

Family Style Meal Service



Child And Adult Care Food Program
Child Nutrition & Wellness, KSDE



*Child and Adult Care
Food Program*



No Phone Zone



Objectives



- ❧ Make mealtimes a pleasant environment
- ❧ Understand mealtime from a child's perspective
- ❧ Recognize different types of meal service
- ❧ Consider implementing family style meal service
- ❧ Identify advantages of family style meal service
- ❧ Provide learning opportunities with family style meal service

Creating a Pleasant Mealtime Environment



My Favorite Eating Place Activity



What is a Pleasant Mealtime Environment?



- ❧ Fun and engaging conversation
- ❧ A home-like feeling, not institutional or regimented
- ❧ A relaxed pace with plenty of food
- ❧ A variety of foods and a chance to try new dishes
- ❧ Familiar foods
- ❧ The presence of family and friends
- ❧ An opportunity to share in preparing and serving the food

Pleasant Mealtime Environment



- ❧ Eliminate background noise
- ❧ Keep tables free of clutter
- ❧ Place food and beverages on the table at the same time
- ❧ Refrain from adult conversations
- ❧ Focus conversations on the children's interests
- ❧ Allow enough time for the meal

Children's View of Mealtime



- ☞ Naturally want to try new foods when they are offered regularly
- ☞ Respond well to adult support and encouragement
- ☞ Need to feel in control of their eating
- ☞ May eat different amounts of food from day-to-day
- ☞ Usually will not eat food they do not want

Tips for Picky Eaters



- ❧ Small portions, big benefits
- ❧ Offer only one new food at a time
- ❧ Be a good role model
- ❧ Offer new foods first
- ❧ Sometimes, new foods take time.

Introducing New Foods



∞ Serve It

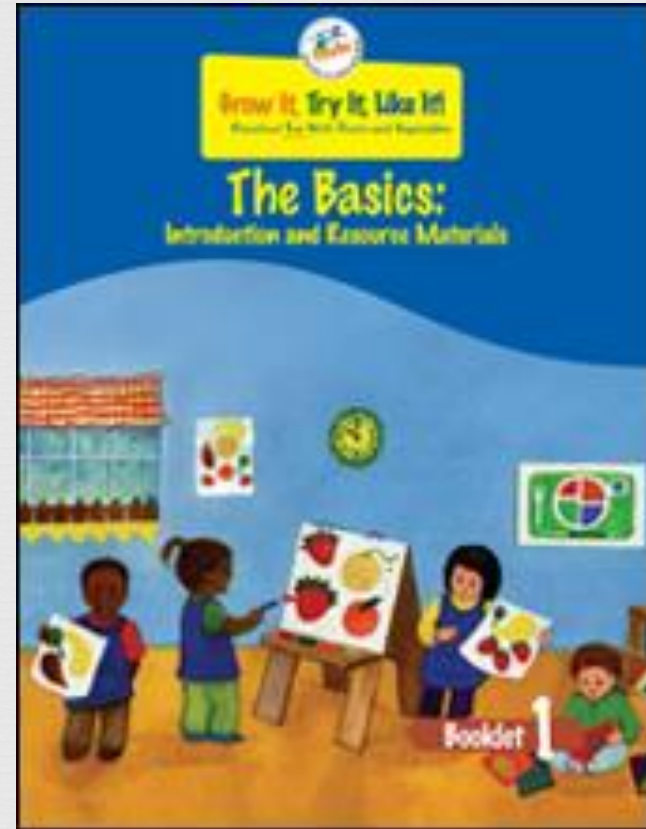
∞ Dip It



Introducing New Foods



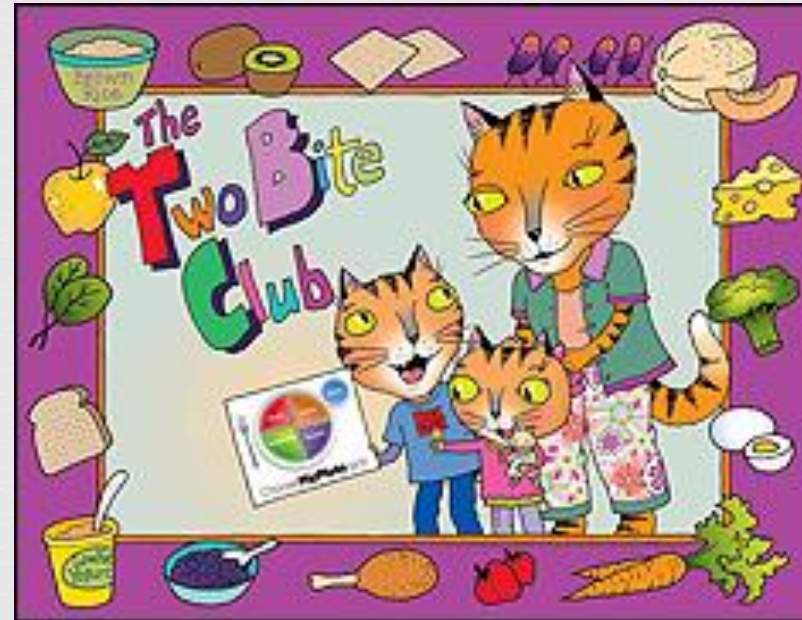
- ∞ Hide It
- ∞ Grow It
- ∞ Prepare It



Introducing New Foods



Model It



Positive Mealtime Conversation



HINDER

- ❧ Instead of...
- ❧ Eat that for me.
- ❧ You're such a big girl; you finished all your peas.
- ❧ See, that didn't taste so bad, did it?
- ❧ No dessert until you eat your vegetables.

HELP

- ❧ Try...
- ❧ This is kiwi fruit; it's sweet like a strawberry.
- ❧ Is your stomach telling you that you're full?
- ❧ Do you like that?
- ❧ We can try these vegetables again another time.

Mealtime Conversation Starters



- ❧ What foods on the table are crunchy?
- ❧ Do you like playing outdoors or indoors best?
- ❧ If you could create a new food, what would it be?
- ❧ What kinds of foods do you like to eat best for breakfast?
- ❧ If you could be any kind of food what would you be?
- ❧ What would be fun about being that food?
- ❧ What made you smile today?
- ❧ What foods do you think make you healthy?

Implementing a Transition



- ☞ Alert children when a change in activities is about to take place
- ☞ Set clear expectations and enforce them
- ☞ Give simple directions
- ☞ Use a buddy system
- ☞ Model desired behaviors
- ☞ Use developmentally appropriate transitions

Meal Service Methods



Styles of Meal Service



Family Style Meal Service

- Children serve themselves

Plated Meal Service

- Teachers serve the full portion of each component to children

Buffet Style Meal Service

- Children serve themselves through a serving line and carry plate/glass back to the table

Picnic

- Food is packed and taken off site to be served on picnic tables

CACFP Requirements



Required components for a reimbursable meal

- Breakfast – Milk, Fruit /Vegetable, Grain
- Lunch – Milk, Fruit, Vegetable, Grain, and Meat/Meat Alternate
- Snack – two of the 5 components: Milk, Fruit, Vegetable, Grain, and Meat/Meat Alternate

Proper Serving Size

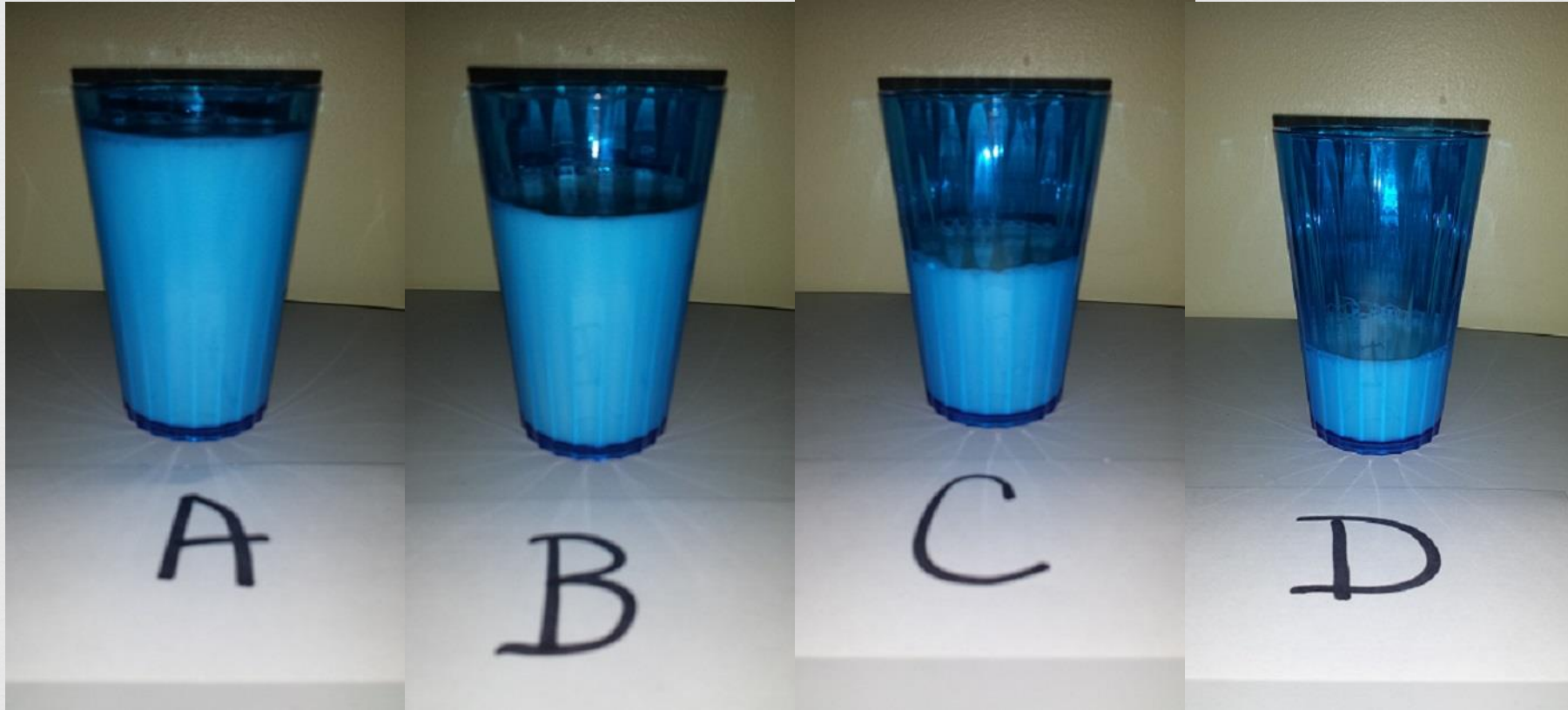


- ☞ Recognize what a full portion looks like
- ☞ Offer seconds on the food items when child did not take a full portion
- ☞ Provide utensils to assist in ensuring a full portion is served

Sort Our Sizes! Activity



Station 1 – Milk



8 ounces

6 ounces

4 ounces

2 ounces

Station 2 – Rotini



1/2 ounce



1 ounce



2 ounces

Station 3 – Gold Fish



1/2 ounce



1 ounce



2 ounces

Station 4 – Mandarin Oranges



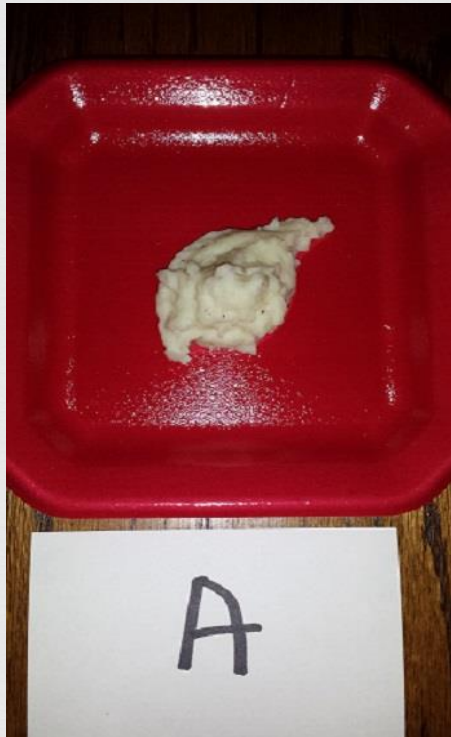
$\frac{1}{8}$ cup

$\frac{1}{4}$ cup

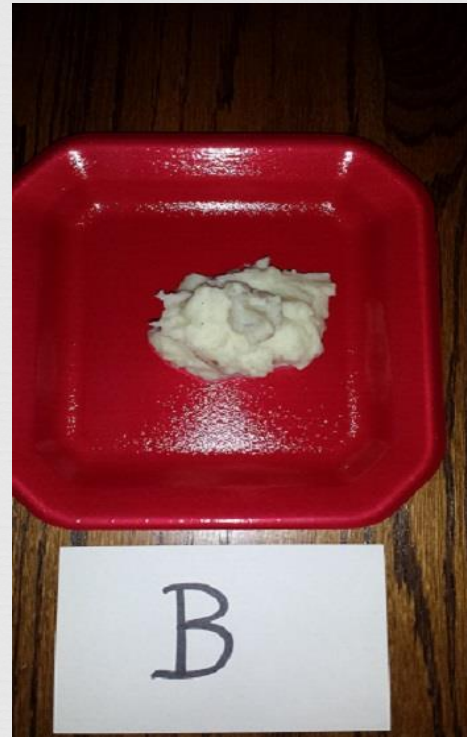
$\frac{1}{2}$ cup

$\frac{3}{4}$ cup

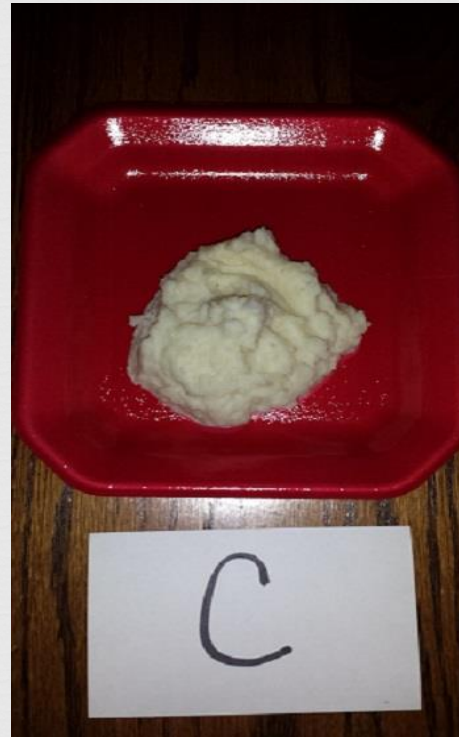
Station 5 – Mashed Potatoes



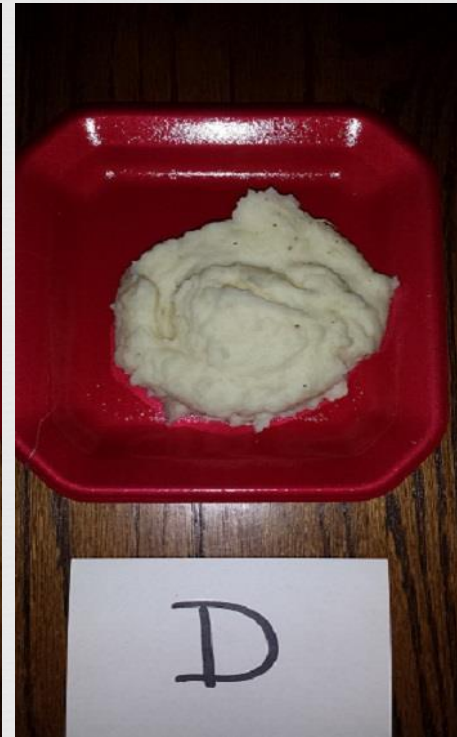
$\frac{1}{8}$ cup



$\frac{1}{4}$ cup

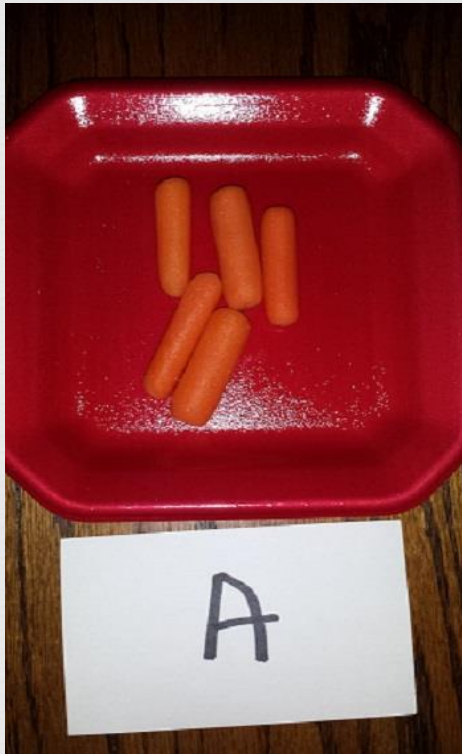


$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Station 6 – Carrots



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup

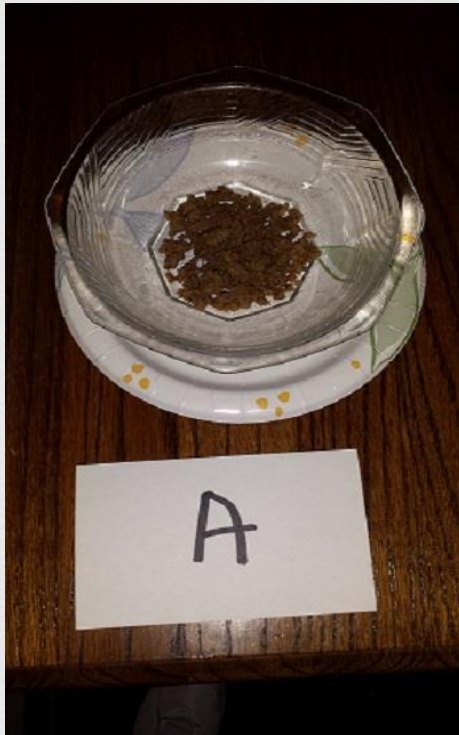


$\frac{3}{4}$ cup



1 cup

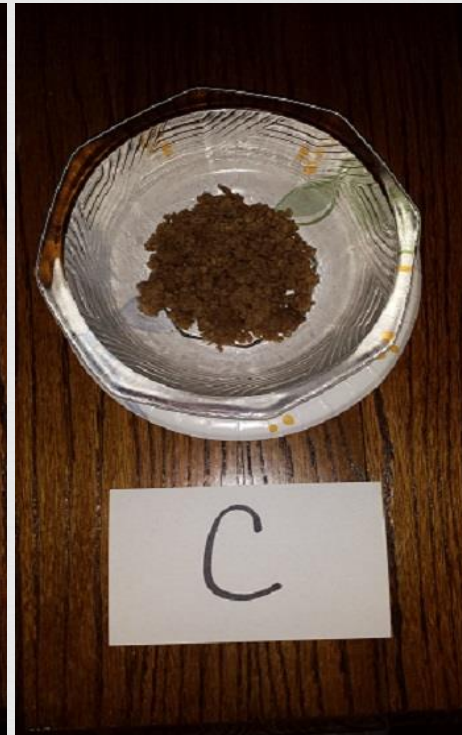
Station 7 – Ground Beef



1/2 ounce



1 ounce

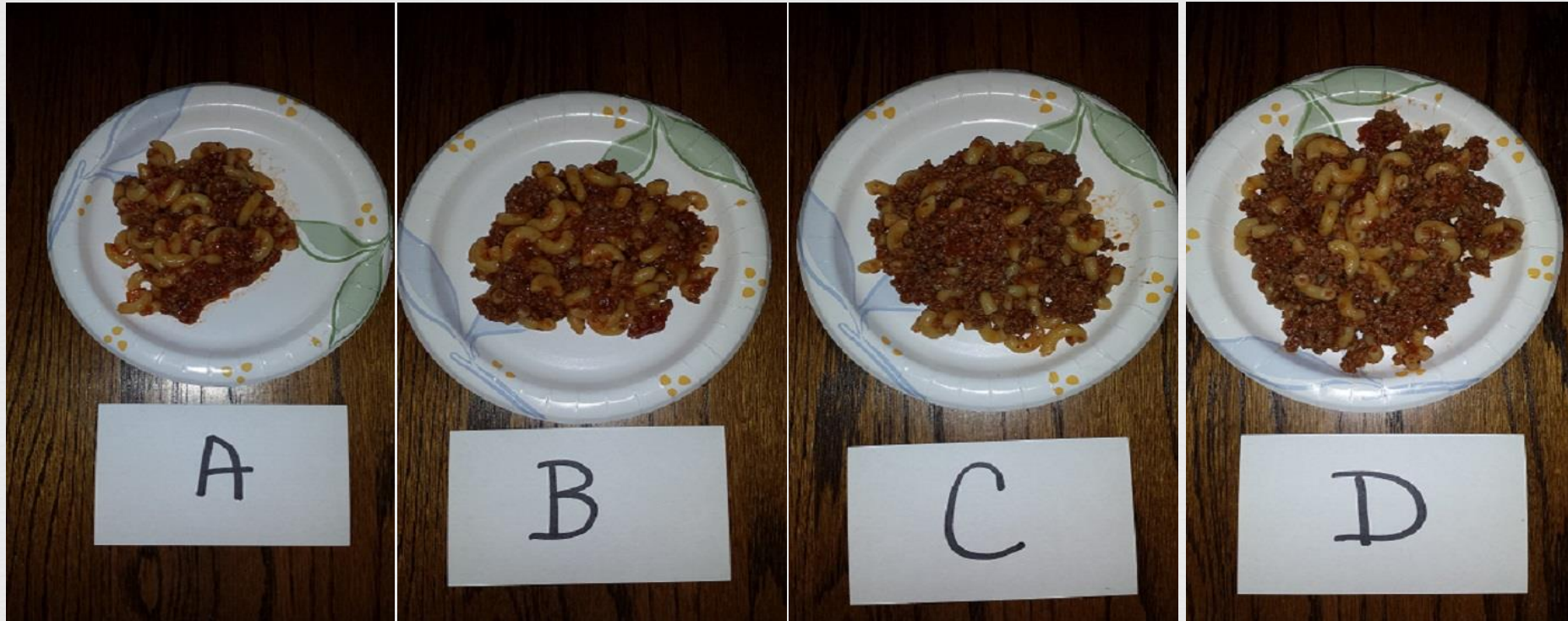


1 1/2 ounces



2 ounces

Station 8 – Goulash



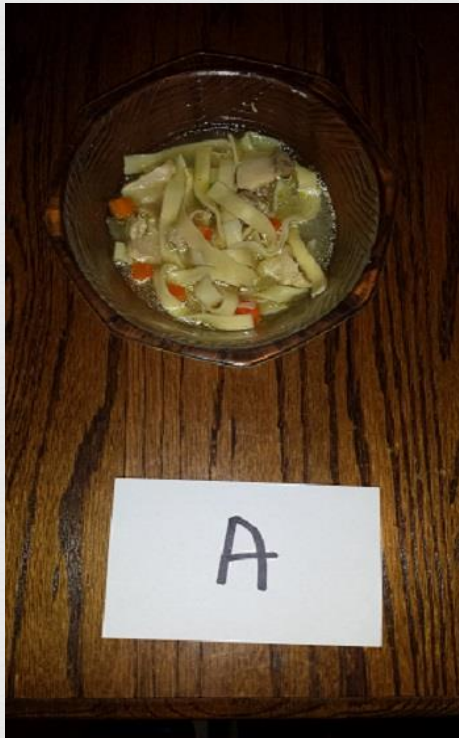
1/2 ounce

1 ounce

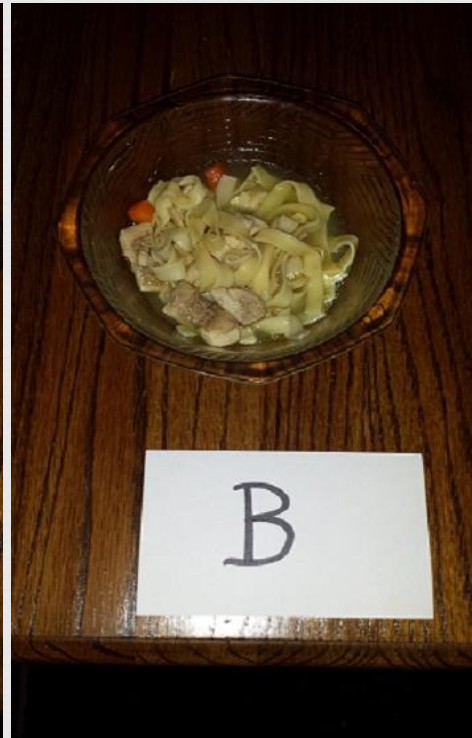
1 1/2 ounces

2 ounces

Station 9 – Chicken & Noodles



1/2 ounce



1 ounce



1 1/2 ounces



2 ounces

Family Style Meal Service



Key Requirements of Family Style Meal Service



- ☞ Place all required meal components on the table
- ☞ Provide the minimum portion of all components
- ☞ Record meal counts at the “point of service”
- ☞ Serve themselves
- ☞ Assistance from adults
- ☞ Choose portion size
- ☞ Seated at each table (adults & participants)

Point of Service Meal Count



☞ Point of Service Meal Count must be taken when participants are:

☞ Seated at the table

And

☞ Have had the opportunity to serve themselves all required food components

FAQ



Question: If a child refuses to serve him/herself the full minimum serving size of a required food component, such as vegetables, during a family style meal, can that meal still be claimed for reimbursement?

Answer: Yes, the meal can still be claimed but the supervising adult should still encourage the child to self-serve a portion of the food item that was refused.

Implementing Family Style Meal Service



- ❧ Educate and Involve
- ❧ Plan and Organize
- ❧ Use appropriate tools and equipment

Educate and Involve



- ☞ Model how to pass bowls
- ☞ Model how to pour and scoop using appropriate utensils
- ☞ Model how to use table manners
- ☞ Be prepared to repeat instructions.

Plan and Organize



- ∞ Plan enough time to eat meals and snacks
- ∞ Set table with all meal components
- ∞ Required quantities of food available in the classroom
- ∞ Be prepared for spills and accidents

Appropriate Tools & Equipment



- ☞ Small, easy-to-handle serving bowls
- ☞ Serving bowls made of material that does not become too hot
- ☞ Serving utensils for all food
- ☞ Small covered pitchers with handles and pouring spouts for serving beverages
- ☞ Non-disposable plates and utensils

Child Size Equipment



FAQ



Question: Can a center or day care home choose to serve just one food item family style?

Answer: Yes. Centers and day care homes may serve one component, multiple components or all the required components of a meal in common serving bowls, plates, dishes, pitchers or containers on the table.

FAQ



Question: During family style meals, can a supervising adult assist a young child or adult that is not able to serve him or herself?

Answer: Yes. Children and adults must be allowed to serve themselves in family style meal service. However, supervising adults may assist young children or adults who are unable to serve themselves.

Family Style Meal Serving Table Setting Activity



Table Set-up



Division of Responsibilities



∞ Adults

- Planning and preparing healthy meals and snack for children.

∞ Children

- Deciding which of the healthy foods offered they would like to eat and deciding how much they would like to eat.

Advantages of Family Style Meal Service



- ☞ Availability of food
- ☞ Enjoy sitting with children
- ☞ Relaxed meal
- ☞ Act as role models
- ☞ Redirect behaviors
- ☞ Apply direct supervision

Advantages for Provider/Facility



- ∞ Maximize food eaten
- ∞ Maximizes nutritional benefit
- ∞ Minimize food waste
- ∞ Significant food cost savings

Learning Opportunities



- ❧ Social Skills
- ❧ Self-Help Skills
- ❧ Following Directions
- ❧ Language Development
- ❧ Letter Recognition
- ❧ Math Skills
- ❧ Nutrition Education

Clean Up



- ☞ Model the proper way to scrape plates and how to place dirty dishes
- ☞ Set up station so more than one child can scrape
- ☞ Monitor clean up activities and provide guidance
- ☞ Plan an activity for children to participate in after the meal

Family Style Meals Discussion



Benefits



- ❧ Creating pleasant mealtime environments
- ❧ Understanding a child's view of mealtime
- ❧ Recognizing different types of meal service
- ❧ Identifying advantages of family style meal service
- ❧ Providing learning opportunities for children

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