

# THE SCOOP

*A Healthy Plate Solutions Initiative*



## Overcoming Picky Eaters!

### 4 tips to achieve diverse eaters

#### **Try it again!**

Introducing new foods can be intimidating! Did you know that it can take up 10-15 tries for a child to like that food? Taste buds replace about every 2 weeks, and one day they might surprise you. Do not give up! Be patient!

#### **One bite rule!**

Make it a rule that before the child gives up on a particular item, they try it at least ONCE. One bite can make a spark!

#### **Serve it a different way!**

Be creative! Cooked, raw, shapes, texture are all nutritious and fun ways to serve foods. Kids pay attention to presentation. Did you know that vitamins and minerals are in different abundance when cooked in various ways? Studies have shown that tomatoes release more lycopene (a cancer-fighting antioxidant) when cooked.

#### **Serve with a familiar food!**

Children may be more prone to try a new food if they have familiar items on their plate. Pair the new food with something they enjoy.

## Ditch the paper and go green!

Did you know that you can upload your COMPLETE claim packet to Dropbox? It's simple, easy, and secure! We will send you a link at the end of each month to upload all the required documents.

Tip: Best way to keep track of your receipts? Save every receipt in a file on your desktop and drag into Dropbox at the end of the month.

## New CACFP RATES For Childcare centers

July 1, 2021- July 30, 2021

	Breakfast	Lunch/ Supper	Snacks
Paid	\$0.33	\$0.35	\$0.09
Reduced	\$1.67	\$3.26	\$0.50
Free	\$1.97	\$3.66	\$1.00

The cash-in-lieu value of USDA Foods (commodities) for July 1, 2021 - June 30, 2022 is \$0.26.

## New in October!

### Ounce equivalent

Starting **October 1st 2021**, grains will be recorded in ounce equivalents. One ounce equivalent of grains is the amount of food you need to make up 16 grams of grains. If a grain weighs one ounce, it does not mean it provides one ounce equivalent of nutritional value of grain.



## Let the Apple Fall

Did you know that there are around 7,500 varieties of apples in the world? Apples are in season from July-November.

### "One bite a day keeps the doctor away!"

Apples are filled with nutrients. Studies have shown that apples can help with digestion, are an immune booster with all the vitamin C, can help your heart be strong and healthy and may even prevent cancer with the abundance of antioxidants!

## Smiley Apple Recipe:

Recipe:

- \*English muffin/Bread
- \*Nut butter
- \*Bananas
- \*Apples
- \*Cheerios
- \*Cinnamon (optional)

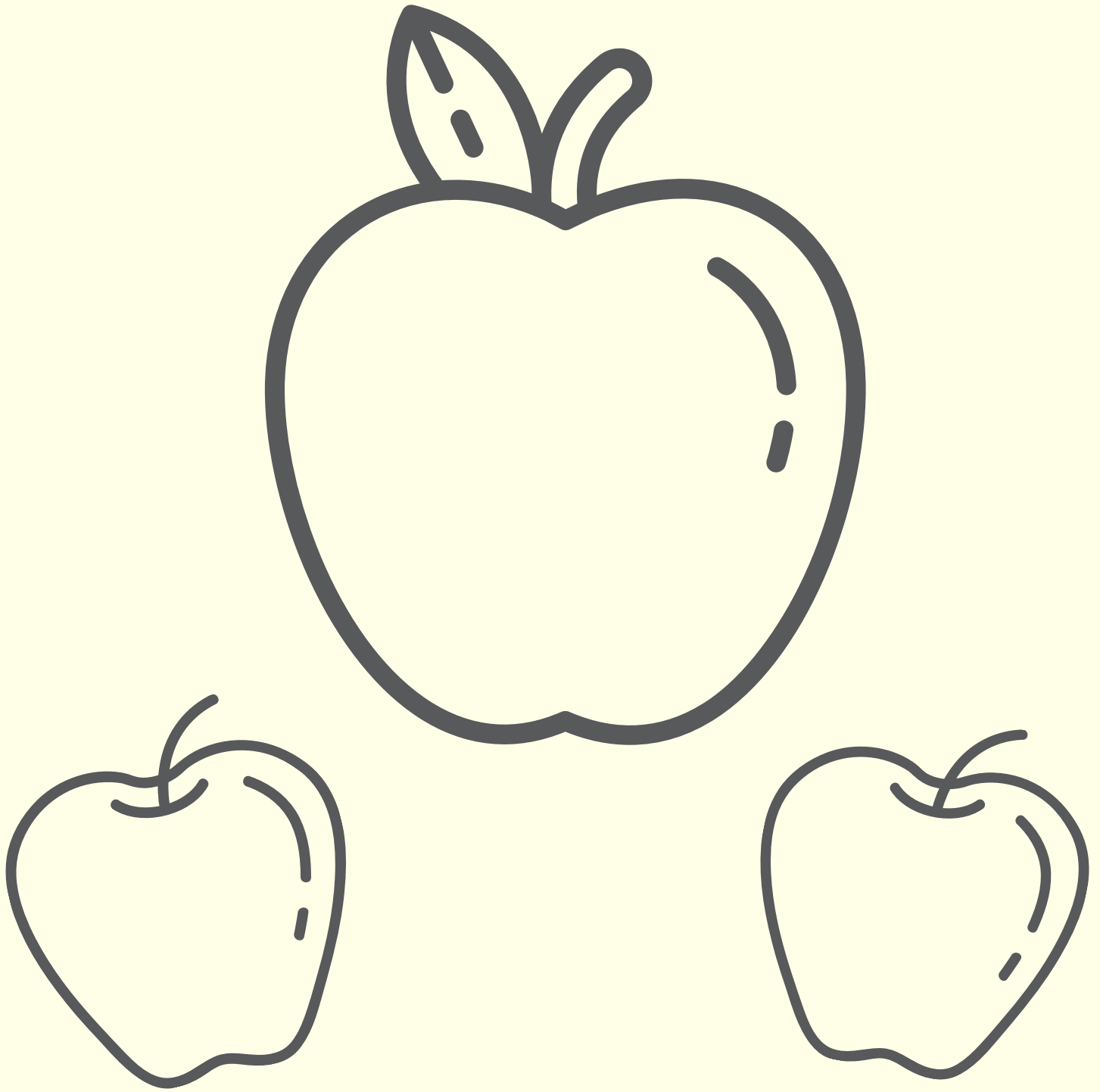


Directions: Cut the apple into "smiling" slices. Cut the bananas into ½ inch slices. Give each child one slice of English muffin/bread, spread a nut butter of your choice, 2 slices of banana and one smiling apple slice. Add a Cheerio for the nose. Let the fun begin and let each child create happy faces! Sprinkle some cinnamon for added flavor.

\*A creditable CACFP snack option. Ensure correct portion sizes are served to each age group.



# Let The Apple Fall



**A...is for APPLE**