



Nutrition News

Building a Healthier Generation

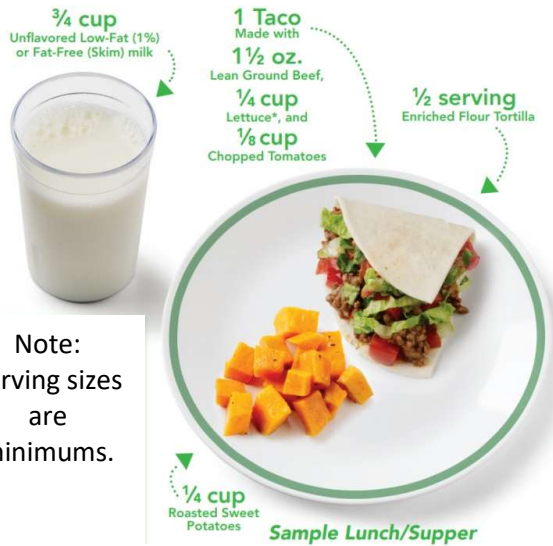
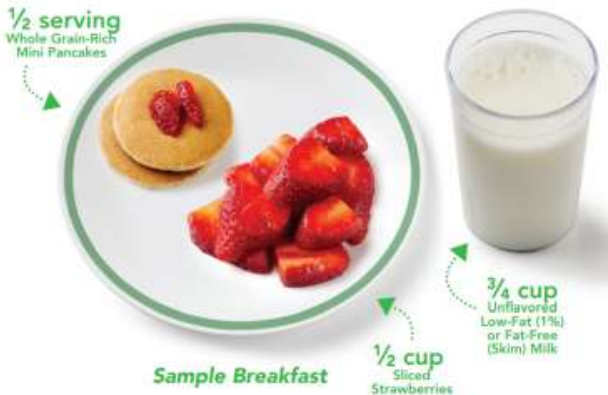
Child Care Food Program

October 2017

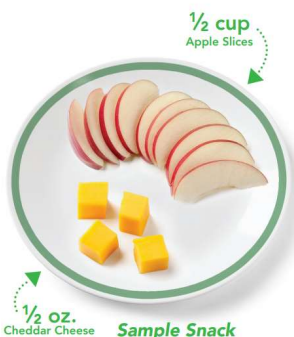
THE NEW MEAL PATTERNS ARE HERE

Serve Tasty and Healthy Foods in CCFP

(Sample meals for Children Ages 3-5)



Note: Serving sizes are minimums.



For additional resources, visit our website at: www.lsfnet.org/children-families/child-care-food-program/

Our newest Family Child Care Home Providers!

Welcome!

Mirtha Diaz-Delgado
Nicole Ho
Alejandra Norris

KIDKARE UPDATE

KidKare (www.kidkare.com), the program that replaced Webkids, is a web-based program that can be accessed from your smart phone, tablet, or computer.

Tip of the Month: Recording Whole Grain-Rich

The NEW Meal Pattern requires that at least one whole grain-rich food is served per day. When you serve a whole grain-rich food, *after* you have selected the bread/ alternate, be sure to click/tap the "Is this whole grain-rich" option to make it say **YES**.

Bread/Alternate

Is this whole grain-rich? Yes No

For more information, visit: <http://help.kidkare.com>

You can find answers to frequently asked questions, sign up for a live webinar, and view instructional videos.



TOGETHER WE CAN DO THIS!

MAKING A GOOD PROGRAM EVEN BETTER

OCTOBER IS NATIONAL FARM TO SCHOOL MONTH

Serving local food in meals and snacks is rewarding but can be challenging at first. Here are some ideas to help make serving local foods in your home a success:



- **Start small!** Begin with one or two items that fit in your current menu. You could also start by trying one new local food each month.
- **What is “local”?** You get to decide. Local can mean within your county, in your state or in your region. Consider your area’s growing season and the types of foods that grow and are produced near you.
- **Fruits and vegetables are an easy place to start.** Start by purchasing items that can be used in their whole form or that can be easily cut up and prepared. For example, small apples or pears, berries, sweet peas or potatoes that can be left whole for baking are all good places to start. Some products that can be easily sliced/chopped and ready to serve are: tomatoes, cucumbers, carrots and broccoli.
- **Buy foods in bulk when they are in season.** Farmers are often willing to offer discounts on large purchases. If you have room for storage, think about buying larger quantities of foods that keep well, such as: apples, carrots, winter squash, sweet potatoes, frozen berries, beans and grains.
- **Get children involved.** The farmers’ market is a great place for a field trip and kids love to help pick out new foods for meals and snacks. Children can also help with simple preparation like washing produce and mixing salads.

(Source: <http://www.farmtoschool.org/>)

Contact information:
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JOIN US ON FACEBOOK!

Join our Facebook Group to receive announcements, up-to-date information, and resources you can use.



- 1) Visit the Lutheran Services Florida Facebook page at <https://www.facebook.com/Lutheranservicesflorida/>
- 2) Look for "Child Care Food Program" under "Groups"
- 3) Click on "Join".



Child Care Food Program
Closed Group

Join

BREASTFEEDING FRIENDLY CENTER!

Breastfed babies and their moms who breastfeed them experience lasting health benefits. Providing a breastfeeding friendly atmosphere at your family day care home can encourage moms to continue breastfeeding after returning to work or school. Do you want to learn how to receive the **Florida DOH's Breastfeeding Friendly Child Care Facility designation**? Email us at ccfp@lsfnet.org to find out how!



COOK'S CORNER Samurai Banana Sushi Roll



Ingredients

- 100% whole wheat flour tortilla, small
- 1 large banana
- 2 tablespoons peanut butter

Directions

Have a pair of children work together to make this fun snack. Give each set a tortilla with the peanut butter and let them spread it using the back of a spoon. Place peeled banana at one end and roll it up. Slice into 8 pieces.

Snack Crediting: 2 servings for ages 1-2 and ages 3-5
(Source: www.cacfp.org)