



Solano Family & Children's Services, Child and Adult Care Food Program

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# Nutrition Nuggets



USDA Team Nutrition is pleased to announce new and updated *Discover MyPlate: Nutrition Education for Kindergarten* resources. Childcare providers and parents can now access the fun and inquiry-based MyPlate nutrition education resources designed specifically for kindergarten-aged children. Team Nutrition has expanded the set to include additional foods, Spanish- language components, and fun new resources showing where foods come from.

- Kindergarten teachers can use the standards-based lessons to help kids learn about nutrition while also reinforcing math, science, English language arts, and health education content.
- School Nutrition Professionals can reinforce key *Discover MyPlate* messages at school meals.
- Parents/caregivers can use these fun readers, activity sheets, and more to help their child learn about food while practicing reading and math skills.

All materials are free and available online at: [fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten!](https://fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten/)

**Choking** while eating can happen quickly and be very scary. Children 0-4years old are at the greatest risk of choking because they may not chew food properly. Want to make eating safer for young children in your care? Our partners at the Institute of Child Nutrition (ICN) have some great resources on how to decrease choking risks.

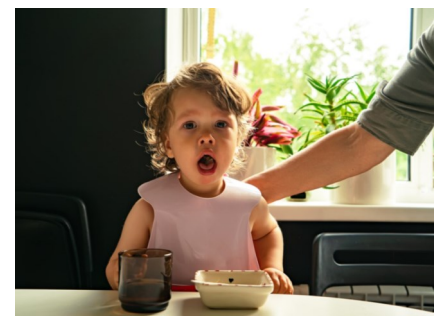
## Three Key Methods to Prevent Choking

1. Know which foods are the most common causes of choking.
2. Select and modify foods to the appropriate size, shape, and texture.
3. Supervise children during mealtime.

*Children and adults should be attentive and focused during mealtimes to lower the risk of choking. Talk with children about proper mealtime behaviors before they sit down for a meal. Some tips include:*

- Only provide food at a table or high chair.
- Allow plenty of time for meals and snacks.
- Encourage children to chew foods slowly and thoroughly before swallowing
- Teach children not to talk or laugh while chewing.
- Have children sit upright at the table while eating.
- Do not allow children to walk or run while eating.
- Always stay in the room with the children.
- Keep mealtimes calm and quiet.
- Reduce distractions.
- Model safe eating behaviors like eating small portions and taking only one bite at a time.

While serving infants, do not prop the bottle for the baby to feed themselves.



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## Build-a-Bear Pancake (Recipe makes 8 servings)

100% whole wheat pancake mix	1/2 cup nut or seed butter
1 cup 1% or non-fat milk	8 bananas
1 large egg	24 blueberries

Prepare 8 pancakes according to the instructions on the pancake mix box. For each child, serve on a plate 1 pancake, 1 Tablespoon peanut butter, a banana, and 3 blueberries.

With a plastic knife, allow children to make their own bear face on their pancake. Children can spread the nut or seed butter, slice the bananas, and assemble a bear face.

One bear pancake provides 1 oz equivalent grains, 1/2 oz meat alternate and 1/2 cup fruit.

*From National CACFP Association*



## Food Program Updates:

Sidney is out on maternity leave, so Debbie Ramirez will be setting up the monitoring reviews with you for the next few months. Please respond to her when she contacts you so we can keep our records up to date. Please send any enrollment updates or new enrollments to: [tgodfrey@solanofamily.org](mailto:tgodfrey@solanofamily.org) until further notice.

Every two years, our program is reviewed by the state to ensure we are following all program regulations. As part of the process, the state will randomly select about 10 providers to take part in the review. They will request copies of current enrollments and menus that are submitted by those providers. Our review is due within the next 5 months, so we want to remind you all to:

- \* [Keep your records up to date daily.](#)
- \* [Keep your enrollments current.](#)
- \* [Serve allowable components for your meals.](#)
- \* [Remember to keep CN labels on hand if you serve chicken nuggets, pizza, or fish sticks.](#)
- \* [Follow the requirement to serve at least one whole-grain rich grain each day.](#)

We have been notified that the waivers that have been in place during the height of the Pandemic are ending June 30, 2023. There are 3 main waivers that affect you:

- We will go back to having two tiers for the reimbursement. If you are in an area that is deemed Tier 2, and normally receive the lower reimbursement, watch for a notification sometime in May. We will be letting you know some options that are available to you to possibly retain the higher rate.
- We will be losing the additional 10 cents per main meal increase that we have had during this last year.
- On-site reviews will begin again. This is the only part we are happy about. We love being able to come out and visit your sites, and meet with you face-to-face.