

# TABLETALK



AUGUST, 2010 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

## Make Mealtime a Happy Time

- Encourage social interaction. Teach children the social aspects of dining as well as how to feed themselves.
- Provide a transition or quiet time just before meals so that mealtime can be relaxed.
- Make sure the eating area is attractive and appealing for young children. Use bright colors and decorations that children like.
- Avoid making children feel rushed. Allow children to take their own time to eat. Children who are feeling pressured may choose to quickly eat their favorite foods and ignore other, less favorite foods in the meal. They may learn to eat too rapidly, a habit that may lead to later overeating and obesity.

## Toddler Feeding Challenges

Making mealtime as pleasant as possible for the toddler while providing supervision and encouragement is a constant challenge. Toddlers are learning to be independent and this is why they want to do things for themselves. In asserting their natural independence, toddlers may decide what foods they “will” and “will not” eat. Frequently those food likes and dislikes change daily or weekly. Regardless of this, childcare providers can help children form sound eating habits by offering nutritious food

choices and modeling good eating habits. During mealtime, sit with toddlers and eat the same meal. Have a positive attitude toward foods. Discuss what the foods are, where they come from, colors, textures, tastes, and the differences and similarities of the foods you are eating.

## Corrections to 2010 Modification to CACFP Meal Pattern (Annual Training)

In the breakfast cereal section:

Total Raisin Bran doesn't count due to more than 10 grams of sugar. Honey Bunches of Oats and Honey Combs do count.

## Mandatory Annual Training

At your second review, your monitor left you the training module, “Modification to CACFP Meal Pattern” and the test. The test must be in our office by no later than September 30, 2010. If we haven't received it by this date you will not be reimbursed for your claims beginning with the new program year, October 1, 2010. If you have not received it you can get a copy on our web site under “Continuing Education.” Please call us if you are unsure that you have completed it. The other part of your annual training is Civil Rights and it will be part of the third monitor visit.

### NEW DAY CARE HOME REIMBURSEMENT RATES EFFECTIVE JULY 1, 2010

|         | Breakfast | Lunch & Supper | Snack |
|---------|-----------|----------------|-------|
| Tier I  | 1.19      | 2.22           | .66   |
| Tier II | .44       | 1.34           | .18   |

### NEW DAY CARE CENTER REIMBURSEMENT RATES EFFECTIVE JULY 1, 2010

|         | Breakfast | Lunch & Supper | Snack |
|---------|-----------|----------------|-------|
| Free    | 1.48      | 2.72           | .74   |
| Reduced | 1.18      | 2.32           | .37   |
| Paid    | .26       | .26            | .06   |