

August 2009

# Nutrition Edition

From CCR's CACFP



## Nutrition Notes

Here at Child Care Resources, we decided to bring back an old tradition. Years ago, a random provider number was hidden each month in the *Nutrition Edition*. When a provider found their number in the newsletter, they called us and made arrangements to pickup a prize. Somewhere on these two pages is a provider number and it may be yours! If it is, give us a call. The wonderful prizes available include books and nutrition activities from some of our activity kits.

### 2009-2010 CACFP

#### Reimbursement Rates

	Tier 1	Tier 2
Breakfast	\$1.19	\$0.44
Lunch or Supper	\$2.21	\$1.33
Snacks	\$0.66	\$0.16

406.728.6446 \* Judy ext. 244 \* Jennifer ext. 240



This bright eyed, beautiful child explores her world.

## Important Reminders

- We will pick up from the Ravalli drop boxes on **September 2, 2009**.
- All reimbursement claims must be received by **September 2, 2009**.
- Checks will be mailed on **September 14th** and direct deposit will be available on **September 15, 2009**.
- Congratulations Rayna Stanley! Providers who filled out the CACFP annual survey entered in a drawing and Rayna won a 5 A Day activity kit.



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Child Care Resources



# From the CACFP's Kitchen to Yours

## Meal Service Tips

Is mealtime stressful? Do you find you dread meal time? The following are tips that help make mealtime more pleasant and inviting for young children.

- Provide tables, chairs, and dishes that suit young children.
- Provide quiet time just before meals so that the atmosphere can be friendly and relaxed at mealtime.
- Encourage children to help with the meal by setting the table, taking food to the table, or helping to clean up their space after eating.
- Avoid long delays in food service so that the children do not have to sit and wait.
- Create an atmosphere of acceptance and respect for each child at the table. This will make the meal both nutritionally 96360 and emotionally satisfying.
- Allow plenty of time for the meal. Mealtime is an event of its own, slow down and enjoy!



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