

**A Happy Birthday to the
January Birthdays!**



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Day Nursery CACFP Staff Extensions

Staff Position Extension

Marsha Hearn-Lindsey, Director of Operations 226

Mindy Bennett, Director of Programs 224

Molly Manley, CACFP Coordinator 228

Larry Gist, Database Manager 249

**DAY NURSERY
HOME VIEWS**

January 2011



We have come up with our training dates for 2010-2011 contract year. You must pick one of four trainings to attend (See page 2 under trainings for a complete list). This will count towards 2 of the 6 hours of training required. You will also be required to attend a 2 hour minute menu training (dates and times will be in February's newsletter). We will have a civil rights training during your 2nd visit (counting for 1 hour) and lastly in August we will mail out a contract renewal packet consisting of management plan and contracts for you to read through and sign, stating that you read and understand the rules and guidelines of the Day Nursery CACFP program. (counting for 1 hour)

TRAININGS

Feb.2nd– Wednesday from 630-830 pm Breaking Down Serving Sizes–

This training will show you how to break down components to meet the minimum serving amount. We also invite providers to share notes on items they have already configured.

Feb. 26th– Saturday from 9-11 am Food Safety and Sanitation–

In this class we will discuss the proper way to handle and store food and also the correct way to sanitize tables, toys, cots and diapering area.

Mar.12th Saturday from 9-11am More Than Mud Pies–

In this class we will discuss a Nutrition Curriculum Guide for preschool children based on the book “More Than Mud Pies.”

Apr. 4th– Monday from 630-830pm Whole Foods–

In this class we will discuss starting a garden that you and your children can reap the rewards of by having fresh fruits and vegetables at your fingertips. We will also discuss the importance and benefits of eating whole foods.



Minute Menu
Minute Menu
Minute

PAPERWORK USERS

The dates at the top of that page require one number per box. Please make sure that you double check your dates as well as your food item numbers to avoid disallowances.

ONLINE USERS

Please make sure you fill out your meals for the week BEFORE the start of the next week. Molly needs to be able to see your meals for the previous 5 days to do a reconciliation. Also be sure to check school-aged children as “Sick” or “School Out” if they are in your care for AM Snack or Lunch.

2011 Training Dates:

3/10 & 3/17

5/12 & 5/16

7/14 & 7/21

8/8 & 8/15

At the Table



Mealtime is a teachable moment. Here are some suggestions for talking with children about the food they are eating:

- Say Positive things about food’s characteristics. “I’m glad to see we’re having green beans because I love green beans!”
- Speak in a pleasant way
- Mention simple facts about food served, for example, “Cornbread is made from corn.”
- Asking children a question or two about food can be of educational value, but be careful not to turn mealtime into a quiz.
- Encourage children to say please and thank you. Remind them not to talk with their mouth full.
- Encourage children to try their food, but do not insist they do. Gently remind them to eat if they are dawdling. “ I think you’ll enjoy your hamburger, Jayden. Try a little.”
- Encourage awareness of physical sensations of hunger and fullness.