



PROVIDERS FOOD PROGRAM

JANUARY 2011



HAPPY NEW YEAR

Our providers are terrific. They offer their day care children a variety of healthy, nutritious foods. We know that parents are busy and need your help in reinforcing healthy eating habits. CACFP programs are important as they help ensure that meals/snacks meet the daily requirements for children. This instills a healthy lifestyle. Caregivers can help children to be active and make smart food choices by modeling these behaviors themselves. Your role in promoting a healthy lifestyle can impact children—not just while they are growing up, but for the rest of their lives. As we begin the new year take a look at what you are serving. Is there any way you can make improvements to your menus? Here are some suggestions.

1. Limit the amount of 100% juice you serve a day. Children should only have 4 ounces per day.
2. Although water is not creditable it can be served at snack time with 2 other food components. It can also be offered at meal time after a child has finished their milk.
3. Serve foods high in vitamins A, C & Iron. Choose something each day from each category.

Here are some ideas to meet these vitamin requirements.

FOODS HIGH IN VITAMIN A

Sweet Potatoes, Carrots, Beetroot, Broccoli, Spinach, Winter Squash, Kale, Peas, Sweet Red Peppers, Oatmeal, Tomato Juice Apricots (fresh & dried), Peaches, Apples, Lemons, Beef, Pork, Chicken, Turkey, Fish Liver, Eggs, Butter, Whole Milk, Mozzarella and Cheddar Cheese

FOODS HIGH IN VITAMIN C

Apricot, Blackberries, Cantaloupe, Carambola, Gooseberries Grapefruit, Grapes, Honeydew Melon, Kiwifruit, Lemon, Lime, Orange, Papaya, Pineapple, Plum, Pricklypear, Pummelo, Raspberries, Strawberries, Tangerine, Watermelon, Bell Pepper, Broccoli, Brussels Sprouts, Cabbage (green), Cauliflower, Collards, Green Cauliflower, Hot Chili Peppers, Mustard Greens, Okra, Onion, Potato, Radishes, Red Cabbage, Rutabagas, Spinach, Summer Squash, Sweet Potato, Tomato, Yellow Snap Beans,

FOODS HIGH IN IRON

Red Meat, Egg Yolks, Leafy Greens (Spinach, Collards), Dried Fruit (Prunes, Raisins), Iron-Enriched Cereals and Grains (check the labels), Mollusks (Oysters, Clams, Scallops), Turkey or Chicken Giblets, Beans, Lentils, Chick Peas and Soybeans, Liver, Artichokes, Broccoli and Bok Choy. Did you know that foods rich in vitamin C such as tomato and citrus help to increase iron absorption?

OTHER NEW YEARS REGULATIONS.

Start your year off planning meals weekly and doing attendance daily.

Send you menus in at the end of the month so they are in the office by the 5th.

Be careful not to serve hotdogs, grapes, raisins and peanut butter to children under 3.

Enroll the day care children at intake time. Remember to mail copy to main office and place a copy in your green day care folder.