



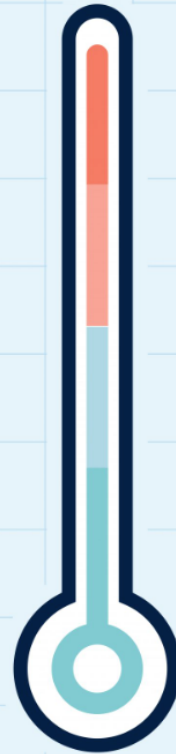
JULY 2022

PATCH FOOD PROGRAM NEWSLETTER

8 TIPS TO CREATE HEALTHY MEALTIMES

- 01** USE CHILD-SIZE BOWLS, CUPS, PLATES, SERVING SPOONS, AND OTHER UTENSILS.
- 02** NEVER BRIBE OR FORCE CHILDREN TO EAT.
- 03** EAT WITH THE CHILDREN AND SET A GOOD EXAMPLE.
- 04** LET THE CHILDREN HELP SET THE TABLE FOR MEALS AND SNACKS.
- 05** LET THE CHILDREN HELP SET THE TABLE FOR MEALS AND SNACKS.
- 06** ENCOURAGE CHILDREN TO SERVE THEMSELVES THROUGH FAMILY STYLE MEAL SERVICES.
- 07** OFFER NEW FOODS REGULARLY. SOME CHILDREN NEED TO SEE A NEW FOOD 10-15 TIMES BEFORE THEY WANT TO TRY IT.
- 08** CREATE A MEALTIME ENVIRONMENT THAT FOCUSES ON POSITIVE COMMUNICATION

Refrigerator Temperature Guide



Above 40°

Any temperature above 40°F may allow bacteria to multiply rapidly.

At 40°

The U.S. Food and Drug Administration says the recommended refrigerator temperature is below 40°F.

Between 35° and 38°

The ideal refrigerator temperature is between 35°F and 38°F, below the safety threshold outlined by the FDA and above freezing. It's not uncommon for refrigerators to be a few degrees off the mark you set, so err on the side of too-cold to avoid food spoiling more quickly or potential food safety issues.

At 32°

At 32°F and below, the food in your refrigerator will start to freeze. Keep your refrigerator temperature above 32°F to avoid this, and if you want anything frozen, put it in the freezer, which should be kept below 0°F.

Store frozen food @ 0°F



**Q: What do you call
a bagel that can fly?**

LET'S TALK SEAFOOD

by SeafoodNutrition.org



Check for food allergies

FACTS:

- STUDIES SHOW FISH EATERS HAVE BIGGER MEMORY AND LEARNING CENTERS.
- ALONG WITH SUPPORTING HEALTHY EYE DEVELOPMENT, OMEGA-3S SUPPORT OUR ABILITY TO DETECT LIGHT
- JUST ONE SERVING OF SALMON PROVIDES 100% OF THE DAILY RECOMMENDED VALUE FOR VITAMIN D!
- EATING SEAFOOD 2 TO 3 TIMES PER WEEK HAS BEEN PROVEN TO REDUCE RISK OF DEATH FROM ANY HEALTH-RELATED CAUSE.
- RESEARCH SHOWS AN ASSOCIATION BETWEEN FISH INTAKE AND BETTER GRADES

The USDA Foods Available List offers several cost-effective options, including Alaska pollock, catfish and tuna.

"The only thing I like
better than talking about
healthy food is
Eating it!"

Research shows that seafood's nutrition benefits students of all ages. That is why the Dietary Guidelines for Americans and American Heart Association both recommend eating seafood **at least twice a week**. Seafood is considered any fish or shellfish that lives in salt or fresh water.

BENEFITS:

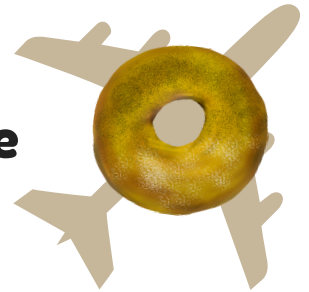
VITAMINS A&D:

NECESSARY FOR NORMAL EYE AND BONE DEVELOPMENT.

OMEGA-3 FATS (EPA AND DHA):

ESSENTIAL FOR GROWTH AND DEVELOPMENT, ESPECIALLY OF EYES AND BRAIN.³

**A:
A Plane
Bagel!**



Summer Garden Memory Game

Print this sheet out and cut along the dotted lines. Put the pieces face down randomly, and play the memory game: During his/her turn, the player picks two pieces in search of a matching pair. When the player finds a pair, remove them from the playing area. The player with the most matched pairs wins!

 Cherry	 Cherry	 Avocado	 Avocado
 Bell Pepper	 Bell Pepper	 Watermelon	 Watermelon
 Raspberry	 Raspberry	 Cucumber	 Cucumber
 Tomato	 Tomato	 Peach	 Peach

cacfp.org

CACFP is an indicator of quality care. This institution is an equal opportunity provider.

Click on Link for Memory Game:

<https://files.constantcontact.com/e5582ed6201/bf6efc5b-a67f-4310-81c1-7884ce15221c.pdf>