

**Delaware
Department
of Education**

Child and Adult Care Food Program (CACFP) Newsletter

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Is Their Appetite Normal?

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.

Keep eating times relaxed so 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.

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Quick Tip!

Save Money on Groceries.

The leaner the ground meat the more it costs. When buying higher fat meat (70% or 80%), drain excess fat after cooking to make it more healthful. Or, extend lean meat with low-fat, low-cost bread crumbs or oatmeal.

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Upcoming New Sponsor Trainings:

Dates: September 14, 2006
October 12, 2006
November 9, 2006
December 14, 2006

Location: Department of Education, Dover.
Please call CACFP to register.

Important Reminder:

Your 2007 Application for the Child and Adult Care Food Program **MUST** be completed by **October 20, 2006.**

Welcome To Our New Sponsors:



Creative Foundations
1000 Village Circle
New Castle, DE 19720



First Steps Preschool
10037 Dupont Blvd.
Lincoln, DE 19960



Thirst 2 Learn
802 Naamans Road
Wilmington, DE 19810



Shanay's Kids R "US"
403-405 West Lookerman St.
Dover, DE 19901



Delaware Department of Education
Child and Adult Care Food Program
401 Federal Street, Suite #2
Dover, DE 19901

Phone: 302-735-4060
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Office Hours: 8-4:30
Monday-Friday

We're on the web!

<http://childnutrition.doe.k12.de.us/>

Surviving Your Administrative Review

Every issue for eight issues, we will be sharing a reason why child care sponsors fail their reviews. (The information is taken from the *CNRResource's 8 Reasons Child Care Providers Fail Their CACFP Reviews*.)

5. Recordkeeping Requirements:

Do you have all of your meal records for the last three years? How about financial support and claims data for the same period? Many centers also fail to double check math computations used for claims data. Often, centers have to pay back funds due to sloppy or partial recordkeeping.



Don't assume a product with a CN label meets the CACFP Meal Pattern Requirements.

Make sure to check the label. For example: a CN labeled brand of cheese pizza offers "1 oz. of meat/meat alt., 1 1/4 bread serving and 1/8 cup vegetable serving". This product only meets our bread requirement.

Recipe Corner

Submit your own favorite recipes for publication in our newsletter. Send them in by fax, snail mail, or email. Email address: sgreene@doe.k12.de.us

Banana Muffins (a good way to use your ripe bananas)

Ingredients:

1/4 cup brown sugar
1/4 cup white sugar
1/4 cup shortening
1 cup mashed banana
1 tbsp. buttermilk
2 eggs, separated
2 cups flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. vanilla



Directions:

Cream sugars and shortening. Add bananas, milk, and egg yolks. Sift dry ingredients together and add to creamed ingredients. Add vanilla. Beat egg whites until stiff and fold into above mixture. Bake 25 minutes at 350 degrees. These freeze well.

Makes 15 muffins. Serving size = 1/2 muffin. Meal component: Credit as 1 bread.

Healthy tip: Instead of shortening, use the same amount of margarine. Or use 2 tbsp. margarine and 2 tbsp. applesauce instead of 1/4 cup shortening. Use 2 egg whites instead of the whole egg.

Nutrition information: 137 calories; 3 gm. protein; 22 gm. carbohydrates; 1 gm. dietary fiber; 28% calories from fat; 4 gm. total fat; 1 gm. saturated fat.

Is Their Appetite Normal?

continued

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.

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