



Barb's Care – A – Lot

Contact Information

CACFP Sponsor

Gainer Ent. LTD

Child Care Facility Name

Barb's Care-A-Lot

Child Care Provider Contact Person Name

Barbara A. Gainer

Contact Person E-mail

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Contact Person Phone Number

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Description

My center is built on a 100 acre family farm. We have 70 children enrolled. We have lots of outdoor space, a creek, wooded areas, and access to nature.

Keystone STARS Level 4

Category

Foods and Beverages provided during snacks, meals, or celebrations – N4 Menus and Variety

Goal

Our goal is to encourage healthy eating by involving children in food preparation.

Promising Practice

Every Friday, the children prepare a healthy snack. We've made fresh fruit pops and fruit kabobs. To help children learn about healthy and unhealthy foods, we made a butterfly with a sandwich bag and clothespin putting good food on one side and not so good food on the other.

Action Steps

- Work with the food distributor to determine healthy foods that the children can prepare or help prepare and are cost effective.
- Research creative, healthy meals and snacks that the children can take part in preparing.
- Integrate new, healthier foods into the cycle menu.
- Introduce the new, healthier foods during meal and snack times, encouraging children to try the new foods, especially those that they helped to prepare.

Materials

No special materials were required. Teachers contributed their own items, like blenders, when these tools were needed for meal and snack preparation.

Advice

The teachers and parents have to be on board. Everyone has to participate – teachers and children are part of the preparation and try the new foods. We implemented policy that only healthy foods can be brought in for birthdays and parties. We reinforce this message with newsletters and conversations with parents each week.

Evidence of Success

The children enjoy making the healthy snacks and are more likely to try the food because they made it.