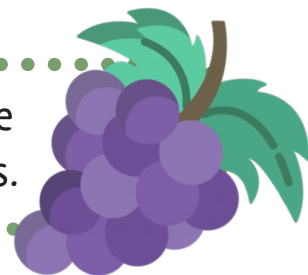


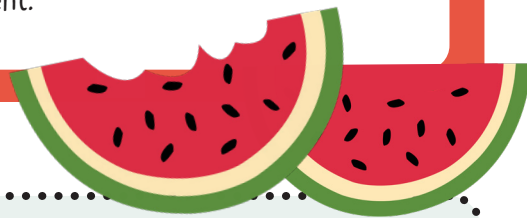
WHAT IS SMARTER MEALTIMES?

Smarter Mealtimes is a set of strategies designed to encourage preschool age children to consume more fruits and vegetables.

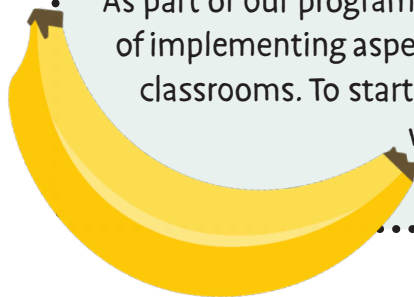


EXAMPLES OF SMARTER MEALTIMES STRATEGIES:

- At least two types of fruit are offered daily.
- At least two types of vegetables are offered daily.
- Sliced or cut fruit is available daily.
- Fruit is offered in attractive bowls or baskets.
- Fruits and vegetables are offered first and last (in service line or passed twice - first and last-in family style).
- Fruits are presented with fun, creative, descriptive names (verbally or labeled).
- Vegetables are presented with fun, creative, descriptive names (verbally or labeled).
- Cut vegetables, when offered, are frequently paired with a low-fat dip such as ranch, hummus, or salsa.
- Featured entrees are presented with fun, creative, descriptive names (verbally or labeled).
- Taste tests of fruits, vegetables, and entrees are provided at least annually.
- Children are provided opportunities to learn about food and gardening (planting a garden, seed planting, farm tours, nutrition education, etc.).
- Popular characters (e.g. Elmo) are used to promote healthy options using labels or stickers.
- Meals are offered family style.
- Staff role models healthful eating behavior (e.g. sits at the table with children and eats the same food).
- Staff members announce the menu in daily routine.
- Attractive, healthful food signage (posters, stickers, or clings) are displayed in the child care environment.
- A weekly or monthly menu is provided to all families.
- Children are involved with the mealtime set-up and clean-up routine.
- All lights in the eating area work and are turned on.
- Children and families are asked to provide feedback on the foods served to inform menu development.



As part of our program, the CalFresh Healthy Living team at TCCI have been given the task of implementing aspects of the Smarter Mealtimes (SMM) movement in all TCCI preschool classrooms. To start, we designed an interactive menu tool for teachers/TAs to use as a way to talk to your kids about the lunch menu, learn more about food and nutrition, and ultimately eat more fruits and veggies.

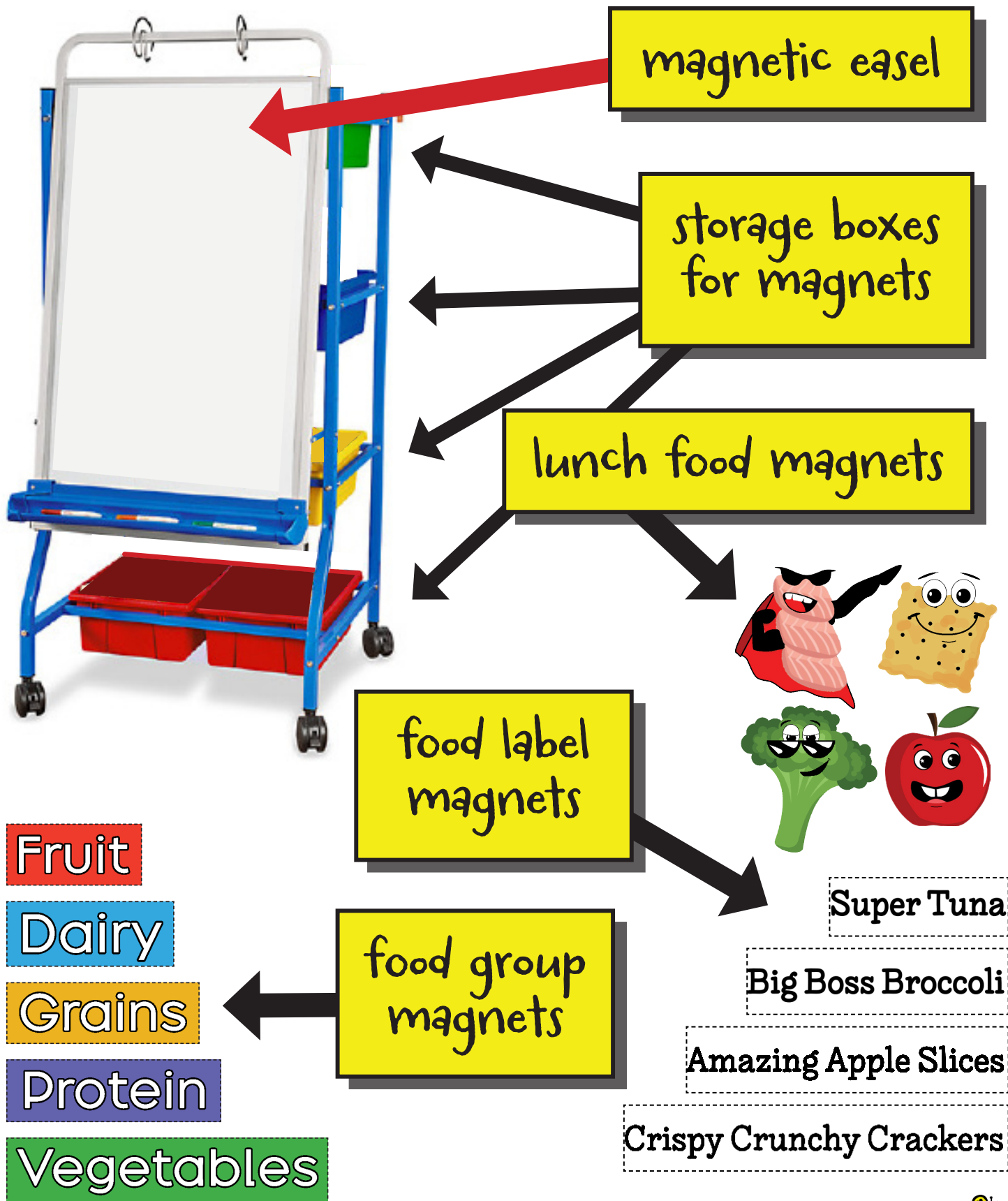


**TO LEARN MORE, GO TO
TCCIWELLNESS.COM/SMARTER-MEALTIMES**



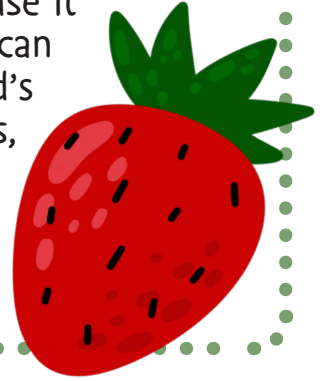
Funded by USDA SNAP, an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.

PARTS OF THE MENU BOARD



HOW TO USE THE MENU BOARD

Every morning, check the lunch menu to see the components of the meal. If you have younger students, you may want to set up the board first and then use it to teach types of food and the food groups. As children progress, they can begin picking out the food magnets themselves, in addition to the food's matching label magnet and food group magnet. Throughout this process, start a conversation about what's for lunch and encourage kids to try all the parts of each meal - especially fruits and vegetables. Feel free to come up with your own learning activities that involve the menu board, nutrition, and/or trying new foods. Be creative!



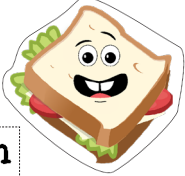
SAMPLE MENU BOARD SETUP




More Tools!


Be sure to check out our Lunchtime Nutrition Guide for more ideas on how to talk to kids about fruits and vegetables. Also check out:


- Our website: tcciwellness.com/smarter-mealtimes
- healthyeating.org
- fns.usda.gov/cacfp/child-day-care-centers
- cacfp.org/everyday-education

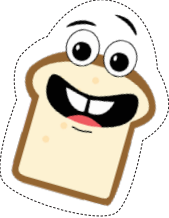
Lunch Menu for October 14th → 


Super Sandwich

Protein
Tender Turkey Slices 

Fruit
Cool Cantaloupe 

Vegetables
Super Salad 

Grains
Great Grainy Bread 

Dairy
1% Moo Milk 

BOARD DETAILS & EXAMPLES

Each food magnet has a label on the back stating its name and then in parentheses what food group it belongs to. For example, the back of the beet magnet will say:

Boxing Beet (V)

(P) = protein

(F) = fruit

(V) = vegetable

(G) = grain

You'll notice that some items are labeled as "(main)" instead of a food group. These magnets represent the entire meal and can be used in addition to all the other

magnets. See taco example below.

Also note that some meals won't have all the items - for example, the taco meal won't have a ground beef magnet. We're working on creating a few more magnets so you'll soon have a magnet for every part of each meal.

The menu for tacos doesn't have a fruit serving and there's no magnet for the ground beef component.

Example of lunch menu meal and how the food groups are already labeled.

Component	Tuesday Food/Serving
Grain	WGR Dinner Rolls, 1 each
M/MA	Tuna, 1 ½ oz.
Vegetable	Sliced Beets, ¼ cup
Fruit or Vegetable	Honeydew Melon, ¼ cup
Fluid Milk	1% Milk, ¾ cup

Protein
Super Tuna

Fruit
Heavenly Honeydew

Vegetables
Boxing Beet

Grains
Rock 'n Roll

Dairy
1% Moo Milk

Tasty Taco

Protein
Big Bad Bandit Beans

Vegetables
Lovely Leafy Lettuce
Tangy Tomato

Grains
Tasty Tortilla

Dairy
1% Moo Milk