



Georgia Department of Early Care and Learning



May 2010

Nutrition Services' Food for Thought Newsletter

From the Director's Chair



During the school year, thousands of children receive free and reduced-price breakfast and lunch through the School Breakfast and National School Lunch Programs.

When school is not in session, however, many of these children are faced with the risk of hunger.

The Summer Food Service Program (SFSP) combats

the risk of hunger in low-income areas by feeding children when school is not in session.

Statistically, Georgia is the only state where hunger has risen for the past three years. 12.3% of all Georgia households live with the threat of hunger, and nearly 400,000 children in Georgia participate in the free and reduced-price lunch programs in their schools.

Our goal at Bright from the Start is to increase program participation in counties that have not been served by the SFSP and to increase participation in counties that have

been underserved.

If you know of children in your communities who could benefit from the SFSP, contact our SFSP staff at (404) 656-6411 or at (404) 656-6332 to get more information, or to identify any local feeding sites in the area.

www.fns.usda.gov
www.hungeringeorgia.com



In this Issue:

- ~ Fruits & Veggies, More Matters!
- ~ Effective Ways to Handle "Choosy" Eaters
- ~ Recipe of the month: Apple Ladybug Treats
- ~ CACFP Resources: The Food Crediting Guide

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Fruits & Veggies, More Matters!



Fruit and vegetables provide a variety of color and texture to meals and snacks; they are naturally low in calories; they are rich in vitamins and minerals; they taste great; and eating plenty of fruit and vegetables may help reduce the risk of many chronic diseases.

"Fruits & Veggies, More Matters" is a website that provides fruit and vegetable nutrition information, quick & easy fruit and vegetable recipes for meals and snacks, and healthy meal planning and shopping tips.

Visit www.fruitsandveggiesmorematters.org for healthy ideas on how to incorporate a variety of color and texture in your institution's menus!

Effective Ways to Handle "Choosy" Eaters

Food rejections do not last long:

- ◆ "No" doesn't always mean no.
- ◆ What seems choosy may be a child's awkward first step in learning to make decisions.

Pre-school age children grow and develop at a slower rate than toddlers:

- ◆ Trust a child's appetite.
- ◆ Forcing a child to eat more encourages overeating.
- ◆ Most children become hearty eaters again when their body's growth pattern requires more food energy.

Serve plain food and respect the "no foods touching" rule:

- ◆ This will pass over time.
- ◆ Only practice this if necessary.



Avoid being a short-order cook:

- ◆ Offer the same food to everyone.
- ◆ Plan at least one food that everyone will eat.

Set reasonable time limits for the start and end of a meal:

- ◆ At the end of each meal, remove the plate quietly.

Stay positive:

- ◆ Avoid criticizing or calling a child a picky eater. (They believe what you say.)
- ◆ Focus on the child's positive eating behavior, not on the food.

Relax and be patient:

- ◆ Learn how to handle eating challenges and how to avoid conflict.
- ◆ By handling eating challenges, children won't learn to use food as a way to exert conflict.

Nibbles for Health 2008, Team Nutrition

Recipe of the Month: *Apple Ladybug Treats*

Ingredients

- 2 red apples
- 1/4 cup raisins
- 1 tablespoon peanut butter
- 8 thin pretzel sticks

Directions

Slice apples in half from top to bottom, and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first; then slice.

Place each apple half flat side down on a small plate.

Dab peanut butter on the back of the 'lady bug', and then stick raisins onto the peanut butter to create the ladybug's spots. Use this method to make eyes too.

Place one end of each pretzel stick into a raisin; then press other end into the apples to make antennae.



Child and Adult Care Food Program Resources: The Food Crediting Guide

The *Food Crediting Guide* is used to ensure that all meal components are creditable when planning Child and Adult Care Food Program (CACFP) menus. It is not a comprehensive list of all crediting questions, but it focuses on crediting issues that have been addressed. It is also a companion resource to the *Food Buying Guide*. Both resources can be downloaded from Bright from the Start's website at www.decal.ga.gov.

Summer Food Service Program Frequently Asked Questions (FAQ's)

Q: What is the difference between a sponsor and a site?

A: Sponsors are public or private non-profit organizations that manage operation of the SFSP by overseeing SFSP sites.

Sites are physical locations where eligible participants are served SFSP meals and/or snacks.

Q: What kind of food is served at SFSP sites?

A: Food items such as milk, fruit,

vegetables, meat or meat alternate, and bread or grains are served for meals and snacks at the sites.

Q: How can I find out if there is a sponsor or site in my local area?

A: Interested participants can search for either one by using their zip code or county on Bright from the Start's website at www.decal.ga.gov, and clicking on "search for...Nutrition Programs" on the right side of the homepage.

Q: If sponsors or sites have questions or concerns about their SFSP operation, who can they contact?

A: Sponsors or sites can reach the SFSP staff at (404) 656-6411 or (404) 656-6332 or via e-mail at sfsp@decal.ga.gov.



We are Here to Serve You — Contact Information

NUTRITION SERVICES

Lou Brienza

Director
404-651-8197
Louis.Brienza@decal.ga.gov

Leslie Truman

CACFP Administrative Assistant
404-657-1779
Leslie.Truman@decal.ga.gov

Marissa Hamm

Program Manager
404-651-7181
Marissa.Hamm@decal.ga.gov

Falita Flowers

Program Manager
404-656-6452
Falita.Flowers@decal.ga.gov

Sonja Adams

CACFP Admin/Review Manager
404-651-8193
Sonja.Adams@decal.ga.gov

Meggan Hemans-Reese

CACFP Admin/Review Manager
404-651-7192
Meggan.Hemans-Reese@decal.ga.gov

Christy McCray

CACFP Application Specialist
404-651-7191
Christy.McCray@decal.ga.gov

Anjuly Davis

Training Coordinator
404-656-6292
Anjuly.Davis@decal.ga.gov

Vicki Morris

SFSP Manager
404-656-6411
Vicki.Morris@decal.ga.gov

Ashanti Simon

SFSP Administrative Assistant
404-656-6332
Ashanti.Simon@decal.ga.gov

Coretta White

Business Operations Specialist
404-463-1494
Coretta.White@decal.ga.gov

Brenda Carter

Nutrition Consultant
229-238-2958
Brenda.Carter@decal.ga.gov

Valerie Coulton

Nutrition Consultant
770-357-4927
Valerie.Coulton@decal.ga.gov

Sonya James

Nutrition Consultant
770-357-7012
Sonya.James@decal.ga.gov

Bridgette Merrett

Nutrition Consultant
770-357-7062
Bridgette.Merrett@decal.ga.gov

Rae-Marie Lockhart

Nutrition Consultant
478-599-9801
Rae-marie.Lockhart@decal.ga.gov

Reynald Salamo

Nutrition Consultant
866-370-3203
Reynald.Salamo@decal.ga.gov

Wanda Simpkins

Nutrition Consultant
678-371-6130
Wanda.Simpkins@decal.ga.gov

Sherrie Tuten

Nutrition Consultant
Sherrie.Tuten@decal.ga.gov

Danna Foster

Nutrition Consultant
Danna.Foster@decal.ga.gov

Angelica Flucas

Nutrition Consultant
Angelica.Flucas@decal.ga.gov

FINANCE

Aneshia Harris

Grants Administrator
404-656-3325
Aneshia.Harris@decal.ga.gov

AUDIT

Tanya Astin

Audit Coordinator
404-656-6293
Tanya.Astin@decal.ga.gov

**Bright from the Start
Nutrition Services
10 Park Place South
Suite 200
Atlanta, GA 30303
Phone: 404-656-5957
www.decal.ga.gov**