

Smarter Mealtimes Resource List

Videos	<p>Smarter Mealtimes: Overview –Minnesota Department of Education (4 ½ minutes) (https://education.mn.gov/MDE/Video/?group=Communications&id=MDE056397)</p> <p>Smarter Mealtimes: Highlights from Minnesota –Minnesota Department of Education (7 minutes) (https://education.mn.gov/MDE/Video/?group=Communications&id=MDE056398)</p> <p>Family Style Meal Service (3 minutes) (https://education.mn.gov/MDE/Video/?group=Communications&id=058099) This video from the Minnesota Department of Education explains how to implement family style dining and provides examples from Minnesota Child and Adult Care Food Program (CACFP) sponsors.</p> <p>Pass the Peaches, Please –Montana Team Nutrition (13 minutes) (https://www.montana.edu/teamnutrition/smartpleasantmeals/happymeals.html) This video addresses a variety of mealtime scenarios and tips for making mealtimes with children pleasant and enjoyable for both children and adults.</p> <p>Smarter Mealtimes in the Child Care Setting–Kansas Department of Education (9 minutes) (https://www.youtube.com/watch?v=2btcbXi81xl&feature=youtu.be) The video outlines some of the challenges and accomplishments set by day cares spread out across Kansas.</p>
Online Training	<p>Smarter Mealtimes – 10 minute recorded module (https://education.mn.gov/MDE/dse/FNS/Team/sl/)</p>
Assessment	<p>Mealtime Assessment for Child Care Centers (https://education.mn.gov/MDE/dse/FNS/Team/sl/) The Child Care Mealtime Assessment is a tool to evaluate the meal environment in a child care center. To complete the assessment, examine the serving and dining spaces where children eat meals and indicate whether each statement is true by checking the corresponding box.</p> <p>Mealtime Assessment for Home Providers (https://education.mn.gov/MDE/dse/FNS/Team/sl/) Similar format to the Mealtime Assessment for Child Care Centers with slight modifications that apply to the home environment.</p>

Additional Resources	<p>Phrases that Help and Hinder (https://myplate-prod.azureedge.us/sites/default/files/2020-12/PhrasesThatHelpAndHinder.pdf)</p> <p>USDA Team Nutrition Resources for Child Care (https://www.fns.usda.gov/tn/child-care-organization) Access a wide variety of resources and training materials for child care organizations.</p> <p>USDA MyPlate (Life Stages) (https://www.myplate.gov/life-stages) Select the icons for infants, toddlers, or preschools for information and guidance on each life stage.</p> <p>Healthy Bites: A Wisconsin Guide for Improving Childhood Nutrition (http://dpi.wi.gov/community-nutrition/cacfp/wellness/active-early-healthy-bites)</p> <p>8 Ways to Get Picky Eaters to Become More Adventurous –Kids Eat Right, Academy of Nutrition and Dietetics (https://www.eatright.org/food/nutrition/healthy-eating/8-ways-to-get-picky-eaters-to-become-more-adventurous)</p>
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