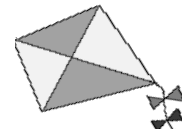


PROVIDER'S FOOD PROGRAM APRIL 2010



Is Their Appetite Normal?

Taken from Nibbles for Health 18, USDA Food and Nutrition Service

Childrens' appetites change.

Children don't grow as fast in their preschool years. That's why a child may have a smaller appetite now. That's normal. If a child isn't hungry or doesn't finish a meal, relax. Take the food away.

Children are probably eating enough if they are full of energy, growing, and seem healthy. If a child is losing weight or has special food needs, discuss your concerns with their parent. This isn't the time to figure out the problem by yourself.

Most young children do best when fed four to six mini-meals a day.

Children know how much to eat.

Children probably will eat the right amount if you don't force them. Healthy kids usually eat when they are hungry. And they stop when they feel full.

- **You decide** what foods to offer and plan regular times to eat.
- **Let children decide** how much to eat. Giving children that right and respect is important, even if a child is plump.

Learning hunger cues is important.

Let children learn body signals for being hungry and feeling full. That's how children can learn to eat in a normal way, not overeat. That's a good habit for lifelong health.

Overfeeding can be a different problem.

Overfeeding and withholding food may end up in weight gain. Surprised? It's obvious that eating too much can make people fat. But underfeeding can have the same result. Children might overeat later when there's another chance to eat.

More kids are developing diabetes at an early age and are overweight. You don't want that to happen. Deal with it now. Help the children learn to eat normally to keep a healthy weight as he or she grows.

You Can Help Children Eat the Right Amount

- Offer small portions. Let the child ask for more.
- Allow enough time. This may give children a chance to feel full.
- Take food away when the child stops eating.

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Hopefully we will be having some beautiful sunny days that will allow you to take walks with your day care children or go on field trips. Remember if you plan to be out of the house during your schedule meal or snack to **notify the office in advance**. If a monitor shows up to do a review and you didn't let us know that you would not be home, it is a requirement that we deduct you for that meal or snack.

SUMMER VACATIONS

Please call the main office and/or let your home monitor know what your summer schedule vacation will be. This will avoid unnecessary visits for our home reviewers.

Are any of the children presently enrolled in your day care school age? Are they presently enrolled for after school only? If they will be coming full time during the summer we will need an updated enrollment for them. Please send it in ahead of time to avoid any disallowance on your menus.

TRAININGS

Everyone should have returned their record keeping training and received their certificate. Record keeping was passed out from November – March. If you haven't returned it please send it in immediately. If you haven't received your certificate please contact the main office.

We started in March passing out the remaining two trainings required for this year. Complete them and send them back as soon as possible. Once we have all your trainings you can sit back and relax until Oct. 1st.

GRAPES & HOTDOGS

We know we have the best day care providers who are very cautious about cutting up grapes and hotdogs. Unfortunately they are still not allowed to children under 3 regardless if they are cut up or not.

DIRECT DEPOSIT

Every month 1 or 2 providers call to tell us they haven't received their check. When this happens we have to wait 10 days from when it was issued before we can send another one. To avoid this happening to you sign up for direct deposit. Your reimbursement will automatically go into your checking or savings account. Call the office for more info.

WEB MENUS

Every day another provider switches over to on-line menus. One of the comments we hear regularly is "why didn't you tell me how easy it is. I would have switched over a long time ago". If you would like to try to on-line menus, contact the office and we will work with you.