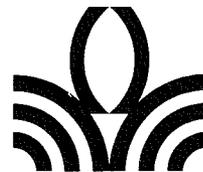


# Arizona Department of Education

# Food & Nutrition Programs

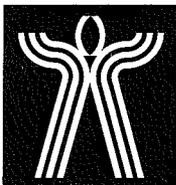


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Arizona Department of Education • 1535 West Jefferson • Phoenix, Arizona 85007 • C. Diane Bishop, Superintendent

## Child Care Food Program

April 1989



### Upcoming Events

The second annual Child Care Food Program Conference is just around

the corner. This year's conference will be held at the Dobson Ranch Inn in Mesa on April 14. There is a non-refundable registration fee of \$10.00. Registration brochures are in the mail now. If your center did not receive one, or you would like more information, please call the Food and Nutrition office at 542-3362. All day care center employees and day care home providers are encouraged to attend.

## PARKING AT THE DEPARTMENT OF EDUCATION

For those of you who have not visited the Department of Education in Phoenix recently, you will be surprised to find some changes in parking accommodations. A new parking garage has been constructed directly south of the Education building. Visitor parking is on the east side of the building.

## MENU IDEAS

The sample menus below are offered as suggestions for those of you who sometimes feel your center is "stuck in a rut." They are adapted from menus being

used by Los Ninos del Valle in Green Valley, Barbara Salazar, Director. Some of the fruits and vegetables are seasonal and can be substituted.

	Breakfast	Lunch / Supper	Snack
<b>Monday</b>	Granola Peaches Milk	Hot Dogs Beans Veggie Sticks Sliced Pears Milk	Corn Tortillas Cheese Apple Juice
<b>Tuesday</b>	Fried Egg Wheat Toast Apple Wedges Milk	Macaroni / Cheese Corn Watermelon Milk	Peanut Butter Cookie Pineapple Juice
<b>Wednesday</b>	Cheese Crisp Plums Milk	Sloppy Joe on Bun Squash Orange Wedge Milk	Veggie Sticks Crackers Grape Juice
<b>Thursday</b>	Pancakes Cantaloupe Milk	Bean Burro / Cheese Garden Salad Peaches Milk	Cheese Wheat Thins Orange Juice
<b>Friday</b>	French Toast Apple Sauce Milk	Chicken Stir Fry Steamed Rice Mixed Fruit Milk	Graham Crackers Grapes

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STATE DOCUMENTS

## NUTRITION NEWS

Iron - why are so many toddlers and preschoolers deficient in this mineral? Why does anemia occur in this age group? Infants who are on iron-fortified formulas and cereals, or breast-fed babies whose mothers take a vitamin and mineral supplement generally receive sufficient amounts. But once the child switches to whole milk and cold or cooked cereal, iron intake drops substantially for many children, particularly in low-income families. Look over your menus and see if they contain any of these iron-rich foods: beans, lentils, peas, egg yolk, red meat, enriched or whole wheat bread, asparagus, dried apricots and prunes, oranges, raisins, spinach.

How can you get children to accept new foods? Here are a few suggestions:

- Do not give additional helpings of familiar foods until new food is at least tasted. It may take several offerings before being accepted.
- Imitation - children love to imitate adults. Are you munching on corn chips while pushing spinach?
- Place "picky" eaters next to a child who enjoys a variety of foods.
- Presentation - what does the food look like? Is it the same color as the plate? Does it all run together? Has the broccoli been so overcooked that the child only has to "gum" it?
- Do the children get to watch the food being prepared?
- Introduce new foods when children are hungry.
- Plan for learning activities that include the new food.
- Are children punished for not trying new foods? Are they rushed through meal-time so they can be put down for a nap?

### Nondiscrimination Statement

In the operation of Child Nutrition and Food Distribution programs, no person will be discriminated against because of race, sex, color, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C. 20250

## TRAINING SESSIONS

The Child Care Food Program offers training sessions for new sponsors, new directors, or anyone needing a "refresher course." The Tucson trainings will be held at 402 West Congress, Tucson, Arizona. The Phoenix trainings will be held at 1535 West Jefferson, Phoenix, Arizona.

April 20 Thursday 1:00 p.m. - 4:30 p.m. Room #214 Phoenix

May 18 Thursday 1:00 p.m. - 4:30 p.m. Room #214 Phoenix

July 20 Thursday 1:00 p.m. - 4:30 p.m. Room #214 Phoenix

Please call 542-3362 and register, if you wish to attend a training session. You will need to **bring a pencil and calculator**. If you are attending for a refresher course, bring your Child Care Food Program manual.

## WELCOME!

Karen Woodhouse is the newest specialist in the Phoenix office working with day care centers and supervising day care home sponsors on the Child Care Food Program. Karen joined our staff on January 9, and complements our office with impressive qualifications. She is a registered dietitian with an M.S. in Nutrition from the University of Arizona. Her previous employment has been in clinical settings, hospital-based in therapeutic nutrition. She and her husband enjoy 2 children, ages 1 and 4 1/2. Welcome aboard, Karen!

## REMINDERS

In order to participate in the Child Care Food Program, a center must have a current license on file in the Phoenix office. Many centers have licenses that have expired since their CCFP contract was renewed for FY '89. When your license is renewed, a copy must be sent to our office.

The Standards of Excellence booklets are complete and ready to be mailed out this Spring. Special thanks to committee members for their expertise and dedication.

## FUN WITH FOOD

Here are some suggested activities for children that involve food:

- Science - Make raisins by drying grapes.
- Fine motor skills - Make no-bake cookies using 1/2 c. wheat germ, 1 1/2 c. peanut butter, 1 1/2 c. brown sugar, 3 c. dried milk, 3/4 c. graham cracker crumbs. Roll into balls.
- Taste discrimination - Identify sweet, sour, and salty while blindfolded.

Might use fruit (sweet), apple slices with salt, lemon (sour). Identify foods with pictures before and after tasting.

- Tactile discrimination - Identify by sight three foods that are on daily menu. Place foods in a covered bag or can and have children identify by touch.
- Sociodramatic play - Set up a fruit stand with small boxes of fruits, cash register, shopping bags, scale. Children purchase fruit and then eat as a snack.

*Adapted from: Endres, Jeanette Brakhane and Robert E. Rockwell, "Food, Nutrition and the Young Child", C.V. Mosley Company, St. Louis, 1980*

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