




Mealtimes With Toddlers Family Handout

The Foods We Offer in Child Care

Our child care site participates in the Child and Adult Care Food Program. We meet nutrition standards through this program and offer meals and snacks that help your toddler get the nutrients he or she needs for growth and development. Check out the types and amounts of foods we offer throughout the day.

What is in a Breakfast? 	<ul style="list-style-type: none"> • Milk (4 fl oz or ½ cup) • Vegetables, Fruit, or Both (¼ cup) • Grains (½ oz eq) • Sometimes we serve a meat/meat alternate (such as eggs, yogurt, or other foods) in place of the grains at breakfast.
What is in a Lunch or Supper? 	<ul style="list-style-type: none"> • Milk (4 fl oz or ½ cup) • Meats/Meat Alternates (1 oz eq) • Vegetables (⅓ cup) • Fruit (⅓ cup) • Grains (½ oz eq)
What is in a Snack? We Pick 2: 	<ul style="list-style-type: none"> • Milk (4 fl oz or ½ cup) • Meats/Meat Alternates (½ oz eq) • Vegetables (½ cup) • Fruit (½ cup) • Grains (½ oz eq)

fl oz = fluid ounces oz = ounces oz eq = ounce equivalent
 Ounce equivalents are a way to measure amounts of food.

What does your child drink in child care?

For 1 year olds:

- Breastmilk you provide and/or unflavored whole milk.
- We offer and make water available throughout the day.

For 2 year olds:

- Breastmilk you provide, unflavored low-fat (1%) milk, and/or unflavored fat-free (skim) milk.
- We offer and make water available throughout the day.


Did you know?

Two year olds need less saturated fat in their diets than 1 year olds. Switching from whole milk to low-fat (1%) milk or fat-free (skim) milk can help cut down on some of the saturated fat they consume.

Help your child get used to low-fat or fat-free milk when they turn 2 years old by gradually increasing the amount of low-fat or fat-free milk in their cup.

Example:


Week 1



low-fat milk
or fat-free milk

whole milk


Week 2



low-fat milk
or fat-free milk

whole milk


Week 3



low-fat milk
or fat-free milk

whole milk

Week 4



low-fat milk
or fat-free milk



Does your child have an intolerance or allergy to milk?

Let us know!

Feeding Tips for Toddlers

Does your child like a food at one meal, but not at the next? We notice this too in child care. Toddlers are busy learning new things, and may not be interested in a food at a meal or snack. But, they may not be as “picky” as we think. Here are some things we’ve learned and tips that may help!



What did your child do at this meal?

Grabbed a spoon from you.



He or she is learning and wants to practice using his or her fingers, spoons, and forks every chance he or she gets.

Try this! Give your child bite-size pieces of soft food to pick up with his or her fingers. Also, provide a child-sized spoon. To help with clean up, place a mat or towel under the high chair to catch any food that may fall on the floor.

Did not eat a lot.



Children have small stomachs. He or she may not be hungry or may be distracted at mealtime.

Try this! Offer your child meals and snacks around the same time each day. Let your child decide how much he or she wants to eat. He or she does not have to finish all of the food on the plate to grow healthy and strong.

Refused to eat a food he or she has tried before.



Your child is learning to express his or her independence, even at mealtimes. This means he or she may refuse to eat a certain food at a meal—that’s okay!

Try this! Keep offering the food. Your child may decide to eat it at another meal or snack.

Did not want a certain texture of food.



Your child is learning through all senses—touch, taste, smell, and sight.

Try this! Cook a food a different way to give it a different taste and texture. For example, if your child does not seem to like a steamed vegetable, then try roasting it in the oven.

Stared at you and didn’t eat the food.



Your child is learning from you! If you make a funny face at a food, then your child may be less likely to try that food.

Try this! Eat the same foods your child is eating. Eat them enthusiastically and talk about how much you like them.



[TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov)

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