



# Mealtime Memo

## for Child Care

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## Snack Times are the Best Times: Planning Nutritious and Appealing Snacks for Young Children

Snack times are one of the most important times of the day because snacks make up a significant amount of a child's total daily food intake. While typically consisting of only two to three items and served once or twice a day, snacks provide children with an energy boost between meals. Just imagine a day without a snack and the impact it might have on young children. Without snacks, some children may grow hungry which limits their ability to concentrate on activities. Other children may not receive any additional meals or snacks until

returning to the child care facility the following day. Understanding the importance of snacks in child care, plan snacks that are filled with nutritious and appealing foods for the children in your care.



## Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) meal patterns are a great guide for planning nutritious meals and snacks. Currently, the meal patterns consist of four components:

- Fluid milk
- Meat or meat alternate
- Fruit or vegetable \*\*\*
- Grains or breads

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## Child and Adult Care Food Program

However, during snack time, you only need to serve two of the four components. Because of the many possibilities, you can create numerous creative snack combinations to wow the children. Remember, when planning and preparing snacks always focus on safety and prepare enough food to meet the CACFP meal pattern requirements.



\*\*\* Please be advised that CACFP meal pattern components are subject to change based on the CACFP Meal Pattern Proposed Rules. For more information regarding the Proposed Rules, follow this link <http://www.fns.usda.gov/cacfp/meals-and-snacks> to learn more.

### Appealing Snacks

When planning snacks, there are several things you can do to provide children with nutritious and appealing foods. First, use the CACFP snack meal patterns as a guide for planning snacks. Next, plan to serve a variety of different snacks each week. Then, include foods high in essential nutrients, such as fiber and vitamin A. Consider these other steps as well:

- serve foods low in fat, sugar, and salt;
- use water as the beverage, frequently;
- serve grain-rich grains more often than enriched grains;
- serve natural cheeses more often than processed cheese; and
- include foods that emphasize color, shape, and texture.

By using these suggestions you can plan snacks that are filled with nutritious and appealing foods.

For additional information on planning snacks, check out Choose *MyPlate's* Meal and Snack Patterns and Ideas located at this link [www.choosemyplate.gov/preschoolers/meal-snack-patterns-ideas/notes-for-using.html](http://www.choosemyplate.gov/preschoolers/meal-snack-patterns-ideas/notes-for-using.html).

### National CACFP Week

Are you ready to celebrate? National CACFP Week is just a few weeks away! Sponsored by the National CACFP Sponsors Association, the National CACFP week is March 15-21, 2015, and this year's theme is "CACFP & Me: A Recipe for Success." This week-long celebration is designed to raise awareness by educating parents and the community about the benefits of CACFP. In addition, it is designed to promote the service of nutritious foods for healthy growth and development and to help children create healthy eating habits for long-term health benefits.

As you plan activities for National CACFP Week, check out the National CACFP Sponsors Association website at <https://www.cacfp.org/news-events-conferences/national-cacfp-week/> for ideas and tips to help make this week the best and most memorable occasion in your child care facility. This year they have videos, an electronic toolkit, handouts and letters, and even a contest for promoting the National CACFP Week. Lastly, as you celebrate, remember to take time to give yourself a "pat on the back" because with your commitment and hard work, over 3 million children are served nutritious meals and snacks each day.



## Recipe of the Month

### Roly Poly Roll-Up

If you are you looking for a nutritious and colorful wrap recipe for snack time, check out the Roly Poly Roll-Up recipe in the “CACFP Menu Planning Guide” from *Nemours: Health & Prevention Services*. The Roly Poly Roll-Up consists of ingredients of various colors and flavors that will surely appeal to children.

#### Ingredients

- 10 - 8” Whole Wheat Tortillas
- 1 pound - Sliced Turkey Breast
- ½ cup - Mustard
- 2 cups - Cucumber
- 2 cups - Tomato
- 1 cup - Avocado (optional)

#### Directions:

1. Slice tomatoes and cucumbers.
2. On a flat surface, layer each tortilla with slices of turkey breast, sliced tomato, sliced cucumbers, mustard, and avocado (optional).
3. Roll each wrap up.
4. Cut into halves.
5. Serve!

Yield: 10 Servings

For CACFP crediting information for this recipe and additional recipes to try, visit [http://www.foodprogramwi.org/pdfs/menu\\_planning\\_guide.pdf](http://www.foodprogramwi.org/pdfs/menu_planning_guide.pdf) to download the “CACFP Menu Planning Guide.”

## Nutrition Fact

Did you know all fats are not bad for you? There are four types of fats: Monounsaturated, polyunsaturated, trans fat, and saturated fat. Monounsaturated and polyunsaturated fats are your good fats, while trans fats and saturated fats are known as bad fats. The good fats are known to protect the heart, reducing the risk of heart disease, because they raise good HDL cholesterol levels and lower bad LDL cholesterol levels in the blood. Monounsaturated and polyunsaturated fats can be consumed from various sources, such as vegetable oils, avocados, nuts, or fish. In addition, these fats are normally liquid at room temperature, while saturated fats and trans fats, the bad fats, are solids at room temperature.



# Vegetable of the Month: Spinach



Not only is spinach an edible flowering plant in the Amaranthaceous family, it is also a popular vegetable, originally cultivated in Iran over 2,000 years ago. Spinach can be eaten either raw or as a cooked green. When cooked, spinach reduces in size due to its high water content.

When shopping for spinach, seek fresh, crisp, medium to dark green bunches that lack any evidence of insect damage, such as freckled spots or holes in the leaves. Then, loosely wrap spinach in a damp paper towel and refrigerate for optimal storage of three to five days.

Spinach is free of saturated fat and cholesterol and low in calories. It is high in dietary fiber, iron, vitamins A and C, and folate. Spinach is also a great source of magnesium. The dark green color indicates high levels of chlorophyll and carotenoids, which support good eye sight. As you plan menus for the children in your care, incorporate this nutritious veggie in omelets, sandwiches, salads, and even smoothies.

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