

PATCH Food Program Newsletter



May 2021

Finger Foods for Infants Developmentally Ready

Soft Vegetables
Soft Fruits
Soft Beans
Cheese
Tofu
Eggs
Rice
Bread
Marconi, Penne, Shell Pasta (boiled, plain)
Breakfast Cereals (Cheerios, Kix)
Ground meat (plain, cooked)
Salmon (plain, cooked)

Celiac Disease

Celiac disease has become a very popular topic for the Child Care Food Program. If you have kids who need gluten free diet, check out the [Celiac Disease in Children – Gluten Intolerance \(gikids.org\)](http://gikids.org). This site provides children and families with resources and easy-to-understand information on the diagnosis of pediatric digestive disorders. Here is the guide to gluten free [GlutenFreeGuide_Proof3.pdf \(gikids.org\)](http://gikids.org)



Physical Activity Corner

Beanbag and laundry basket

Filled socks with dried rice or beans to make beanbags

Place a large laundry basket at one end of the room

Children stand on other end of the room and children to throw the beanbags into laundry basket

Keep repeating and keep scores

Have lots of fun!

Did you know?

Pumpkins are usually labelled as vegetables but they contain seeds and are technically fruit

apple is made of 25% air, that is why they float.

apples, onions, and potatoes all have the same taste? Try the test: Pinch your nose and take a bite out of each.

Cooking with Your Children



Make your own turkey cheese roll

Ingredients:

Whole Wheat tortilla

Sauce/dressing (*can use plain Greek yogurt or mix of sour cream and mayo or any preferred sandwich spread*)

Cheddar cheese (*shredded*)

Turkey

Provide all the ingredients.

Children make their own turkey cheese roll by spreading their own sauce on the tortilla wrap, sprinkle shredded cheese, lay out the turkey, roll it and eat it.

Serve the roll with fresh vegetable and fruit.

Food for Thought

Q: What do you call cheese that isn't yours?

A: Nacho cheese!

