



# Blessed Assurance Christian Child Care Center

## Contact Information

**CACFP Sponsor**

**Child Care Facility Name**

**Child Care Provider Contact Person Name**

**Contact Person Email**

**Contact Person Phone Number**

YMCA of Greater Pittsburgh

Blessed Assurance Christian Child Care

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## Description

We are a licensed Group Home serving 10 children and located in Rankin, Pennsylvania. We have been in operation for 14 years, and we are nationally accredited with the NAFCC (National Association of Family Child Care), a Head Start provider, and CACFP Food Program participant.

## Keystone STARS Level 4

## Category

Food and Beverages provided during snacks, meals, or celebrations – N4 Menus and Variety

## Promising Practice

To incorporate more ethnically diverse and nutritious foods into our menu, we find a healthy recipe associated with a country that we are learning about and include the children in the preparation. It is important to discuss the food and culture while we eat. We talk about color, shape and texture and the differences and similarities to other foods. If a child is a picky eater, we focus on color, shape, aroma, and texture rather than taste.

To find the unique ingredients for healthy ethnic meals and snacks, we shop at farmer's markets and stores like Trader Joe's. Parents are made aware of the activities via a newsletter each month. We invite parents to share ethnic recipes and bring in samples for meals and snacks. We have also had a "Family Night Food Feast" where each family provided traditional family dish.

## Action Steps

- Research the internet and PA NAP SACC suggested resources for ideas and meal planning guides.
- Survey parents and the internet for healthy, culturally diverse meal ideas.
- Research and select resources to purchase culturally diverse ingredients and meals.
- Create new cycle menus that have two food experiences, including culturally diverse foods, monthly.
- Implement the new menu.
- Encourage children to sample the unique foods. For picky eaters, focus on things like color, shape, texture, and smell.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
Cheerios Bananas 1% Milk	Whole Grain Toast Strawberries 1% Milk	Scrambled Eggs Wheat Cere Oranges Milk	Whole Grain Bagel Apple Butter Banana Slices Milk	Kix Cereal Apple Slices Milk
<b>LUNCH</b>				
Stuffed Spud Salad Mixed Vegetables Bread Sticks Cheddar Cheese Oranges 1% Milk	Turkey Whole Wheat Wraps Spinach Cheese Apple Sauce % Milk	Chicken Noodle Casseroles Wheat Bread Carrots Fruit Cup 1% Milk	Pasta Bake Mixed Veg. & Rice Taco's and Tomatoes Curry Chicken & Chick Peas Pineapples 1% Milk	Chicken Salad Crackers Cheese Celery Sticks Sliced Peas 1% Milk
<b>PM SNACK</b>				
Yogurt Grapes	Pretzels Peas	Mini Rice Cakes Water	Animal Crackers Flavored Milk	Rainier Flavored Milk

## **Materials**

This practice did not require additional materials.



## **Advice**

Take advantage of the PA NAP SACC Self Assessment tool and the learning modules provided by the PA NAP SACC. You don't know how much you don't know until you find out how much you don't know! Keep the passion and goal in focus and research. There is a wealth of information available via the internet. Strive to keep parents, staff, and children motivated and involved. This was a very rewarding and enlightening learning experience.

## **Evidence of Success**

The children began to recognize multicultural foods from pictures and books and identified the corresponding culture. In addition to a more diverse menu cycle, we offer more fresh fruits and vegetables, fish, eggs, legumes, and low fat dairy, like fat free yogurt. We also have a policy that discourages unhealthy foods and encourages everyone to try new foods.