



Blessed Assurance Christian Child Care Center

Contact Information

CACFP Sponsor	YMCA of Greater Pittsburgh
Child Care Facility Name	Blessed Assurance Christian Child Care
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Description

We are a licensed Group Home serving 10 children and located in Rankin, Pennsylvania. We have been in operation for 14 years, and we are nationally accredited with the National Association of Family Child Care (NAFCC), a Head Start provider, and CACFP Food Program participant.

Keystone STARS Level 4

Category

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

Promising Practice

To incorporate more ethnically diverse and nutritious foods into our menu, we find a healthy recipe associated with a country that we are learning about and include the children in the preparation. It is important to discuss the food and culture while we eat. We talk about color, shape and texture, and the differences and similarities to other foods. If a child is a picky eater, we focus on color, shape, aroma, and texture rather than taste.

To find the unique ingredients for healthy ethnic meals and snacks, we shop at farmer's markets and stores like Trader Joe's. Parents are made aware of the activities via a newsletter each month. We invite parents to share ethnic recipes and bring in samples for meals and snacks. We have also had a "Family Night Food Feast" where each family provided a traditional family dish.

Action Steps

- Research the internet and PA NAP SACC suggested resources for ideas and meal planning guides.
- Survey parents and the internet for healthy, culturally diverse meal ideas.
- Research and select resources to purchase culturally diverse ingredients and meals.
- Create new cycle menus that have two food experiences, including culturally diverse foods, monthly.
- Implement the new menu.
- Encourage children to sample the unique foods. For picky eaters, focus on things like color, shape, texture, and smell.

Materials

This practice did not require additional materials.

Advice

Take advantage of the PA NAP SACC Self Assessment tool and the learning modules. You don't know how much you don't know until you find out how much you don't know! Keep the passion and goal in focus when you research materials, curriculum, and other tools. There is a wealth of information available via the internet. Strive to keep parents, staff, and children motivated and involved. This was a very rewarding and enlightening learning experience.

Evidence of Success

The children began to recognize multicultural foods from pictures and books and identified the corresponding culture. In addition to a more diverse menu cycle, we offer more fresh fruits and vegetables, fish, eggs, legumes, and low fat dairy, like fat free yogurt. We also have a policy that discourages unhealthy foods and encourages everyone to try new foods.