



# 2010 Montana CACFP Cook's Training

*Supported in part by a USDA Team Nutrition Grant*

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Today's Agenda

- 9:00 a.m. Welcome and Introductions
- 9:30 a.m. Cooking Demonstration
- 10:30 a.m. Morning Break
- 10:45 a.m. Work Station Assignments
- 12:00 p.m. Working lunch and Instruction
- 12:30 p.m. Q&A Wrap-up and Evaluations
- 1:00 p.m. Adjourn

Method

A *Market Basket* approach will be used for this training. Each work station will be given a basket of fruits and vegetables to create a dish. A *Market Basket* approach will inspire and provide a opportunity to be creative with fruits and vegetables.

Learning Objectives

Cook's Training is approved for four (4) credit hours of training in the Knowledge Base of the Health, Safety, and Nutrition of the Early Childhood Project, MSU Bozeman.

Participants will:

1. Incorporate foods consistent with the 2005 Dietary Guidelines for Americans into child care menus.
2. Learn food preparation techniques.
3. Learn basic cooking and baking skills.

## *Welcome to Cook's Training.*

Our goal is to teach and demonstrate cooking and baking techniques that improve the nutritional content of child care meals. Throughout the training, techniques will be presented on how to: incorporate whole grains; increase the variety of fruits and vegetables; increase fiber, as well as how to use legumes, lean protein and low fat dairy products (*for children over 2 years of age*) in meals while striving to decrease fat and sodium. Overall we aim to teach through recipes, consistent with the *Dietary Guidelines for Americans*, which can easily be incorporated into menus. And of course have fun while doing so!

We aim to provide ideas and strategies for recipe development, menu planning, and menu improvements, as menus are always ever changing and build upon. We encourage creative and innovative approaches to meal planning and are excited to have developed this year's hands on group activity, the *Market Basket*.

### *Directions:*

Each workstation will be given a basket of fruit and vegetables. The challenge of the market basket is to create a recipe using at least two of the food items in the basket. The participants can develop a recipe from scratch or use and modify existing recipes. In the basket there will be recipes which correlate with the ingredients. There will be additional fruits and vegetables on tables if more ingredients or different ingredients are needed. Send one member of the group to "shop" for ingredients at the supply tables. One table will have extra fruits and vegetables. A second table will have staples such as pasta, rice, flour, sugar and spices. Be creative and have fun.

Not all information covered in the training is in this training packet. We encourage you to take notes. We have included resources in this training packet you may find useful in your daily work.

*Please note: As with all recipes, modifications may need to be made for the age group you are serving, such as omitting nuts and other items that may cause choking or to accommodate allergies.*

*Enjoy,  
CACFP Staff*

### **Grape Crisp**

4 cups seedless grapes  
1 tablespoon grated orange zest  
1 tablespoon grated ginger root  
1/2 cup oats  
1/2 cup all-purpose flour  
1/2 cup firmly packed brown sugar  
1 cup melted butter  
Optional: 1/4 cup chopped walnuts

Combine grapes, walnuts, zest and ginger. Place in buttered/sprayed 8" pan. In a bowl combine oats, flour and brown sugar, mix well. Drizzle melted butter over this mixture. Mix well with a fork. Sprinkle over grapes. Bake for 35 to 45 minutes at 375 degrees or until topping is crisp and brown. Yields 6 servings. CACFP Meal Pattern: Credits for 8 half (1/2) cup servings of fruit.

*Source: OPI Nutrition Services*

### **Broccoli Cauliflower Pie**

Potato Crust:

2 cups packed grated raw or frozen shredded potatoes  
1/2 teaspoon salt  
1 egg, beaten  
1/4 cup grated onion

Set the freshly grated or thawed frozen potatoes in a colander over a bowl. Salt it and leave for 10 minutes. Squeeze out excess moisture and add to the remaining ingredients. Pat into a well oiled 9" pie pan, building up the sides of the crust with lightly floured fingers. Bake for 40-45 minutes or until browned at 400 degree preheated oven. After 30 minutes brush the crust with oil to crisp the crust.

Filling:

Reduce oven to 375 degrees

1 med size onion chopped  
1 tablespoon "real" bacon bits (optional)  
1 tablespoon oil  
2 1/2 cups of broccoli and cauliflower florets (microwave or sauté)  
1 1/2 cup grated cheddar cheese  
1/2 cup grated parmesan cheese  
1/4 cup non-fat dry milk  
3/4 cup water  
2 eggs, beaten  
1/2 teaspoon dry mustard  
1/4 teaspoon pepper

Sauté onions in oil and spread over prepared crust. Sprinkle bacon bits if using over onions. Fill the crust with broccoli/cauliflower and top with grated cheese. Combine dry milk and water. Add to beaten eggs and seasonings. Pour over broccoli/cauliflower and cheeses.

Bake in a preheated 375F degree oven for 45 minutes till brown on top and firm. Remove from oven and let sit for 5 minutes before cutting. Enjoy!!

Yield 8-10 servings. CACFP Meal Pattern: Credits for 9 1/2 half (1/2) cups vegetable

*Source: OPI Nutrition Services*

## **Pinto Beans and Ham**

### **Ingredients**

1 #10 can pinto beans drained  
1 gallon water  
½ cup base ham, low sodium  
1/3 cup onions, dehydrated flakes  
3 oz. tomato paste  
½ teaspoon black pepper  
1 cup raw celery  
½ cup carrots, raw  
2.5 lbs. Ham, boneless pit w/water  
1 ½ tablespoon Parsley, dried  
Vegetables as desired

### **Method:**

1. Drain and rinse canned pinto beans and add to large pot.
2. Add water, ham base, dry onions, tomato paste, and pepper.
3. Cook over medium heat while preparing carrots, celery, and ham.
4. Using the food processor, thinly slice celery stocks and shred the carrots. (or purchase pre-shredded carrots and chopped celery)
5. Add the vegetables to the beans and bring to boil. Reduce heat. Cover. Simmer while preparing ham.
6. Trim all visible fat from ham and cut into bite size chunks. (For ease of prepping, use a meat slicer to make thick slices to stack and chop.) Add to beans. Cook on low heat for 20-30 minutes until ham is thoroughly heated and vegetables are tender.
7. To bake in the oven, bring to a boil then cover it put in a 275 degree oven for 2 to 3 hours.

Cook to a minimum of 166 degrees for 18 seconds or more.  
Hold hot at 145 degrees until served.

Recipe yields 20-1 cup servings

CACFP Meal Pattern: Credits for 37 half (½) cup servings of vegetable and 37-1.5 oz servings of meat.

*Recipe Source: St. Labre Food Service, Ashland, MT*

### **Molasses Bread**

1 cup molasses  
2 cup buttermilk or plain molasses  
2 teaspoon baking soda  
4 cup whole wheat flour  
1 teaspoon salt

Raisins, nuts, grated apples, etc can be added to taste

Mix all ingredients and add to greased and floured 9" loaf pans. Bake at 375 degrees for 40 minutes. Makes two loaves.

*Source: OPI Nutrition Services*

### **Pita Chips**

#### **Ingredients**

Pita bread  
"oil" spray  
Choose seasoning: garlic salt, oregano and parmesan cheese, cinnamon & sugar or plain salt

#### **Directions**

Cut pita into triangles, and then separate. Place on foil covered cookie sheet. Spray with oil; season to taste. Bake approximately 8 to 10 minutes at 350 degrees until crisp (watch and test). Remove and cool. Store in bread bags.

*Source: www.cooks.com*

### **Easy Hummus Dip**

#### **Ingredients**

2 (15 1/2 oz.) cans chick peas (garbanzo beans), drained  
1/4 cup fresh lemon juice  
2 tablespoon oriental sesame oil  
1/8 teaspoon garlic powder  
Pita bread, cut into eighths  
Olive oil to cover

#### **Directions**

Puree all ingredients except bread in blender or processor.  
(Can be prepared one day ahead.) Cover and refrigerate.  
Transfer to bowl. Drizzle olive oil over top and blend.  
Serve with pita bread.

Yields approximately 14-1/4 cup servings CACFP Meal Pattern Credits for 14 1/4 cup servings of vegetable.

*Source: www.cooks.com*

### Sloppy Lentils

2 cups lentils  
½ onion, chopped  
2 carrots, chopped  
1 green pepper, chopped  
4 cups water  
4 cups tomato sauce  
1 bay leaf  
½ teaspoon basil  
¼ teaspoon garlic powder  
Salt to taste

1. Simmer lentils, onion, carrot, green pepper and water for 30 minutes.
2. Add tomato sauce and seasonings and simmer 30 minutes longer.
3. Serve over bread or in buns.

### Lentil Spaghetti Sauce

1 medium onion  
1 clove of garlic  
2 cups stock  
4 tablespoons Tomatoes  
2 fresh tomatoes  
1 tablespoons oregano and thyme  
Salt and pepper

1. Cut the onion into chunks of about centimeter size.
2. Sauté with crushed garlic until golden.
3. Add lentils and sauté for a few minute
4. Pour on stock.
5. Add tomato paste and fresh tomatoes cut into chunky pieces.
6. Add herbs, and salt and pepper to taste.
7. Simmer for 20 minutes or until lentils are cooked
8. to satisfaction.
9. Serve on pasta or rice.

### Lentil and Rice Salad makes 4-6 servings

1 tablespoon extra-virgin olive oil, plus three tablespoons  
1 carrot, peeled and finely diced  
1 small onion, finely chopped  
2 garlic cloves, minced  
1¼ cups dried green lentils  
2½ cups chicken broth, plus 2 cups  
1 bay leaf  
1 cup long-grain rice  
1½ cup pitted kalamata olives. Coarsely chopped  
½ cup chopped fresh Italian parsley leaves  
2 teaspoons finely grated lemon peel  
Salt and freshly ground pepper

#### Cooking Directions

1. Heat 1 tablespoon of oil in a large saucepan
2. Add the carrot, onion, and garlic and sauté until the onion is translucent, about 5 minutes
3. Stir in lentils
4. Add 2½ cups of broth and bring to a boil over high heat
5. Decrease the heat to medium low.
6. Cover and simmer gently until the lentils are just tender, about 15 minutes
7. Drain well
8. Transfer the lentils to a large bowl.
9. Meanwhile, bring the remaining 2 cups broth and bay leaf to a boil in medium sauce pan over high heat.

10. Add the rice and return the broth to a simmer.
11. Cover and simmer gently over low heat until the rice is tender and the liquid is absorbed, about 20 minutes (Do not stir while the rice cooks)
12. Remove the sauce pan from the heat. Fluff the rice with a large fork.
13. Transfer to the bowl with the lentils. Add the olives, parsley, thyme, and lemon peel.
14. Toss the rice mixture with the remaining 3 tablespoons oil to coat.
15. Season, to taste, with salt and pepper.
16. Serve warm or at room temperature.

## Chicken or Turkey Vegetable Soup

### Ingredients

2 quarts 2 cups chicken stock  
13 oz cooked chicken or turkey, chopped  
6 oz canned tomato paste  
4 oz fresh celery, chopped  
4 oz fresh onions, chopped  
1/4 teaspoon pepper  
1 tablespoon dried parsley  
1 1/2 teaspoon granulated garlic  
4 oz corn, canned (drained) or frozen  
4 oz sliced carrots canned (drained) or frozen  
3 3/4 oz green beans canned (drained) or frozen  
4 1/2 oz peas (drained) or frozen

### Directions

1. In a heavy pot combine stock, cooked chicken or turkey, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
2. Add corn, carrots, green beans, and green peas. (Frozen and canned vegetables may be combined.)
3. Cover and simmer for 15 minutes, or until vegetables are tender.
4. Heat to 165 degrees F or higher for at least 15 seconds.
5. Hold temperature at 135 degrees F or higher until served.

Makes 25 1/2 cup servings

Serving Size: 1/2 cup (4oz ladle) provides 1/2 oz of cooked poultry and 1/2 cup of vegetable.

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## Multi-Bean Soup

### Ingredients

3/4 cup Dry great northern beans or navy beans  
1/4 cup Dry pinto beans  
1/3 cup Dry kidney beans  
1 quart Water (for soaking beans)  
3 quarts 1 1/2 cups Chicken stock  
1 each Dried bay leaf  
1/4 teaspoon Dried thyme  
1/4 teaspoon Granulated garlic  
1 1/2 cups Fresh potatoes, 1/2" diced  
1 cup 3 tablespoons Fresh carrots, 1/2" chopped  
1/2 cup Fresh onions, chopped  
1 1/4 cups Low fat 1% milk, hot  
1/8 teaspoon Salt  
1/8 teaspoon Pepper

### Directions

1. Soak all beans in water for 20-30 minutes. Thoroughly drain and discard water. Rinse beans and drain thoroughly.
2. In a heavy pot, combine soaked beans, chicken stock, bay leaves, thyme, and granulated garlic. Bring to a boil over medium heat. Reduce heat, cover, and simmer until the beans are tender, about 50 minutes.
3. Add potatoes, carrots, celery, and onions. Simmer, covered until tender, about 20 minutes.
4. Add hot milk, salt, and pepper. Return to a simmer and cook, uncovered, for 15 minutes.
5. Remove bay leaves.
6. Heat to 165 degrees F or higher for at least 15 seconds.
7. Hold for hot service at 135 degrees or higher

Makes 25 1/2 cup serving sizes

1/2 cup (4 oz ladle) provides 1/8 cup of cooked dry beans or the equivalent of 1/2 oz cooked meat and 1/8 cup of vegetable.

## Additional Recipes

Source: USDA Recipes for Child Care  
Eat Right Montana

### Oatmeal Pear Breakfast Casserole

#### Ingredients:

1 1/4 cup rolled oats  
1/3 cup all purpose flour or oat flour  
1/3 cup light brown sugar  
1 teaspoon cinnamon  
1/4 cup butter measured and placed in freezer for at least 15 minutes  
6 fresh pears, peeled and cut into 1 inch pieces  
1/4 cup raisins  
1/4 cup light brown sugar  
Vanilla yogurt

Yield: 12-1/2 cup servings  
1 serving provides equivalent of 1/2 cup fruit.

#### Ideas/Substitutions

- Use local products, such as Montana-grown wheat flour, oats and maybe even fruit (in season or dried).
- Substitute local apples, berries, cherries, or peaches for pears.
- Substitute other dried fruit for raisins, tart dried cherries or dried cranberries.

#### Instructions:

1. Combine the oats, flour, 1/3 cup brown sugar, and cinnamon.
  2. With a pastry blender or two forks, cut in the cold butter until the mixture is well blended and resembles soft crumbs.
  3. Preheat the oven to 375 degrees.
  4. Combine the fresh pear chunks, raisins, and the other 1/4 cup brown sugar in a 13 X 9 inch oiled or sprayed baking dish.
  5. Evenly sprinkle the oat mixture over the top.
  6. Bake for 30 minutes or until bubbly and pears are tender.
  7. Spoon into small bowls and top with 3 or more tablespoons yogurt.
- For smaller groups, divide ingredients in half and use a smaller baking dish.

**Recipe Source:** Healthy Families Media Campaign, March 2009 Edition, Going Green: Simple Steps for Healthy Families, Eat Right Montana.

### Beef and Rice Casserole

#### Ingredients

11/2 cups Enriched white rice, medium grain, regular  
3 cups Water  
3lbs 3oz Raw ground beef  
11/4 cup Fresh onions, chopped  
1 cup Fresh green peppers, 1/4" diced  
2 cups Fresh celery, 1/4" dices  
1 quart 1 cup Water  
11/2 Catsup

2 cups Canned tomato puree  
3 tablespoons Honey  
1 tablespoon Chili powder  
3/4 teaspoon Dried oregano  
3/4 teaspoon Salt  
1/4 teaspoon Pepper  
1/4 cup Worcestershire sauce  
31/2 cup Frozen mixed vegetables, thawed (optional)

#### Directions

1. Add 3/4 cup rice and 11/2 cups to each pan. For 24 servings use 2 pans (12" x 10" x 2" pan). Cover.
2. Bake at 350 degrees F for 25-30 minutes in a conventional oven.
3. Brown ground beef. Drain. Continue immediately.
4. Add onions, peppers, and celery to ground beef and sauté for 5 minutes or until onions are translucent.
5. Add water, catsup, tomato puree, honey, chili powder, oregano, salt, pepper, Worcestershire sauce, and vinegar to meat mixture. Stir to blend. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 15 minutes.
6. Distribute 1 3/4 cups of mixed vegetables over each pan of rice.
7. Top each pan with equal portions of meat mixture. Cover.
8. Bake at 375 degrees F for 20 minutes in a conventional oven.
9. Heat to 155 degrees F or higher for at least 15 seconds.
10. Hold hot at 135 degrees or higher.

Makes 24 servings

One portion provides 1 1/2 oz of cooked meat, 1/4 cup of vegetable, and the equivalent of 1/2 slice of bread

Source: USDA Recipes for Child Care

## Sweet Potato Rolls

### Ingredients

1 cup Sweet potatoes, canned, undrained  
1 tablespoons Butter, softened or melted  
2 tablespoons Oil  
1/4 cup Honey  
1 lbs. 2 oz Bread flour  
4 oz. Whole wheat flour  
1/4 cup Dry milk powder  
3/4 teaspoon Salt  
1 cup Water, warm  
.375 oz SAF yeast

### Procedure:

1. Measure out sweet potato pieces into measuring cup. They will have air pockets between the pieces, do not pack down. Pour sweet potato liquid over sweet potato pieces to the top of the measure. Add to mixing bowl and beat until smooth.
2. Add butter, oil and honey to mash sweet potatoes.
3. In a separate bowl, measure and stir together all dry ingredients. Add to sweet potato mixture and blend until dry ingredients are incorporated.
4. Add water to above mixture and mix with dough hook for 10 minutes until dough leaves the side of the bowl and is fully developed. Dough will be soft and sticky, but will firm up during fermentation.
5. Let dough sit covered for 20 minutes before shaping into rolls.
6. Pinch into 2 ½ oz. rolls or 3 ½ oz bund and shape. Let rise until double in bulk.
7. Bake at 375 degrees for approximately 15 -20 minutes or until browned.

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## Ham & Cheddar in a Loaf

Prep: 15 min.

Total: 1hour 5min.

1lb. frozen bread or pizza dough, thawed

1pkg. (9 oz.) ham

1 cup shredded cheddar cheese

1 egg beaten

1 Tbsp. 100% grated parmesan cheese

**Preheat** oven to 350F. Place dough on lightly floured surface; flatten slightly with hands, then roll into 12x8 inch rectangle with rolling pin.

**Top** dough evenly with ham, overlapping slices slightly and leaving a ½ -inch boarder around all sides.

**Sprinkle** cheddar cheese; spread evenly over ham.

**Moisten** edges of dough with water. Starting at one of the long sides of dough, fold 1/3 of the dough over filling, then repeating with other long side of dough. Firmly pinch ends of dough together to seal. place, seam-side down, on lightly greased baking sheet.

**Cut** 3 diagonal slits in top of dough. Brush evenly with egg; sprinkle with parmesan cheese.

**Bake** 35 to 40 minutes or until golden brown. Cool 10 min. before cutting into 6 slices to serve.

Makes 6 servings, 1 slice each.

Recipe Source: Adapted from Kraft food & family Winter 2007



## Cooking Methods

# Cooking with Fruits & Vegetables

Source: [www.vegetableexpert.co.uk](http://www.vegetableexpert.co.uk)

USDA Recipes for Child Care Supplemental Information

Timing is important when cooking vegetables. To protect quality and nutritional value, you'll want to serve vegetables soon after they are cooked. This may require careful scheduling, but the results will be worth it. A good way to protect quality is to cook vegetables in small batches. Batch cooking helps prevent vegetables from becoming broken or overcooked. It also helps ensure that vegetables will retain their color and have little loss of nutrients. Be sure to cook vegetables only until tender-crisp. They may continue to cook when held. Vegetables will become overcooked if held too long, so batch cooking throughout the meal is recommended.

**Dry vs. Moist Heat:** Cooking methods are classified as dry or moist depending whether water is involved. Dry-heat cooking methods include baking, roasting, sautéing, and stir-frying. Moist-heat cooking methods include boiling, simmering, and steaming.

**Boil & Simmer:** Water reaches a rolling boil it creates breaking bubbles (212F), many nutrients boil away into the water. In simmering, water contains small bubbles that break on the surface (140F-185F). Simmered dishes, soups, stews, retain nutrients because the liquid is part of the dish.

### To boil in water:

Cook in a covered stockpot as follows. (Leave off lid for items like broccoli, Brussels sprouts, and cabbage, to help retain their bright green color.)

1. Add fresh or frozen vegetables to boiling water.
2. After water boils again, reduce heat and simmer until tender-crisp.
3. Drain cooked vegetables and serve.

**Steaming:** Vegetables are cooked over, not in hot water. Water should be below the level of the steaming basket, so nutrients will not leach into water. Use medium heat to steam. Cut dense vegetables into small pieces to cook quickly.

### To steam:

Place fresh or frozen vegetables in a single layer in a steamer pan (12" x 20" x 2 1/2") or in a steaming basket. The pot which the basket is placed should be filled with 1-1.5 inches of water.

1. Steam uncovered, following steamer manufacturer's directions. Careful to not overcook.
2. Drain cooked vegetables.

**Stir-Frying:** Food is cooked over very high heat, usually using a wok; a skillet can also be used. The stir frying method retains nutrients. Stir frying cooks quickly and uses little oil. Vegetables must be stirred to cook evenly and prevent burning.

### To stir-fry:

Cut or dice vegetables into uniform pieces, selecting them for color, texture, and flavor.

1. Heat a small amount of oil in a frying pan.
2. Add dense vegetables that take longest to cook first, such as carrots.
3. Then add remaining vegetables, such as onions and broccoli florets.
4. Cover and cook until vegetables are tender but crisp and brightly colored.

**Sautéing:** Food is cooked over high heat usually in a sauté pan or skillet with olive or canola oil. Pan frying is different than sautéing; it is usually cooked at a lower temperature.

**Baking and Roasting:** Food is cooked by surrounding it with heat in an oven. Baking browns the outside of foods and seals in moisture, good for cooking potatoes and winter squash. Roasting and baking have the same meaning. Baking usually refers to cooking baked goods and roasting refers to cooking meats and vegetables.

### To microwave:

Place fresh or frozen vegetables in a covered microwaveable dish.

1. Microwave, following manufacturer's directions, stirring halfway through the cooking time.
2. Careful to not overcook.



## Top 10 Healthy Ways to Cook Fruits & Vegetables

### Cook It Up the Healthy Way

#### 10 Bake...

1. Sweet potato fries cut into slices and seasoning with olive oil, cayenne pepper and a dash of salt.
2. Peaches for a sweet snack. Slice in half, drizzle with honey and sprinkle with ginger.
3. Winter squash, drizzle with olive oil and sprinkle with cinnamon.
4. A potato topped with broccoli and a sprinkle of cheese.
5. Apples with spices.

#### 9 Boil...

1. Diced or crushed tomatoes in a vegetable or chicken broth for the base of homemade tomato soup.
2. Add fresh herbs and spices to make your own unique recipe.
3. Apples with lemon juice and cinnamon. Mash up and serve warm or chilled.
4. Turnips and potatoes. Mash them together and season with salt and pepper.
5. Butternut squash and season with salt, pepper and a drizzle of olive oil.

#### 8 Steam...

1. Favorite vegetables with citrus juice and zest added to the water to create bold, new flavors.
2. Try lemon juice with spinach, orange with broccoli or grapefruit with carrots!
3. A medley of vegetables and season with some herbs. Serve over couscous.
4. Cabbage seasoned with caraway seed, salt and pepper. Green beans with chopped onion. Add a clove of garlic to cooking water.

#### 7 Stir-Fry ...

1. Pineapple and mango in a honey ginger sauce for a perfect topping.
2. Zucchini, yellow squash, diced tomatoes and mushrooms with olive oil and herbs and serve over brown rice.
3. Broccoli in olive oil and chopped garlic.
4. Frozen mixed veggies. Add a dash of low sodium soy sauce, or flavor with herbs.
5. Onions, peppers, zucchini, corn and jicama. Throw in some red or black beans. Season with your favorite salsa to give it a Southwestern flair. Serve over rice.

#### 6 Sauté ...

1. Pear and apple slices (peeled) in a skillet with a little butter until tender. Add marmalade and orange slices, remove from heat and serve.
2. Cauliflower with nutmeg and oil after pre-steaming for a tasty twist on an old veggie.
3. Spinach with garlic and olive oil.
4. Green and yellow summer squash with onion and garlic. Season with salt and pepper, and sprinkle with Parmesan cheese. For a different twist, add chopped tomato and basil.
5. A variety of different colored peppers with onion. Serve as a side dish.



### 5 Roast ...

1. Red peppers in the oven at 450, turning every 15 minutes until done (blackened skins). Peel off the skin and slice them, then drizzle in oil and garlic and refrigerate. A Perfect addition to any salad, sandwich or antipasto dish!
2. Whole red potatoes in the oven after tossing them in a mixture of olive oil, garlic and rosemary until tender for a mouth-watering side to any meal!
3. Some winter vegetables cut in large pieces – parsnips, turnips, rutabaga, beets, and sweet potato are some good choices. Coat lightly with olive oil, sprinkle with your favorite herbs, and roast at 425 for 30-40 minutes until tender and browned.
4. Brussels sprouts drizzled lightly with olive oil, and sprinkled with salt.
5. Thin slices of sweet potato to make chips.

### 4 Grill ...

1. Mushrooms, bell peppers, onions and tenderloin.
2. Corn on the cob. Peel and coat in a mix of seasonings such as oregano, pepper, onion and chili powders and salt with a touch of butter to help it stick. Wrap in aluminum foil and grill till tender.
3. Some eggplant, zucchini and portabella mushrooms to use in a wrap.

### 3 Stew ...

1. Pears. Peel and core and stew gently in cinnamon, sugar and water until tender.
2. Cabbage with tomatoes and garlic to serve over rice for a unique side dish to any meal!
3. Classic stew vegetables such as potatoes, carrots, green beans, celery, onions in canned tomato sauce. Substitute canned beans like kidney beans or black beans for meat.
4. Frozen corn, onions, peppers, celery, and salsa. Serve over rice. Add some red or black beans.
5. Canned tomatoes, eggplant, peppers, and chickpeas. Add oregano and top with sliced olives.

### 2 Blanch ...

1. Basil and parsley leaves. Blend together with olive oil, garlic and a little lemon juice for pesto!
2. Broccoli and cauliflower to use on a vegetable platter for snacks and appetizers.
3. Broccoli rabe in salted water to reduce bitterness. Then cook like broccoli.
4. Carrots, cauliflower, green beans, asparagus and broccoli. Marinate in your favorite low-fat vinaigrette and serve cold. If desired, add other veggies like onions, mushrooms and peppers.

### 1 Microwave ...

1. Any chopped veggies in a bowl with an egg or two.
2. Cranberries and orange zest with a little sugar and water to make a sweet cranberry relish.
3. Spaghetti squash by cutting in half lengthwise and putting face down in a dish with water. Scoop out squash and serve like spaghetti with tomato sauce and/or Parmesan cheese.
4. A potato topped with cottage cheese and chives.



## Pre-preparation of Fresh Vegetables

### *Cooking with Fruits & Vegetables*

*Source: Adapted from USDA Recipes for Child Care  
Supplemental Information*

Before preparing fresh vegetables, cut away any damaged or bruised areas. Bacteria that cause illness can thrive in these places. Immediately refrigerate any fresh-cut items for best quality and food safety.

Specific directions for preparing a variety of fresh vegetables that are commonly served in Child Care programs are listed below. Vegetables that make good finger foods are starred (\*).

**Asparagus spears\*:** Break off the tough lower ends of the stalk. Wash. If sand or grit is present under scales, scrape off scales. Brush gently with a soft brush. Swish in water.

**Beans, Blackeye Beans or peas, or Lima:** Shell. (Scald pods to make shelling easier.) Rinse. Fresh shelled beans should be cooked before serving to deactivate naturally occurring toxins.

**Beans, green or wax\*:** Wash. Trim ends; remove any strings. Cut or break into 1-inch pieces, slit lengthwise into thin strips (for French-cut beans), or leave whole, after cooking.

**Beets:** Remove tops, leaving 2-inch stems on beets. Wash. Remove stems and roots, and peel after cooking.

**Broccoli \*** Cut off tough stalk ends. Wash. **Florets:** Cut florets from stalks. Save stalks to shred for coleslaw or add to chopped salads for an interesting crunch. Florets can be served raw or cooked. **Spears:** Cut off tough stalk ends. Wash. Cut broccoli lengthwise, if thick, to speed cooking. Cut horizontally into thirds.

**Brussels sprouts\*:** Remove discolored outer leaves. Wash. For cooked vegetable, cut an X in the stem end to hasten cooking.

**Cabbage\*:** Remove discolored outer leaves. Wash thoroughly. Quarter and core. Crisp in cold water, if wilted. Shred or cut into 1/2 inch wedges.

**Carrots\*:** Wash. Scrape or peel with vegetable peeler. Cut off ends. Chop or cut into slices or sticks.

**Cauliflower\*** Remove outer leaves and stalks. Break into florets. Wash. Serve raw or cooked.

**Celery\*:** Separate ribs; wash celery and scrub grooves with brush. Trim off root and blemishes. Chop, slice, or cut into sticks.

**Cherry tomatoes\*:** Wash, remove blossom-end stems. Cherry tomatoes should be halved for easier eating and to prevent choking in young children.

**Corn on cob Husk;** remove silk. Rinse; do not allow corn to stand in water. Corn is typically cooked before serving.

**Cucumbers\*:** Wash. Peel if waxed or if skins are tough. Cut into strips, chunks, or wheels. Cucumbers are generally served raw.

**Eggplant:** Wash Peel and cut into pieces or slices. To prevent darkening, hold in salted water (1 Tbsp salt per quart of water) until ready to cook. Eggplant should be cooked before serving.

**Green leafy vegetables:** (beet greens, chard collards, kale, mustard), Wash greens in water as many times as needed until there is no sand on the leaves. Lift greens out of water (instead of pouring off water) so that sand remains on the bottom of the sink. Strip leaves from tough stems and discard any discolored leaves. These vegetables are typically cooked.

**Onions mature:** Peel; rinse. Quarter, if large, or cut as desired. May be served raw or cooked.

**Peas, green:** Shell. Rinse. Should be cooked before serving.

**Peppers, green, yellow, red\*:** Wash. Cut out stem or blossom end and remove seeds and fibrous portion. Wash the inside. Cut or chop as desired. Can be served cooked or raw.

**Potatoes:** Wash, scrubbing with vegetable brush. Remove eyes. Cut potatoes to serving size. Pierce skins if baking whole. Fresh potatoes are typically cooked before serving.

**Pumpkin:** Store around 50 °F until cut. Remove stem and cut pumpkin in half. Scoop out flesh and seeds. Cook as desired. Can also be baked whole. Seeds are preferred roasted.

**Rutabagas:** Wash. Peel and cut as desired. Rutabagas may be eaten raw or cooked.

**Spinach:** Wash. Cut off tough stems. Discard yellow and damaged leaves. Serve raw or cooked.

**Squash, summer\*:** Wash. Cut off stem and blossom ends. Trim as desired. (It is not necessary to peel summer squash.) Slice, cut into sticks, or chop. Makes a mildly flavored finger food. Can be served raw or cooked.

**Squash, winter:** Wash. Cut in half with a heavy-bladed knife. Remove seeds, fiber, and peel. Cut into serving pieces. (If peel is hard and tough, soften by steaming or boiling.) Winter squash should be cooked before serving due to its hard texture.

**Sweet potatoes:** Scrub, using brush. Fresh sweet potatoes are typically cooked before serving.

**Tomatoes\*:** Wash. Cut out core. Cut into quarters, wedges, or slices. Tomatoes may be peeled by scalding. Dip the tomatoes, uncut, into boiling water for 30 seconds to 1 minute. Plunge into cold water and slip off skin. After peeling, core and cut as desired.)

### ✓ Preparing Frozen Vegetables for Cooking

Loosely packed frozen vegetables, such as whole-kernel corn, can be cooked without thawing. Solid-packed frozen vegetables, such as spinach, should be thawed in the refrigerator long enough to break apart easily before cooking. Broccoli spears will cook more uniformly if they are partially thawed.

### ✓ Guidelines for Washing Fresh Vegetables

*Tips for Washing Fresh Vegetables (for Cooking or for Serving Raw)*

Just before eating or preparing, wash fresh produce under cold running tap water to remove any lingering dirt. This reduces bacteria that may be present. Firm vegetables such as carrots, potatoes, and squash will need to be scrubbed with a vegetable brush under cold running water to remove dirt from the crevices. Vegetables that can't be scrubbed such as asparagus, broccoli, Brussels sprouts, cauliflower, or greens should be immersed in cold water. Shake to dislodge any dirt, then remove immediately. Rinse under cold running tap water and drain before cooking or serving raw. Do NOT wash fruits and vegetables with detergent or soap. These products are not approved or labeled by the Food and Drug Administration for use on foods. You could ingest residues from soap or detergent absorbed by the produce.

### ✓ Seasoning Vegetables With Herbs and Spices

Vegetables can enhance the natural flavor of vegetables with herbs, spices, and other seasonings. Herbs and spices also reduce the need for added salt and fat. Try the suggestions below.

|   |  |
|---|--|
| <b>Beans, green or wax:</b> Caraway, dill seed, onion powder, or sage                                   | <b>Celery:</b> Celery seed, curry, dill seed, nutmeg, red pepper, or thyme                                   |
| <b>Beets:</b> Caraway, cinnamon, or dill seed   | <b>Onions:</b> Cinnamon or sage  |
| <b>Broccoli :</b> Lemon juice or marjoram   | <b>Sauerkraut:</b> Celery seed or sugar  |
| <b>Cabbage:</b> Basil, caraway, celery seed, curry, dill seed, mustard seed, or onion powder            | <b>Peas:</b> Basil, dill seed, marjoram, mint, or oregano  |
| <b>Carrots:</b> Basil, celery seed, cinnamon dill seed, marjoram, mint, or thyme                        | <b>Spinach:</b> Basil, marjoram, mint, nutmeg, rosemary, vinegar, or lemon juice                             |
| <b>Cauliflower:</b> Caraway, celery seed, dill seed, lemon juice, mace, marjoram, rosemary, or tarragon | <b>Tomatoes:</b> Basil, celery seed, chili powder, cinnamon, garlic powder, oregano, parsley, sage, or sugar |
| <b>Green leafy vegetables:</b> Garlic powder, lemon juice, or vinegar                                   | <b>Sweet potatoes:</b> Allspice, cardamom, or cinnamon   |
| <b>Corn:</b> Chili powder   | <b>Turnips:</b> Rosemary   |
| <b>Lima beans:</b> Curry  | <b>Winter squash:</b> Allspice, cardamom, or nutmeg  |
|   | <b>Zucchini:</b> Caraway, marjoram,  |

## Increasing and Decreasing Yield of a Recipe

Step 1. Decide how many servings are needed.

Step 2. Find the yield of the recipe.

Step 3. Divide the needed yield by the recipe yield to equal a number referred to as a factor.

Step 4. Multiply the quantity of each ingredient by the factor.

Step 5. Round any fraction or decimal to the nearest whole number.

### **Examples:**

#### 6. Decreasing Yield:

Banana Muffin Recipe Yields: 25 servings

How many servings needed=10

Finding the Factor:

$$\begin{array}{r} 10 \\ \hline 25 \end{array} = .4$$

| <b><i>Ingredient</i></b>     | <b><i>Amount for 25 servings</i></b> | <b><i>Factor</i></b> | <b><i>Amount for 10 servings</i></b> |
|------------------------------|--------------------------------------|----------------------|--------------------------------------|
| <i>flour</i>                 | 15 oz                                | x .40                | = 6 oz                               |
| <i>salt</i>                  | 1tsp                                 | x .40                | = .40 tsp                            |
| <i>fresh bananas, peeled</i> | 8oz.                                 | x .40                | = 3.2 oz                             |

#### 7. Increasing Yield

Banana Muffin Recipe Yields: 25 servings

How many servings needed=50

Finding the Factor:

$$\begin{array}{r} 50 \\ \hline 25 \end{array} = 2$$

| <b><i>Ingredient</i></b>     | <b><i>Amount for 25 servings</i></b> | <b><i>Factor</i></b> | <b><i>Amount for 10 servings</i></b> |
|------------------------------|--------------------------------------|----------------------|--------------------------------------|
| <i>flour</i>                 | 15 oz                                | x 2                  | = 30 oz                              |
| <i>salt</i>                  | 1tsp                                 | x .2                 | = 2 tsp                              |
| <i>fresh bananas, peeled</i> | 8oz.                                 | x 3                  | = 16 oz                              |

## Crediting Recipes in CACFP

Any recipe, a one item or a combination recipe, can be credited for the CACFP Meal Pattern. Most recipe books provide useful information to assist in the number of servings/yield of a recipe.

Materials needed: pen, paper, calculator, CACFP Meal Pattern, Food Buying Guide, cookbook with yield information.

Step one: Identify the meal components. See below: Crediting Combination Foods toward CACFP Meal components.

Step two: Credit the recipe using the CACFP Meal Pattern serving sizes.

Step three: Adjust recipe as needed to equal the servings needed.

If you have any questions on crediting combination foods or recipes contact the CACFP office.  
1-(888)-307-9333

### Crediting Combination Foods toward CACFP Meal Components *Adapted from: State of Colorado CACFP*

You may count combination foods up to a total of three meal components:

- 1) Protein/Protein Alternate
- 2) Bread/Bread Alternate
- 3) Fruit/Vegetable (count as one component only.)

**Example:** Homemade Pizza with Cheese, Tomato Sauce, Onions, Mushrooms, and Zucchini

**Credit as:**

- Meat/Meat Alternate
- Bread/Bread Alternate
- Fruit/Vegetable (count as one component only)

**Example:** Beef Stew made with Beef, Carrots, Potatoes, and Onions

**Credit as:**

- Meat/ Meat Alternate
- Fruit/ Vegetable (count as one component only.)

**Example:** Carrots and Peas

**Credit as:**

- Fruit/ Vegetable (count as one component only.)

**Exception:** Chef Salad (with Meat/Meat Alternate)

**Example:** Chef Salad with Hard Boiled Egg,  
Turkey, Cheese, Lettuce, Tomato, Celery, and Cucumber.

**Credit as:**

- Meat/Meat Alternate (Egg)
- Fruit/Vegetable (Lettuce)
- Fruit/Vegetable (tomato, celery, cucumber)

## Cost Saving Tips

**#1 Cycle Menus:** Cycle menus have many advantages including saving time and money. A cycle menu is a series of menu repeated over a specific period of time such as 2 or 4 weeks or even 31 days. Cycle menus can also be seasonal. At the end of the cycle, the menu is repeated.

Cycle menus save time and labor cost...

- By reducing time spent gathering information, planning menus, developing food production records and costing.
- By standardizing grocery lists to prevent extra trips to the store.
- As menu items are repeated, staff become familiar with recipes and is more efficient in producing them.

Cycle menus can control food costs...

- By projecting the right amount of product to purchase when you have previous production records for menus
- By making it easier to buy regularly used items in bulk.
- By making it easier to take advantage of seasonal foods.

Cycle menus reduce food waste...

- By making it easier to project how much of each menu item you will need to make.

*Adapted from Mealtime Memo for Child Care No. 3, 2009 Using Cycle Menus to Control Food Costs  
National Food Service Management Institute*

**#2 Cook Once, Serve Twice** is a great way to save time in the kitchen.

When recipes make twice the amount needed for one meal, the prep work is nearly cut in half. Meats and whole grains are a great choice for this menu planning tip. These foods often require longer cooking times. For example, ground beef. Cook, drain and divide the ground beef into recipe size amounts and place in freezer containers. Label and date each pack. Use the same method for beef or pork roasts, chicken or turkey. A pre-measured package of chopped chicken makes a recipe easy to finish. Whole grains, such as brown rice, cracked wheat, or barley can be cooked on the stove or in large pans in the oven. The USDA Recipes for Child Care titled Cooking Rice (A-18) explains how to cook rice in the oven.

*Adapted from Mealtime Memo for Child Care No. 6, 2009 Timesaving Tips for Mealtime  
National Food Service Management Institute*

**#3 Plan Snacks:** Snacks are small nutritious meals and provide the energy for children. Cost effective yet nutritious snacks ideas include:

Oatmeal, Egg & cheese sandwich, Hard boiled eggs, Egg salad sandwich, Tuna salad sandwich, Toast w/ jelly, Bread (raisin, banana, or cinnamon bread), Cinnamon rolls, Biscuits, Cold Cereal, Hot cereal, Milk or fruit smoothies, Yogurt, Cottage cheese w/fruit, Bean dip w/ crackers, Three bean salad, Cheese slices w/ apple slices, Red beans and rice, Soup, Casseroles, or Milk.

*By Deby McNally, MT CACFP Staff*

**#4 Tips to Stretch Your Fruit and Vegetable Budget:**

1. Create a meal plan for the week that uses similar fruits and veggies prepared in different ways.
2. Homemade soup is a great way to use veggies. Make a big batch and freeze leftovers in pre-measured batches.
3. Get creative with leftovers, make salsa or smoothies.
4. Buy fruits and veggies in season at farmers' markets or at the local grocer.
5. Mix it yourself. 100% juice from frozen concentrate is often less expensive than pre-bottled juice.
6. Frozen fruit and veggies store well in the freezer and require little preparation, no washing or cutting.
7. Buy dried beans, peas, and lentils raw or uncooked instead of process and packaged versions, which cost more.
8. Purchase in bulk, buying single servings or many small packages is more expensive. Buying large bags or cans of produce will stretch the budget.
9. Clearly label foods in freezer and refrigerator with contents and dates to stay within a safe time frame.

*Adapted from 30 ways in 30 days to Stretch Your Fruit and Vegetable Budget  
[www.fruitandvegetableismore.com](http://www.fruitandvegetableismore.com)*

### *Creating a Mealtime Environment*

Mealtime is a learning experience all by itself. There are skills both physical and social to be learned and mastered. Each child has an innate ability to learn and grow to become capable eaters given the opportunity, environment, and support to do so. There are many ways to support children in feeding and growing. Creating a mealtime environment for children is one of them.

We can:

Provide a welcoming eating environment. Locate the mealtime tables away from other activities that are distracting such as toys, diapering, or hand washing.

Keep noise level to a minimum; staff voices, movement and music all contribute to the noise level.

Offer family style meal service. Bring children to the table to sit together and remember to include the children in high chairs at the table to be a part of the meal.

Create an engaging meal service by giving opportunity for children to serve themselves and assisting/supporting those who are learning to serve themselves.

Provide adequate space for children to pass, serve, pour, serve and eat. Provide seating space for children to move and not interrupt their neighbor.

Sit with the children during meal times. Adults can role model and teach how to eat and socialize at mealtime.

Children are more likely to stay seated, remember manners, and enjoy the meal if a role model sitting at the table. Standing while eating or working on other tasks causes distractions from the meal.

Maintain the *“Division of Responsibility in Feeding”* by Ellyn Satter to support children to become capable eaters and to learn to eat the amount of food they need. See pages 21 & 22 for more information.

By Deby McNally, CHES, MT CACFP Staff



\*Replace the word parent with caregiver when reading this document.

#### Division of Responsibility in Feeding by Ellyn Satter:

Parents provide *structure, support* and *opportunities*. Children choose *how much* and *whether* to eat from what the parents provide.

#### The Division of Responsibility for Infants:

- The parent is responsible for *what*
- The child is responsible for *how much* (and everything else)

The parent helps the infant to be calm and organized and feeds smoothly, paying attention to information coming from the baby about timing, tempo, frequency and amounts

#### The Division of Responsibility For Toddlers through Adolescents:

- The parent is responsible for *what, when, where*
- The child is responsible for *how much* and *whether*

#### Parents' Feeding Jobs:

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Show children what they have to learn about food and mealtime behavior
- Not let children graze for food or beverages between meal and snack times
- Let children grow up to get bodies that are right for them

**Fundamental to parents' jobs is trusting children to decide *how much* and *whether* to eat. If parents do their jobs with *feeding*, children will do their jobs with *eating*:**

- Children will eat
- They will eat the amount they need
- They will learn to eat the food their parents eat
- They will grow predictably
- They will learn to behave well at the table



HELPING CHILDREN BE GOOD EATERS  
Ellyn Satter

We want our children to be "good eaters." But what is a good eater? Children who are good eaters are able to take care of their food needs in a positive and matter-of-fact way. They are able to enjoy many foods, try others, and politely turn down still others. They are able to rely for the most part on their internal cues for regulating the amounts they eat. But children who are good eaters behave differently from adults. Children have their own ways of behaving with eating.

**Children challenge themselves to eat.**

Children are naturally skeptical about new food and cautious about eating it. *New* can be a food they haven't seen before, a familiar food prepared in a different way, or *someone they don't know doing the cooking*. But life is full of new situations. Children challenge themselves to meet them. The same holds true for eating. Children will work to master new foods and new eating skills, the same as they work to master other skills. Children learn to like new foods by having them served repeatedly, by seeing their friends eat them, and by tasting them many times and by having someone they trust eat the same food with them.

**Children need moral support to do a good job with eating.**

Children eat better when there are supportive adults in the eating situation, being friendly, being companionable, but *not* being managing about the child's eating. Children eat better when the environment is pleasant, comfortable and safe for them, and when their provider or someone else they trust sits down with them to eat. Children eat better when parents are interested in the provider's food service and take advantage of opportunities to show their support.

**Children need to feel in control of their eating.** Children eat better when they can pick and choose from foods that are available and decide whether—and how much—they are going to eat. They need the freedom to turn down food they don't want—or the reassurance that they can choose not to eat something they have taken. They benefit from knowing they can taste a food and decide not to finish it. When children know they have an "out" with food, they can do more and dare more than if they get the feeling they "have" to eat.

**Children are erratic about their eating.**

Children have built into them the ability to eat a variety. At home as well as at their provider's, they may eat a lot one day and a little the next, accept a food enthusiastically one day and turn it down the next. They also know *how much* they need to eat. Their internal sense of hunger, appetite and fullness is stronger than adults', and they eat the right amount to grow properly. They are more likely than adults to stop when they are full rather than when the food is gone.

**Children waste food.**

Household food consumption surveys show that plate waste goes up when there are children in the family. Adults tend to clean their plates and eat the expensive foods (like meat, vegetables, fruits and sweets). Children do not. And they often don't finish their milk. A certain amount of waste is inevitable.



**Children won't eat food that is unappealing to them.**

Food rejection has as much to do with the *child* as with the *foods*. Adults eat food because they like it, but they also eat food that doesn't taste the best to them because the food is good for them or because they paid for it or to keep from getting hungry later. Children don't. They eat because food *tastes* good. And they eat what hits them right *at the time*. While attractive and well-prepared food that is generally familiar is important in allowing children to eat better, it doesn't do the whole job. Children have bigger appetites some days than others. They grow faster some times than others. Some generally favorite foods don't taste good to them some days.

**Children need limits.**

Children do not benefit from being allowed to say "YUK!" at meal time. They benefit from learning to be respectful of other people's feelings—whether those are grownups' feelings about the food they have prepared or their friends' feelings about what they like. Children benefit from learning to turn down food politely (a simple "no thank you" will do), to be matter-of-fact about choosing not to eat something, and to be subtle about getting something back out of their mouths when they don't feel like swallowing. If children are rude about food, look for ways grownups are putting pressure on their eating. Children may be fighting back.

**Feeding demands a division of responsibility.**

Parents and child care providers can only provide a variety of attractive, wholesome food in pleasant surroundings—and work together to encourage positive approaches to

feeding. After that, it is up to the children to eat. They have their own kinky ways of going about it. Taken on a day-to-day basis, it can *look* like they aren't accepting foods at all well. But over the long term, children *will* eat, and they *will* learn to like a variety of food. Putting pressure on children to increase food acceptance or decrease food waste will backfire. Children eat *less* well, not better, when they are forced, bribed or cajoled to eat.

**For more about feeding children so they can be good eaters, read:**

• *Child of Mine, Feeding with Love and Good Sense*, Bull Publishing, 2002

A warm, supportive and entertaining book that tells how to parent with food and feeding in a wise, loving and tuned-in way. Satter empowers parents to make their own judgments about nutrition and feeding from infancy through preschool.

• *Secrets of Feeding a Healthy Family*, Kelcy Press, 1999

What to feed and how to feed, and how to get an enjoyable and rewarding meal on the table. Satter emphasizes, "when the joy goes out of eating, nutrition suffers." About nutrition education for children, she says: "Expose children to the possibilities, encourage them to explore and allow them to develop their capabilities with eating."

• *Your Child's Weight: Helping Without Harming*, Kelcy Press, 2005 Restricting children's food does more harm than good.

Children become whining food sneaks, siblings become spying tattletales, parents become police officers and children get fatter, not thinner. In *Your Child's Weight*, Satter considers babies through adolescents and shares her evidence-based discoveries about what to do instead.

*Notes:*

*Notes:*