

APRIL 2022

PATCH FOOD PROGRAM NEWSLETTER

SPRING SNACKS:

Chick Eggs:

Hard-boiled eggs

1-2 teaspoons mayonnaise per egg

A large carrot - cut into a triangle for a beak

Mini chocolate chips - for eyes

Carrots/hummus to help the egg sit up

Bunny Faces:

Mini circle cheeses

Celery - cut into "whiskers"

Baby carrots - cut in half for ears

A large carrot - cut into a triangle for nose

Mini chocolate chips - for eyes



Components: Meat Alt. & Vegetable



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Q: What do you call a "fake noodle?"

Hint: No, it's not Whole Grain



FEEDING TIPS FOR TODDLERS

BY: CACFP

GRABS SPOON FROM YOU:

Child is learning and wants to practice using their fingers, spoons, & forks every chance they get.



Give them bite-sized pieces of soft food to pick with fingers. Provide child-sized spoon.

DID NOT EAT MUCH:

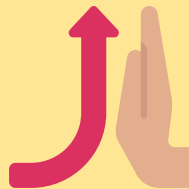
Children have small stomachs. They may have not been hungry or may been distracted during mealtime



Offer meals and snacks around the same time daily. Let them decide how much they would like to eat.

REJECTED BEFORE TRYING:

Child is learning how to express their independence even during mealtimes. This means they refuse to eat certain foods- just like us adults.



Keep offering the food. Child may decide to eat it at another meal or snack.

DOES'NT WANT CERTAIN TEXTURE OF FOOD

Your child is learning through all senses- touch, taste, smell, and sight.



Try cooking it in different ways. For example; if child doesnt like it steamed, try roasting it in oven.

JUST STARED AT YOU:

Your child is learning from you! If you make a funny face at a food, then your child may be less likely to try that food.



Eat the same food as the child is eating. Eat them enthusiastically and talk about how much you like them.



“

THE FOOD YOU EAT CAN EITHER BE THE SAFEST AND MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POSION

”

ANN WIGMORE

A: Impasta!

