

The Edible Editorial

November 2024

Teaching Table Manners

Family style dining offers an abundance of opportunity. It allows children to make choices, giving them a feeling of “power.” It provides for independence and success and the pride of accomplishment. It enables and encourages children to communicate, actively speaking as well as learning to listen.

Dining family style also presents an endless list of learning opportunities. Discussions may include topics such as colors, shapes, and sizes; left and right; hot and cold; tastes and textures; fruits and vegetables; some and none; big and little; please and thank you; empty and full...and on and on.

Finally, it is a perfect and natural time for children to observe and practice proper table manners. Learning to be polite and considerate toward others at the table is a valuable lesson that will follow children throughout their lives. They will be judged by others on their appearance at the table. Thus, whether in a restaurant or in a home, basic table manners are a must. And remember, as parents and educators, we must always role model the behavior we expect of our children.



Some helpful hints on teaching table manners include:

- Wait until everyone is seated before you begin eating.
- Contribute to the table conversation. Say “excuse me” if you must interrupt when someone else is talking or telling a story.
- Talk about pleasant subjects.
- Be interested in what others have to say and they will be interested in what you say.
- Say “please” and “thank you” when you want something to be passed to you. Do not reach in front of others.
- Keep your arms and elbows in your lap while eating.
- Wait for everyone to finish eating before leaving the table and then offer to help with the clean up. Take dishes to the sink, help load the dishwasher, help put away leftover food, etc.
- Eat with a fork unless the food is meant to be eaten with fingers.
- Take appropriate-sized bites of food. Overstuffing your mouth is unattractive and unsafe.
- Chew with your mouth closed and talk only when there is no food in your mouth.
- Eat slowly, waiting about five seconds after swallowing before taking another mouthful.
- Excuse yourself and go to the restroom if it is necessary to pick something out of your teeth, blow your nose, etc.
- Always use a napkin to dab your mouth. The napkin should be in your lap when not in use.
- Mealtimes should be a chance to sit together and converse. Reading, watching television, telephone conversations do not allow for this.
- When eating elsewhere, always thank the host and tell them how delicious it was.

Rainbow Rice – Recipe for Centers

CACFP Crediting Information: 1 cup provides 2 oz. equivalent Meat/Meat Alternate, 1/4 cup vegetable, and 1 oz. equivalent grains. Serves 25.

Ingredients:

- 1 1/2 cup Brown Rice, long-grain, regular, dry
- 3/4 cup Brown and Wild rice blend
- 1/2 cup Quinoa, dry
- 1 cup Bulgur wheat, dry
- 2 Tbsp. 1 tsp. Low-sodium chicken base
- 1 qt. Fresh Carrots, diced
- 3 1/4 cups Fresh Red Bell Pepper, diced
- 1 Tbsp. 1 tsp. Extra Virgin Olive Oil
- 1 tsp. Kosher salt
- 3 qt. 2 cups Frozen, cooked diced chicken (or turkey), thawed, 1/2" pieces
- 1 qt. Fresh baby spinach, chopped



Directions:

1. Combine brown rice, brown and wild rice blend, barley, water, and base in stockpot. (For 25 servings, add 1 qt. 1 cup water and 1 Tbsp. 1 tsp. base.)
2. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff. Critical Control Point: Hold at 135 degrees F or higher.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
4. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. (For 25 servings, add 3 cups water and 1 Tbsp. base.)
5. Bring to a boil. Reduce heat to low and stir occasionally. Simmer until water is completely absorbed, about 15 minutes. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Critical Control Point: Hold 135 degrees F.
6. Combine carrots, red peppers, oil and salt. Toss to coat.
7. Lightly coat a steam table pan (12 x 20x 2 1/2) with pan release spray. Transfer vegetables to steamtable pan.
8. Roast at 375 degrees for 10 minutes.
9. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes. Critical Control Point: Heat to 165 degrees F or higher for at least 15 seconds.
10. Portion with a 1 cup measure.

REPORTING CHANGES (ALL PROVIDERS)

The Child and Adult Care Food Program (CACFP) provider/sponsor agreement states: “The child care provider will **promptly inform the sponsoring organization of any changes related to the child care home including children enrolled in care, changes in mealtimes, shifts, days of operation, phone number, etc.**” Therefore, you are required to *call the office immediately* to report any of the following changes:

Meal time changes (Your consultant is required to observe meals being served and must know what time to arrive.)

New address (Your consultant must know where to visit.)

Hours and/or days of operation (Your consultant must know when to visit.)

Phone number (Your consultant may need to reach you **OR** the office may have questions regarding your claim in order to pay it in a timely manner.)

Documenting such information on your claim is also necessary, but it must be called in *immediately*; your claims are mailed/submitted one month later and the above information must be immediately available.

ENROLLING ASSISTANTS (LICENSED PROVIDERS)

If you are a licensed/registered child care provider, you are also required to call each time you hire a new assistant, or when an assistant no longer works for you. Simply call with the first and last name of the individual/s. Failure to do so may result in our inability to reimburse you accordingly.

ADDITIONAL RELATIVE CARE/UNLICENSED PROVIDER REQUIREMENTS

As an Unlicensed (Relative Care) provider, **you** are required to be present to provide the child care. The DHS “Child Development and Care Unlicensed Provider Application” states:

I do not have family responsibilities or other obligations that would interfere with providing child care to children.

I understand that if I have employment other than as a CDC provider, my hours of employment must not conflict or interfere with the hours that I provide child care.

Therefore, meals cannot be claimed for reimbursement when **you** are not present to provide the care .

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

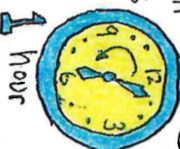
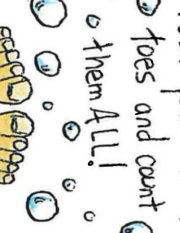



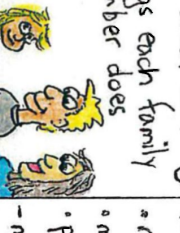



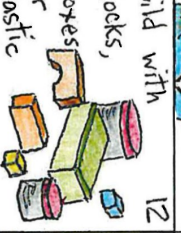
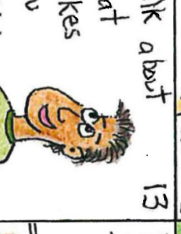
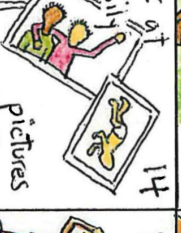

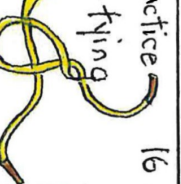

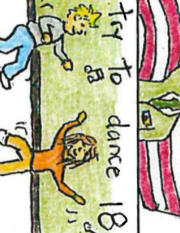



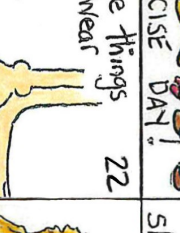





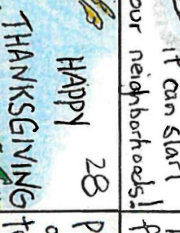

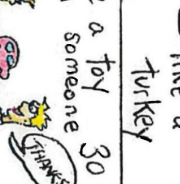
To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
 2. **fax:** (833) 256-1665 or (202) 690-7442; or
- email:** program.intake@usda.gov

This institution is an equal opportunity provider.

November

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daylight Savings Ends - Turn clocks back 1 hour</p> <p>3</p> 	<p>Wash your eyes and count them ALL!</p> <p>4</p> 	<p>ELECTION DAY - please vote - I voted today!</p> <p>5</p> 	<p>Find words or letters in a newspaper</p> <p>6</p> 	<p>take a walk, what do you smell?</p> <p>7</p> 	<p>mix yogurt, granola and banana slices for a nutritious snack</p> <p>1</p> 	<p>Compare LONG and SHORT</p> <p>2</p> 
<p>retell a story by looking at the pictures</p> <p>10</p> 	<p>VEterANS DAY</p> <p>11</p> 	<p>build with blocks, boxes or plastic containers</p> <p>12</p> 	<p>Talk about what makes you happy</p> <p>13</p> 	<p>look at family pictures together</p> <p>14</p> 	<p>FAMILY EXERCISE DAY!</p> <p>15</p> 	<p>practice tying shoes</p> <p>16</p> 
<p>Sing your favorite songs</p> <p>17</p> 	<p>try to dance on one foot!</p> <p>18</p> 	<p>EAT green and yellow veggies!</p> <p>19</p> 	<p>play the mirror game, match faces</p> <p>20</p> 	<p>WORLD PEACE DAY - it can start in our neighborhoods!</p> <p>21</p> 	<p>Name things you wear on your feet</p> <p>22</p> 	<p>walk gable and gobble! Talk like a turkey</p> <p>23</p> 
<p>Trace a hand, make a turkey</p> <p>24</p> 	<p>practice buttoning</p> <p>25</p> 	<p>Touch and count some trees at a park</p> <p>26</p> 	<p>make a triangle turkey sandwich</p> <p>27</p> 	<p>HAPPY THANKSGIVING DAY!</p> <p>28</p> 	<p>practice cutting or tearing paper for an art project</p> <p>29</p> 	<p>Share a toy with someone</p> <p>30</p> 

Small Hands Crafting

Many Native Americans believe you can use a dream catcher to trap your bad dreams. Have your kids make their own dream catcher! Cut out the center of a paper plate. Punch holes along the inside rim. Have your children practice fine motor skills by threading yarn across the center of the plate from one hole to another and back again to a different hole on that side.

Use crayons to decorate the plate and tie three strings with feathers or beads to hang down.



Native American Heritage Month

Did you know that child care providers who participate in the Child and Adult Care Food Program (CACFP) receive nutrition education?

Child care providers who participate in the CACFP receive valuable nutrition education which helps them understand healthy guidelines for choosing foods and portion sizes for children. They receive guidance through nutrition education materials, personal visits from CACFP staff, and requirements for meals and snacks that ensure access to healthy foods for the children in their care. CACFP providers learn how to encourage positive eating habits and help children learn how to make healthy food choices every day at meal time.

Because your childcare participates with CACFP, your children are learning how to make healthy food choices for meals and snacks that will last a lifetime.

Volleyball Throwback Movement for Native American Month

Many of the games we play today were actually Native American games from long ago that we have been modified along the way. One of those games, called "Tossing the ball" is what we now know as Volleyball. Even our youngest children are big enough to try to keep the ball in the air. For your littlest participants, use balloons and let them play by bouncing the balloon and trying to keep it in the air. As your kids get older and are more able, have them play with a partner. To make it even more challenging you can divide the group into teams to keep an actual ball in the air by hitting it back and forth. Some tribes played a game called "Hoop and Pole" which consisted of throwing a dart and catching it in a net on a pole. Of course this is too much for your little ones, but it is sure fun to play a variation of that game. Use baskets for your hoops and use soft balls for your darts. Partner the kids up and have them try to catch the balls from different distances to create more challenges.

Baked Fish with Corn Crust

- 1 cup corn flakes cereal (crushed into crumbs)
- 2 fish fillets (about 6 ounces of either trout, flounder, or other white fish)
- 1 cup 1% milk
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 2/3 tablespoon margarine (2 teaspoons)

Preheat oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes. Dip fish fillets in milk, then dip in cereal to coat the outside. Place fillets on baking sheet. Place 1 teaspoon margarine on top of each fish fillet. Bake for 10 to 15 minutes or until browned and fish is cooked through.

Recipe from USDA Mixing Bowl



Happy Thanksgiving

