



# Barb's Care – A – Lot

## Contact Information

<b>CACFP Sponsor</b>	Gainer Ent. LTD
<b>Child Care Facility Name</b>	Barb's Care-A-Lot
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## Description

My center is built on a 100 acre family farm. We are licensed to serve 62 children and have 70 enrolled. We have lots of outdoor space, a creek, wooded areas, and access to nature.

## Keystone STARS Level 4

### Category

- Food and Beverages provided during snacks, meals, or celebrations – N2 Meats, Fats, and Grains; N4 – Menus and Variety



### Goal

To encourage healthy eating by involving children in food preparation.

### Promising Practice

Every Friday the children make a healthy snack to share with everyone. We've made fresh fruit pops and fruit kabobs. To help children learn about healthy and unhealthy foods, we made a butterfly with a sandwich bag and clothespin putting good food on one side and not so good food on the other.

### Action Steps

- Work with food distributor to determine healthy foods that the children can prepare or help prepare and are cost effective.
- Integrate new, healthier foods into the menu cycle.

- Research creative, healthy meals and snacks that the children can take part in preparing.
- Implement the change, encouraging children to try the new foods that they make.

### **Materials**

No special materials were required. Teachers contributed their own items, like blenders, when these tools were needed for meal and snack preparation.

### **Advice**

The teachers and parents have to be on board. Everyone has to participate – teachers and children are part of the preparation and try the new foods. We implemented policy that only healthy foods can be brought in for birthdays and parties. We reinforce this message with newsletters and conversations with parents each week.

### **Evidence of Success**

The children enjoy making the healthy snacks and are more likely to try the food because they made it.

