareconnections.info/blog/

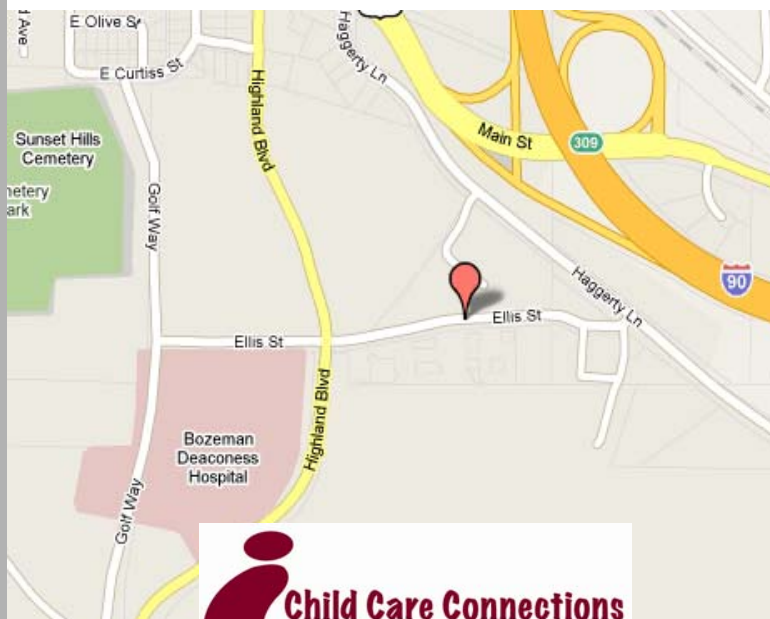


Participants, A Few Things to Remember...

Remember that the due date for claim submission to CCC is the 3rd day of each month. One provider's late claim can result in a delay in everyone's payment. To accommodate the majority of providers, late claims might not get processed until the next month. Please call Lisa if you are experiencing a delay.

WE'RE MOVING!!

Child Care Connections will be closed and moving June 18th, and will be open for business at our new location on June 21st, 2010.



Directions:

From Main Street: Turn South onto Highland Blvd, left onto Ellis Street, and the building will be on the right.

From Kagy Blvd: Turn North onto Highland Blvd, right onto Ellis Street, and the building will be on the right.



DPHHS Renewal Reminders



Our records indicate the following child care programs will need to renew their registration as a child care provider soon in order to continue to participate with the CACFP. Renewal applications can be requested from Cori Kerins in Helena at 444-9460 and should be requested at least 2 to 3 months prior to expiration.

M. Donaldson	06/30/10	E. Olson	07/31/10
D. Flansaas	06/30/10	J. Strelnik	07/31/10
A. Gappmayer	06/30/10	A. Bolin	08/31/10
C. Goehring	06/30/10	J. Inabnit	08/31/10
W. Houghton	06/30/10	S. Judkins	08/31/10
R. Howd	06/30/10	B. Limpus	08/31/10
T. Jones	06/30/10	A. Rask	08/31/10
G. Taylor	06/30/10	R. Reardon	08/31/10
L. Bagley	07/31/10	A. Robinson	08/31/10
A. Finch	07/31/10	C. Rohrer	08/31/10
S. Hunt	07/31/10	C. Sullivan	08/31/10
S. Jacobson	07/31/10		



Produce Profile: Peaches



Health Benefits: Peaches are an excellent source of vitamin C, vitamin A, folate, and vitamin K, which are great for the immune system. They are also high in potassium, phosphorus, magnesium, calcium, and antioxidants. Peaches help to combat anemia and fatigue and are beneficial for those on a low-salt diet or who have high cholesterol.

Selection: When shopping for fresh peaches, avoid those with wrinkled or bruised skin. Gently squeeze each peach to test for firmness, it shouldn't be rock-hard or too soft.

Storage: To soften firm peaches, store them at room temperature for a few days. To expedite the ripening process, store them in a paper bag. Once ripe, store them in the refrigerator, but for no more than 5 days.

Credit: Potpourri, June 2010

Recipe

Peach and Blueberry Cobbler

Ingredients:

- 3 tablespoons unsalted butter
- 3 tablespoons canola oil
- 1 cup whole-wheat flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup reduced-fat milk
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 3 ripe but firm peaches, pitted and sliced into eighths
- 2 cups (1 pint) fresh or frozen blueberries

Directions:

1. Preheat oven to 350°F.
2. Place butter and oil in a 12-inch cast-iron skillet or a 9-by-13-inch baking pan. Heat in the oven until melted, 5 to 7 minutes.
3. Meanwhile, combine flour, baking powder and salt in a large bowl. Add milk, sugar and vanilla; stir to combine.
4. Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon peaches and blueberries evenly over the batter.
5. Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.

Credit: http://www.eatingwell.com/recipes/peach_blueberry_cobbler.html

Note: If served as a snack, is claimable as one serving of bread alternate and one serving of fruit.

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Child & Adult Care Food Program



Child and Adult Care Food Program

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Please look for these materials in your mailing:

- ~ July Calendar of Activities
- ~ Parent Handout—Healthy Snacks and Meals

Forms (such as pink, yellow, blue) are available online at: www.childcare.mt.gov

From the home page, go to: "About Us" then: "Forms & Applications"

Very Veggie Burgers

- 1 can (16oz) black beans, drained and rinsed
- 1/2 green bell pepper, cut into 2-inch pieces
- 1/2 onion, cut into wedges
- 3 cloves garlic, peeled
- 1 large egg
- 1 Tablespoon chili powder
- 1 Tablespoon cumin
- 1 Tablespoon chili sauce
- 1/2 cup bread crumbs

If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375°F and lightly coat a baking sheet with nonstick vegetable cooking spray. In a medium bowl, mash black beans with a fork until thick and pasty. In a food processor, finely chop bell pepper, onion, and garlic, and then stir into mashed beans. In a small bowl, stir together egg, chili powder, cumin, and chili sauce. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into patties. If grilling, place patties on foil and grill about 8 minutes on each side. If baking, place patties on baking sheet and bake about 10 minutes on each side.

Credit: Potpourri, June 2010

Note: Claimable as two servings of vegetables, add cheese for a meat alternate.



Remember, CACFP requires 4 hours of training annually (10/01/09 to 9/30/10). Two of these hours must be the CACFP Annual Training sessions and the other two must be a course containing a nutrition component.