

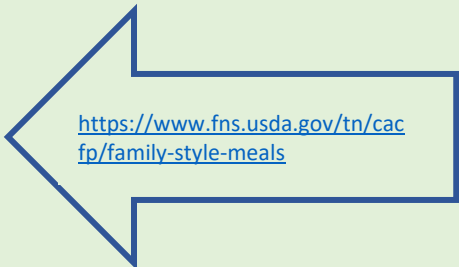
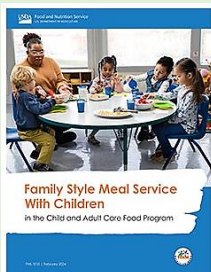
Family Style Meal Service

Have you considered family style meal service? Pre-plated and family style meal service are both acceptable in the CACFP. However, family style meal service is a great way to teach children important skills and save on food waste.

With pre-plated meal service, you must place at least the minimum amount of each meal or snack component on each child's plate or in each child's glass.

If you choose family style, children serve themselves from common serving dishes of food placed on the table. Enough food must be placed on the table to provide the full required position size for all children. Children should be encouraged to take the minimum required portion size for their age group of each food component. However, a child can take a smaller portion or decline or a food item.

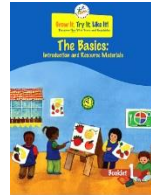
For more USDA information on family style meal service, click on the picture or link below.



<https://www.fns.usda.gov/tn/cacfp/family-style-meals>

Grow It, Try it, Like It

Grow It, Try It, Like It! Nutrition Education Kit featuring MyPlate is a garden-themed nutrition education kit for childcare providers that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash.



Download your free copy at:

<https://www.fns.usda.gov/tn/grow-it>

Mini Meatloaf Patties

- 1 egg, large
- 1/3 cup quick oats, uncooked
- 1/3 cup ketchup
- 1 Tbsp. + 1 tsp. dehydrated onion, minced
- 1 pound ground beef, 90% lean
- 2 Tbsp. + 2 tsp. barbecue sauce



Wash hands with soap and water for at least 20 seconds. Preheat oven to 400 °F. In a large bowl, combine egg, oats, dehydrated onion, and ketchup. Mix. Add ground beef. Mix until well-blended. Divide mixture into 6 even pieces (3 1/2 oz or a packed 1/3 cup) and form into round patties. Place patties onto baking sheet. Wash hands after touching uncooked ground beef and eggs. Using a rubber spatula, top each patty with barbecue sauce. Bake in the oven for 15 minutes. Heat to an internal temperature of 165 °F for at least 15 seconds. Remove from the oven. Serve immediately or keep warm at 140 °F or higher.

Yield: 6 servings

Crediting Information: Each serving provides a meat/meat alternate serving (2 oz) at lunch/supper for children 3-12 years. (Children 1-2 need 1/2 a patty for a meat meat/meat alternate serving.)

Credit: <https://theicn.org/cnrb/ages-6-18/age-6-18-6-servings/mini-meatloaf-patties-for-ages-6-18/>

Popcorn

Popcorn is a creditable, whole grain-rich food. It is also a good source of fiber. Below are minimum serving sizes of popcorn at snack:

- Children 1-2 years need 1 1/2 cups (1/2 oz eq)
- Children 3-5 years need 1 1/2 cups (1/2 oz eq)
- Children 6-12 years need 3 cups (1 oz eq)



If the serving size seem too large, try pairing popcorn with another whole grain or use in a trail mix.

Popcorn may be a choking risk for some children. Always consider a child's developmental readiness before serving.