



CHILD CARE DEVELOPMENT SERVICES  
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS  
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#### Hot Topics:

- ] Make Mealtimes in Child Care Pleasant, Easy & Appealing
- ] Banana Quesadillas
- ] Enrollment Forms

#### Menu Due Dates:

Menus must be hand delivered or submitted by the 5th or post marked by the 2nd of each month.

CCDS Department Directory:

USDA Food Program -  
503-489-2528  
Training -  
503-489-2599  
Human Resources -  
503-489-2541  
Program Manager -  
503-489-2509

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# Child Care Development Services Newsletter APRIL 2017

## Make Mealtimes in Child Care Pleasant, Easy and Appealing

Creating enjoyable mealtimes and snacks in a child care program will help young children learn healthy eating habits and develop positive attitudes toward food. Consider the following tips to make the meal experience positive for children in your child care program.

- ] **Make mealtimes pleasant.** Show your enthusiasm for healthy foods. Children will feel more comfortable if you sit with them and share the same meal. Spend time in positive conversation, and make mealtimes relaxed.
- ] **Help children learn self-help skills.** Starting in the toddler years, children can help set the table, serve themselves, spread jam or butter on bread, stir batter, or even pour milk or water from a small pitcher.
- ] **Remember that eating is a social time.** Children should be seated around a table so they can talk with and observe one another. Important social learning happens during mealtime as children learn new vocabulary and practice skills such as taking turns and sharing. Child care providers should sit with children during meals and encourage conversation.

**Plan fun food activities to encourage children to try new foods.** Read a book about a new food, and then serve the new food as a snack when children are hungry. Let children help prepare foods. Getting children involved in food preparation will boost self-confidence, and may encourage them to try the food they helped create.

#### Tips to Make Mealtimes Easier

Serving meals to a group of children can be challenging, and encouraging them to take an active role in serving themselves requires good planning. Here are some tips that may make mealtimes in child care simpler.

- ] **Provide child-sized furniture.** Most child care centers use a child-sized table and chairs for meals. Family child care providers may use child-sized furniture or arrange chairs, high chairs, and booster seats around the family table.
- ] **Use serving utensils that make it easier to serve the right size portions of food.** Utensils should be easy to handle. Tongs, smaller serving spoons and scoops work well.
- ] **Use plastic squeeze bottles.** Children can squeeze jellies, peanut butter, mustard, mayonnaise, ketchup, and other spreadable ingredients onto their foods.

**Try using serving utensils of a different color.** Having all serving utensils the same color, and a different color from eating utensils, will help children distinguish cooking and serving utensils from eating utensils. It's easier for children to remember not to lick the red spoon. If you can't find colored plastic utensils, mark serving utensil handles with vinyl tape. This tape lasts a long time and stays on well in the dishwasher.

- ] **Provide child-sized utensils for eating.** Small spoons are essential. A plate with edges or a small, shallow bowl helps young children to scoop up their food more easily.
- ] **Serve finger foods frequently.** Foods such as small meat or cheese cubes, vegetable sticks and fruit chunks teach coordination to children. Finger foods are a good way to introduce new foods.

**Learning eating skills can be messy. Encourage children to help you clean up spills. Place a drop cloth or old shower curtain on the floor to make cleanup easier. Have paper towels and a sponge handy. A spill is not a catastrophe, but rather an opportunity to help children learn.**

## Nutrition Facts

AMOUNT PER SERVING

Calories 300

Calories from fat 80

Total Fat 9g

Saturated Fat 2.5g

Cholesterol 10mg

Sodium 390mg

Total Carbohydrate 50g

Dietary Fiber 6g

Sugars 17g



# BANANA QUESADILLAS

Serves 4, 1 folded (8-inch) quesadilla per serving

## Ingredients

- 2 Tablespoons creamy peanut butter
- 4 Tablespoons low-fat cream cheese
- 1½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole-wheat flour tortillas
- 3 ripe bananas
- Non-stick cooking spray

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## Directions

1. Stir together peanut butter, cream cheese, honey, and cinnamon in a small mixing bowl.
2. Lay tortillas flat, and spread 1½ tablespoons of the peanut butter mixture on one half of each tortilla.
3. Peel and slice bananas ¼ inch thick.
4. Lay ¾ cup banana slices, in a single layer, over peanut butter mixture on each tortilla.
5. Fold each tortilla in half to enclose filling.
6. Coat a frying pan with non-stick cooking spray and heat over medium-high heat.
7. Place tortillas in hot frying pan and cook for 1-2 minutes on each side or until golden brown.

© To decrease fat and total calories, use reduced-fat peanut butter.

© Let cream cheese soften at room temperature for 5-10 minutes for easier blending.

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Enrollment Forms can be found online at the website below. Please use these USDA Enrollment forms. All other (old) enrollment forms should be discarded. Please be sure that your provider name and number are filled in at the top of the form prior to the parent completing their information. Make sure that the parent has signed and dated the enrollment form

## Helpful Website

# CCDS Website (forms)

<http://www.ccdsmetro.org/forms-and-rules.html>

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