



# United Neighborhood Centers - Bellevue

## Contact Information

<b>CACFP Sponsor</b>	United Neighborhood Centers of Northeastern Pennsylvania
<b>Child Care Facility Name</b>	UNC-Bellevue Center
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## Description

The United Neighborhood Centers of Northeastern Pennsylvania - Bellevue Center is a childcare center. Our urban center currently serves 104 children ages three to 12. Our students enrich our center with their various ethnic backgrounds. Our students are predominantly from a low to middle socio-economic background.

## Keystone STARS Level 2

## Category

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

## Goal

Our objective is to enhance cultural diversity awareness in our center through lessons, activities, and a healthy, multi-cultural cookbook.

## Promising Practice

We created a healthy, culturally diverse cookbook. We started this project by soliciting recipes from families in our newsletter. The center's staff was asked to contribute a healthy family recipe. We also implemented a monthly lesson plan that centered on a country or culture. In the lessons, we would introduce fruits, vegetables, and a meal that is native to that culture. The cost varies based on the ingredients that are required to make the meal. The practice involves all center staff and families. We used various resources to learn about the countries and cultures, including the internet, a local food store, our food distributor, and our families.

## Action Steps

- Complete the PA NAP SACC Self Assessment to learn where you can improve practice.
- Involve staff, children, and families in planning.
- Solicit healthy, ethnic recipes from families and staff.
- Create the cookbook and share it with families.
- Work as a team to select countries and cultures to learn about.
- Introduce new, healthy, ethnic foods to children.

## Materials

<b>Item Purchased</b>	<b>Cost of Item</b>
Various Ethnically Diverse Foods for Sampling	\$150.00
My Pyramid Poster Set	\$11.99

Nutrition Poster Set	\$12.99
Be Choosy, Be Healthy Activity Kit	\$529.00
Multi-cultural Cookbook (materials)	\$25.00

### ***Advice***

Staff and students should be included in the planning of a project. The staff and students became very excited through the various stages of creating the cookbook. Their excitement helped the project gain momentum and reach completion.

### ***Evidence of Success***

We measured our success by the change in menus to include more diverse dishes, the participation of staff, students, and families that shared their cultural knowledge, and the improvements in monthly lesson plans to include cultural lessons.