



FOOD DIGEST

CCC Food Program Welcomes Terry Edwards

Terry Edwards has worked thirty years in Customer service; interacting with people has prepared her for her new career with CCC as a Food Program Specialist. Her work has always involved people from interviewing, testing and selecting individuals for the best fit jobs, to assisting others with their selection of medical equipment through Medicare, Medicaid or third party insurance agencies. However, working with Pinellas County Extension as a part-time Education Instructor, opened the door for her love to work with children and parents, teaching the importance of making healthy food choices to achieve better health. As a team member of the Food Program, she is excited about our task and partnering with Childcare providers who care for children. She has been married for thirty years, and her priority will always be her love of her church, and family. She continues to work tirelessly for all.

DID YOU KNOW?

- Eating breakfast can give you more energy for the day
 - Putting your kitchen sponge in the microwave for 1 minute can kill germs and bacteria (make sure it is wet or it will dry out)
 - Male turkeys gobble and females make a clicking noise
 - FDA has no definition of “all natural”; so be careful of ads trying to persuade you to buy “all natural”
 - Watching people yawn can cause you to do the same, just as smiling/laughing can
 - Touching a public toilet seat, the microwave in the work place and your phone are some of the grimmest things we touch
 - People feel better when they are appreciated
 - For adults, brushing your teeth should last at least 2 minutes to get rid of the bacteria
 - Body position affects your memory. If you were told something sitting down, sit down to remember it
 - Your skin has 4 colors. Without color, all skin would be creamy white
 - You should wash your hands at least 5 times a day to reduce the rates of illness like strep or common colds
 - You can clean your computer keyboard with a can of compressed air
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PORTION SIZES

Children who develop healthy eating habits at a young age tend to keep them throughout life. The Child Care Food Program encourages providers to serve a variety of foods and to serve foods of different textures and colors at each meal. This will ensure that a variety of vitamins are served, and will also keep the meals interesting. But another important component of the Child Care Food Program is serving correct portion sizes according to the age of the child.

While minimal portion sizes must be served, if a child is served too large of a serving two things could happen. The first outcome might be that the young child may be overwhelmed by the large serving and be turned off to eating entirely. Start out by placing the minimum recommended serving size on the child's plate, and add more if the child finishes the serving and asks for more. Second helpings can always be offered if needed.

The second possible outcome might be that the child develops the habit of overeating. Children have the ability to sense when they are full, and should not be pushed to finish what is on their plates. Let them know that it is okay to stop eating when they feel full. As adults, too many of us continue to eat even after we are full, and this is when portion sizes become a problem. Since 1971 calorie consumption in women has risen a whopping 22 percent, with a 7 percent increase for men. These extra calories have resulted from an increase in portion sizes in the home and marketplace during the last 20 years. There is evidence that children's calorie intake is also affected by portion size. In studies, preschoolers that were served the largest portions ate the most. It is a good idea to periodically check the appropriate portions sizes for the ages of the children in your care. This information can be found in your orientation booklets or online at the state website: www.doh.state.fl.us/ccfp . Look under "Nutrition and Food Safety Information", and then on the Meal Pattern for Children. Ask your food specialist if you have further questions about portion sizes for the children in your care.

COMMON MISTAKES MADE ON FOOD PROGRAM CLAIMS

Minute Menu WebKids/Scannable Menu Tips

- Changing child meal time without updating Child Participation Form
- Claiming meals on holidays
- Changing meal times
- Times missing from the enrollment
- Monitor recorded different meal than provider or vice versa
- Monitor recorded different children in attendance than provider or vice versa
- Need Infant Feeding Form
- Selecting juice for lunch or dinner
- Serving juice more than once a day
- Serving sweet food more than 2 times a week
- Failure to send in signed Child Enrollment Report for child you are claiming
- Failure to record and save infant meals separately
- Claiming children for dinner without submitting proper documentation
- Missing meal component - especially on infant and snack menu
- Claiming dinner and not having it listed on your provider data sheet/unapproved meal
- Serving infants Zwieback cracker/infant snack juice or milk
- Claiming meals for a child before they are enrolled
- Recording meals on a Saturday or Sunday
- If child returns to your care after having been terminated/withdrawn, call the office and we will reinstate the child; no need to re-enroll the child.
- Claiming a child after they were terminated/withdrawn from care.
- No food was served, but children were in attendance
- Children were in attendance but no food recorded.
- Provider claiming own child when other children were not in attendance
- Meals served when monitor noted provider was not at home (No observation Visit)
- Claiming meals for a child that is not participating in CACFP
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SCANNABLE

- Recording the wrong number, leaving out the 100, and 200
- Not recording milk for every meal on the infant form.
- Not recording a meal component
- Provider number recorded without 000 in front
- Failure to record child number in attendance