

“Risky Business”

Escherichia coli, Listeriosis, Salmonellosis and Staphylococcus all add up to Risky Business. These common food borne illnesses can cause major problems in a child care environment. During this workshop, we will learn about bacteria, work in teams, use an ultraviolet light and a rubber chicken. Food safety is an issue that you as child care providers hear a lot about. We will be reviewing food safety guidelines that will enable you to be more effective at your job of providing a safe environment for children.

Fats

Children and adults need fats in their diets. In this class we will identify different types of fats and how they have a varied and admittedly confusing effect on health and disease. We will also look at the Nutrition Facts food labels as an important source of information on fats. In this class we will also review commonly served foods in childcare and look at substitutions in making them more healthy and nutritious for the children.

Organics 101

The word “organic” is us everywhere, but what does it mean and why is it so important? This session highlights the organic process and organic foods.

MLFCCA and the USDA are an equal opportunity provider and employer.

Setting a Healthy Snack Policy

Food is fuel for the human body. Discovering how food builds our bones and muscles, aids our organs, and supplies us with energy is important in feeding children.. A national survey of toddlers’ diets found that lunches and snacks eaten at childcare were significantly more nutritious than lunches and snacks eaten elsewhere. Did you know that meals at childcare were higher in calcium, phosphorus, magnesium, vitamin D, potassium and riboflavin, compared to meals eaten at home or away? Learning aids, resources, and recipes/menus will be available at this class.

MyPyramid (Nutrition 101)

The Food Guide Pyramid and the U.S. Dietary Guidelines are two tools developed to help promote healthy eating habits. MyPyramid emphasizes eating a variety and balanced amount of foods everyday along with exercise. Good eating habits do not just happen; they must be learned.

Keeping Children Safe Food Safety for Child Care Providers

Today, more than ever, food safety is emerging as an important issue for child care providers. Children under five years old are especially susceptible to food borne illness because their immune systems are not fully developed. This session covers a variety of topics in the area of food safety.

**Minnesota Licensed Family Child Care
Association**

MLFCCA

Nutrition Education



Nutrition Education

Classes are available to Licensed Family Child Care Groups & Neighborhood Associations

1821 University Ave W
Suite 324 South
St Paul MN 55104

651-636-1989 or 800-652-9704
Fax: 651-636-9146
mlfcca.org

The Importance of Breakfast

Did you know any child who skips or does not have access to breakfast can suffer learning and health problems? Did you know attention, attendance and achievement improve with breakfast? And, well nourished children have less behavior problems? You as a childcare provider are in a unique position to comprehend the scope of the importance of breakfast. Promoting the importance of breakfast will help ensure that your childcare children are prepared for their day. In this class we will discuss important nutritional needs that are met by having breakfast, available resources, and healthy easy menu ideas. Eating habits developed during childhood have the potential to last a lifetime

Food Allergies

For many of us, food is more than a daily necessity. We derive pleasure from eating and nurturing our children with healthy food. However, food can cause upset for many reasons. This can range from intolerance to allergy. For most people, allergies are just an inconvenience. But according to the National Institute for Allergy and Infectious Disease, they are a major cause of disability in the U.S. In fact, it has been estimated that allergies account for the loss of two million school days per year. In this class, we will define the difference between allergies and food intolerance, discover which foods children tend to be more allergic to and hidden dangers in many common foods.

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Children, Science and Nutrition

People often think of science as learning facts about the world around us, others may think of science as “the having of wonderful ideas”. This latter view of science matches the characteristics of young children as learners. Young children are naturally curious and passionate about learning. In their pursuit of knowledge, they’re prone to poking, pulling, tasting, pounding, shaking, and experimenting. “From birth, children want to learn and they naturally seek out problems to solve”. Children are natural-born scientists. We want to encourage you through hands on science activities to make science an everyday occurrence.

Discover the Possibilities w/Cooking

Do you struggle with serving the same foods every day for breakfast, lunch and snack? This class will explore freezer cooking methods, mix ahead mixes and crediting those combination meals. There will be baking hints, ingredient substitutions, avoiding trans fats, along with cooking and feeding infants

Certificates Provided for all Trainings

The mission of the Minnesota Licensed Family Child Care Association is to support the highest standard of care for children in licensed family child care homes through education, resources, recognition, and advocacy; while acknowledging the diversity

All Workshops are provided free of charge to **MLFCCA member associations and neighborhood groups**

Contact

Name:

First _____ Last _____

Association Name _____

Address _____

City _____

State _____ Zip Code _____

Phone () _____

Email _____

Name of training (Choose one)

1 ___ MyPyramid (Nutrition 101)

2 ___ Food Allergies

3 ___ Children, Science and Nutrition

4 ___ Risky Business

5 ___ Fats

6 ___ Setting a Healthy Snack Policy

7 ___ The Importance of Breakfast

Training length is 1½–2 hours

Requested Date of Training

1st Choice _____

2nd Choice _____

Location of training _____

(example home, school, community building)

Time of Training _____

Number of participants _____

Mail, email, or fax your requests to:

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Association

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