

# DECEMBER 2021

## PATCH FOOD PROGRAM NEWSLETTER



### SWEET BANANA SANTAS!

### REINDEER APPLE SAUCE!

### FRUITY CANDY CANES!

It's that extra busy time of the year again. This year I hope you folks are able to spend it with ALL of your family and friends. Remember, that if you plan to go on vacation or have a winter break, PLEASE turn in your claims early or as soon as possible!

### Local Food Tracker Challenge Winners

- 1. Monique T. (Oahu)
- 2. Susana E. (Hilo)
- 3. MaryJane C. (Hilo)



build a photo  
CHRISTMAS TREE

Q: WHAT KIND OF FRUIT CAN FIX YOUR SINK?

ANSWER ON PAGE 2

# FAMILY STYLE DINING BENEFITS

This approach to mealtime creates a number of healthy habits that are important to the growth and development of children at any age. Children tend to eat more healthy foods if they see their friends try it. They learn skills such as taking turns, sharing and teamwork. Family style dining opens up opportunities for conversation, which increases vocabulary, promotes proper use of language and interaction with friends. Children can learn portion sizes for each food group, help them recognize when they are hungry or satisfied, & help improve fine motor skills. Providers can also get a better grasp of food costs & with less food being wasted, they save money.



**Most importantly, EAT WITH YOUR CHILDREN. Children learn from good role models. Sitting with them while everyone eats also allows you to start positive mealtime conversations.**

## HOLIDAY SAFETY TIPS

- Keep **lighted candles** away from tree, other evergreens, decorations, wrapping paper. Keep candles where they cannot be knocked down or blown over.
- Avoid **decorations** that are sharp or breakable. Keep trimmings with small removable parts, away from children
- **Artificial snow sprays** can irritate lungs if inhaled. To avoid injury, read label and directions carefully
- Use only **lights** that have been tested for safety. Check each lights for broken/ cracked sockets, bare wires, or loose connections.

