



Child & Adult Care Food Program news for home-based providers sponsored by Child Care Consultants, Inc.

Handling a Choosy Eater

Article courtesy of NIBBLES FOR HEALTH, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

What would you do?

- Sara-Mei will not eat anything green – she even refuses a whole meal if one green pea appears on her plate.
- Santiago is interested in everything at the table BUT eating.
- Dillion gets upset when one food on his plate touches another.
- Mariffa will not eat anything but an orange or a banana; two days ago she would only eat peanut butter sandwiches.



“Choosy” eating is a child size step toward growing up and showing independence. In fact, what seems like a challenge to you may be an early step toward making food choices. A child’s “No” does not always mean no. What seems “choosy” may just be your child’s awkward first steps in learning to make decisions.

What appears to be “choosy” eating may instead be a smaller appetite. Preschool-age children grow and develop at a slower rate than toddlers do. If left alone, most children become hearty eaters again when their body’s growth pattern requires more food for energy. The best advice for you: Relax and be patient! Learn how to handle eating challenges and how to avoid conflict. That way, your child will not learn to use food as a way to exert control.

[Read about 10 Effective Ways to Handle a “Choosy” Eater by clicking here.](#)

More Bang for Your Buck!

TIP

Buy the larger size of low-fat plain yogurt instead of individual flavored yogurts. Then add your own flavors by mixing in fruits.

For more tips, visit the **USDA’s ChooseMyPlate.gov** site by clicking the shopping cart to the right.

Tips for your
grocery store trips





The Most Important Day of the Month

Don't forget! In order to receive your payment on time, all menus and attendance **forms are due to our office by the 5th** of each month.

If the 5th falls on a weekend or holiday, then forms are due on last business day prior to the 5th, by 5 p.m.

Forms can be mailed, emailed or faxed (see contact information below).

Changes to Your Schedule?

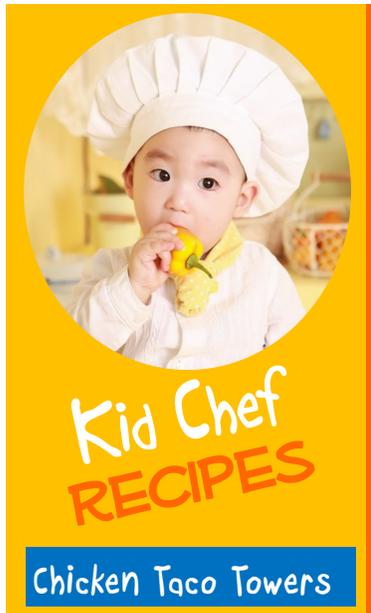
The summer months can be filled with fun activities, trips and busy schedules!

Please remember to contact us...

- If you will be away from home on a day you normally provide care, whether it is a scheduled monitoring visit day or not.
- If you have any upcoming scheduled vacation dates.



Please contact Megan Cook at 717-968-1144 or mcook@childcareconsultants.org.



A Healthy Recipe from a Kid Chef!

Get ready for the children in your care to enjoy a healthy taco recipe created by an 11-year-old from Pennsylvania...**Chicken Taco Towers!**

The simple recipe calls for ingredients to make chicken taco meat as well as corn and avocado salsa, such as:

olive oil | green pepper | ground chicken | cilantro
refried beans | corn | tortillas

To view the recipe, including a full ingredient list and cooking preparation instructions, view the [Kid's "State Dinner" Cookbook](#) (recipe page 91).



Questions? Megan Cook at 717-771-8565 or 717-968-1144

Child Care Consultants, Inc.

CCIS of York County | Mid-State Regional Key

29 N. Duke St. York, PA 17401

P: (717) 854-2273 | F: (717) 843-4158 | E: cacfp@childcareconsultants.org

www.childcareconsultants.org



Infant/Toddler | School Age

