



ABC's of Menu Planning

Snohomish Health District
Partners in Child Care



Overview

- Starting Off Right
- Menu Planning
- Getting Creative

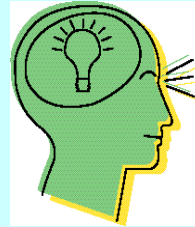


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2

- Menu Planning:

- Nutritional requirements
- Color
- Texture
- Diversity
- Calories
- Effeciency



Activity

What You Already Know About Menu Planning



Starting Off Right

- Find a quiet place
- Minimize interruptions
- Have notes handy



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- Have notes handy:
 - Vitamin A & C lists
 - Food lists
 - Meal pattern
 - Staff suggestions
 - Allergy information
 - Ideas from PiCC

Vitamin A List

Vitamin C List

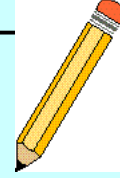
Washington State DOH

Cereal List

Fruit & Vegetable List



Starting Off Right



- Two week minimum menu cycle
- Don't worry about serving sizes now
- Use a menu planning template

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5

- Include foods from specified food groups
- Benefits of menu cycles:
 - Minimize food costs
 - Maximize nutrient density (there is a better chance the meal pattern is met) and decreases repeats
 - Contributes to organization: better planning (more time to involve children in some aspect of food preparation)

Menu Planning Template & Sample

Template can also be e-mailed as an attachment.



Starting Off Right

- Determine lunch items first
- 2nd → add breakfast items
- 3rd → add color with fruits & vegetables
- 4th → add snacks
- 5th → add beverages
- Consider computer programs



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6

- Snacks are a perfect time to make up vitamin A & C
- Computer programs:
 - CACFP programs
- Suggest on-line resources and PiCC staff visit

⌘ Examples of cookbooks and other menu planning resources



Starting Off Right



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7

- Recommended:

Grains: 6-11 servings

Vegetables: 3-5 servings

Fruits: 2-4 servings

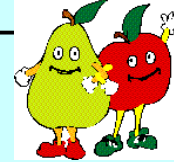
Dairy: 2-3 servings

Meat/Poultry/Fish: 2-3 servings

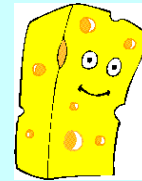
Fats/Sweets: Sparingly



Menu Planning

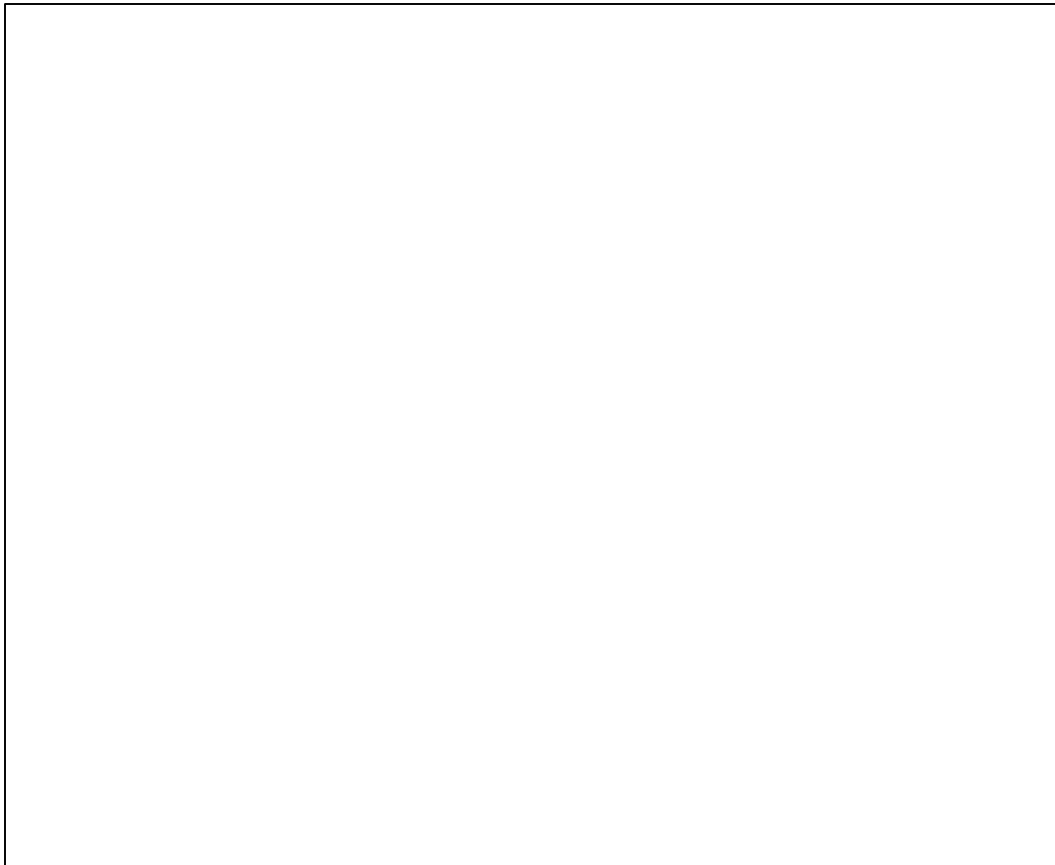


- Adequacy & Appeal
- Balance
- Calories
- Diversity
- Efficiency



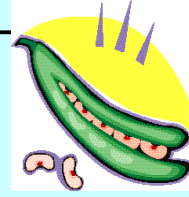
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8





Adequacy



- Meat/Meat alternates at lunch
- Dairy for breakfast and lunch
- Protein or calcium rich foods for PM snack
- Know requirements for CACFP

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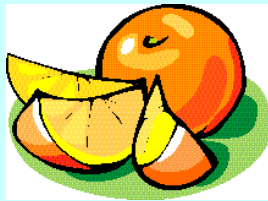
9

- Meal pattern requirements for Washington State
- Discuss protein foods and meat alternatives
- Protein or calcium foods help increase calories and nutrients and keeps children fuller, longer



Adequacy

- Foods rich in vitamin C daily:



Blackberries	50%
Kiwi	240%
Papaya	150 %
Broccoli	220%
Cauliflower	100%
Squash	30%

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10

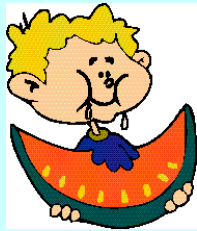
- Brainstorm with class participants other foods rich in vitamin C. These may include (with % of RDA):

Apricot	20	Bell Pepper	190
Cantaloupe	80	Brussel Sprouts	120
Gooseberries	60	Cabbage	70
Grapefruit	110	Green Cauliflower	90
Grapes	25	Collards	30
Honeydew	45	Mustard Greens	100
Lemon	40	Okra	20
Lime	35	Onion	20
Orange	130	Potato	45
Pineapple	25	Radishes	30
Plum	20	Spinach	25
Raspberries	40	Sweet Potato	30
Strawberries	160	Tomato	40
Tangerine	50	Yellow Snap Beans	20
Watermelon	25		



Adequacy

- Foods rich in vitamin A, 3 times a week:



- Apricots 40%
- Cantaloupe 100%
- Watermelon 20%
- Carrot 270%
- Sweet potatoes 44%

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11

- Brainstorm with class participants other foods rich in vitamin A. These may include (with % of RDA):

Dried apricots	50
Mango	40
Collards	50
Hot chili peppers	80
Leaf lettuce	40
Mustard greens	90
Romaine lettuce	20
Spinach	70
Tomatoes	20



Appeal

COLOR!

Comes mostly from fruits
and vegetables

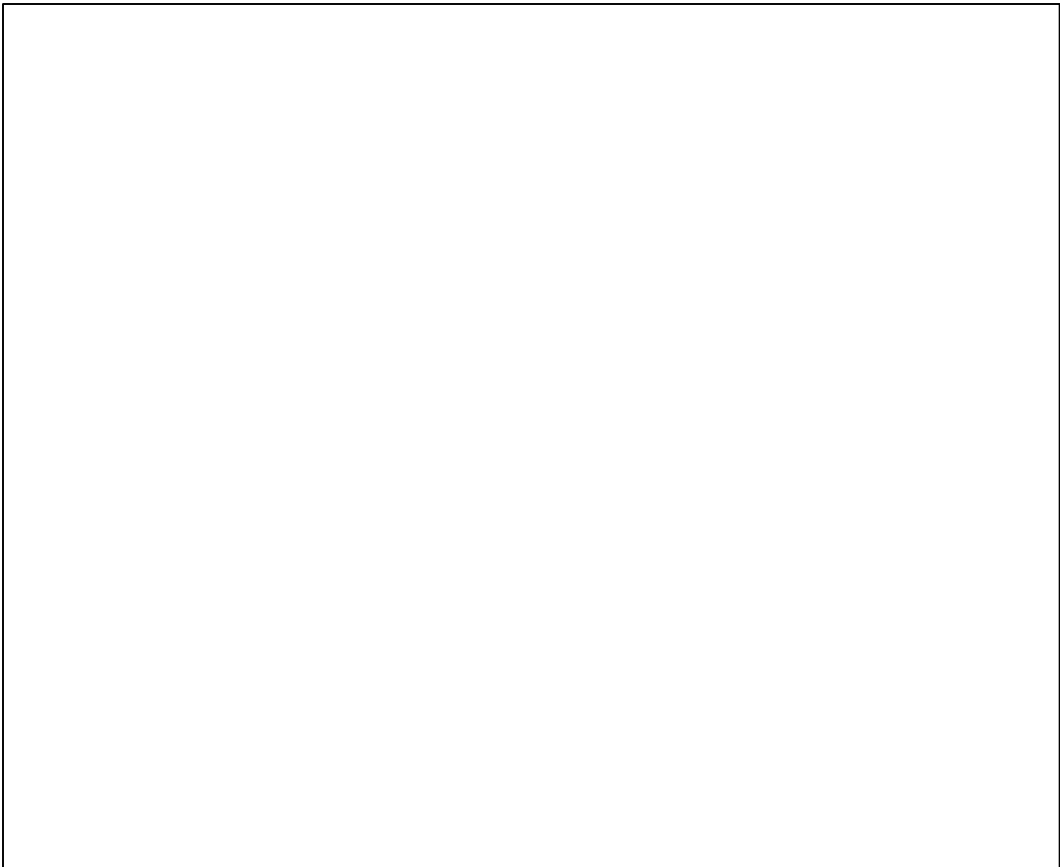
Fresh



Frozen



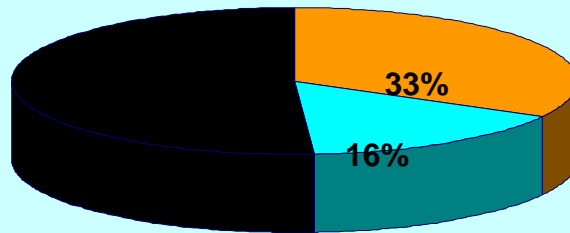
Canned





Appeal

Fruits & vegetables should make up 33% of a child's daily diet. Actual consumption is only 16%.



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13

•Frequently eaten fruits:

Potatoes (excludes fries)	28%
Corn	14%
Green Beans	10%
Carrots	8%
Lettuce	7%

•Frequently eaten vegetables:

Apple	23%
Banana	16%
Orange	10%
Grapes	8%
Applesauce	8%



Appeal



Temperatures:

- Variations appeal to greater preferences
- Depends on the season
- Cold foods can be eaten while hot foods cool

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14

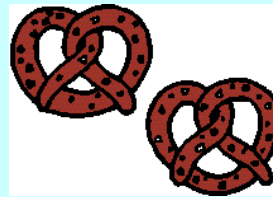
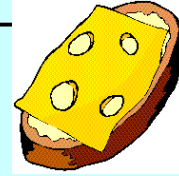
- Children tend to eat cold foods more often than hot regardless of outside temperature
- Smoothies are an excellent summer snack alternative to popcycles and ice cream
- Give plenty of time for hot foods to cool



Appeal

Texture:

- Chunky/Soft
- Crunchy/Soupy
- Crumbly/Firm
- Chewy/Tender



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15

- Mix them up!
 - pizza/salad
 - stew/breadsticks or toast
 - pretzels/melon
 - tortillas/cheese or bean dip



Balance

- Eat from all food groups
 - Maximizes nutrient intake



- Allows more choices
- Provides a model for children

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16

•Maximize nutrients by offering different vitamins/minerals that come from different food groups (vit. C from fruits, vit. A from vegetables, vit. B from grain, etc.)

•More Choices! Variety is the spice of life and allows opportunity for exploration



Calories



- Provide energy
- Bulk from carbohydrates
- Minimize high fat/sugar foods with low nutrient density

Remember, all foods can be eaten

In Moderation

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17

- Remember carbohydrates are the foundation of the food pyramid!
 - minimize simple and processed carbs
 - serve more complex carbs and whole grains
 - whole grains (as well as fruits and vegetables) provide more fiber
 - good source of vit. E
- Serve processed (canned and packaged foods) less often
- Simple meals with less added salt and sugar are easier and healthier
- Where Kids are Really getting their calories from?! – fats, sugars,
- The top group: soda and fast food
- Must balance calories in/out



Diversity

- Eat different foods within each food group
 - flavor
 - texture
 - color
 - nutrients
- Introduce ethnic, traditional, holiday, seasonal and new foods



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18

Activity

Pass out small samples of food to groups of 3. Give them 5 minutes to discuss how they would describe their food

Seasonal Food Handout

Regional and Ethnic Food Handout

- Discuss creative ideas (ei: cinco de mayo)



Efficiency

- Consider age appropriateness
- Consider child's development



- Consider food safety
- Consider food allergies

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19

Child Development:

- Finger foods
- Easy to pass foods
- Easy to poke foods
- Easy to spread foods

Food Safety:

- Encourage small bites and slow chewing
- Sit while eating
- Cut foods to 1/2 inch or less for preschoolers, 1/4 inch or less for toddlers
- Avoid foods that are round, firm, sticky or in large chunks
 - Nuts and seeds, whole berries, raw carrots and celery, raisins, uncut grapes, hot dogs, large chunks of meat or cheese, popcorn, hard candy, chunks of peanut butter

Choking Hazards Handout



Activity

Find the Menu Problem





Getting Creative!

- Let the children help
- Sing food related songs
- Plan weekly food activities
- Grow a garden!



Let kids help:

- Teaching snacks
- More than mud pies
- Discuss food safety basics and handwashing

Pretend passing/preparing food

- Environments Catalog

Sing food related songs:

- Nutrition notes