



# Farm to Child Care





# Introductions



Your Name & Child Care Program

What Type of Kitchen You Have



Place Fruit/Vegetable on  
Seasonal Chart





# Seasonal Menus

## Goals for Training

- Understand Menu Planning in Cycles
- Develop Seasonal Cycle Menus



# Benefits of Cycles

- Cost Savings
- Time Savings
- Simplify Shopping
- Supports Seasonal/Local Items



# Planning Cycles

## Tips for Planning

- Use a variety of foods served
- Limit high salty/fatty foods
- Incorporate & identify fresh, local, seasonal items
- Plan for substitutions (allergies)
- Try not to repeat entrée items
- Plan entrees that incorporate leftovers to control waste cost (soups, pasta salads, mixed salads)



# Resources

- <http://www.eatsmartmovemorenc.com/AllTools.html>
- <http://www.nutritionnc.com/snp/resource.htm>



# Step One

## Step One – Choosing Type of Meat/Protein to Serve Each Day

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken - Poultry	Beef/Pork	Chicken - Poultry	Meatless	Fish
Dinner	Meatless	Chicken - Poultry	Soup	Beef/Pork	Chicken - Poultry



# Step Two

## Step Two – Choosing Specific Meals and Snacks to Serve

	Week 1	Week 2	Week 3	Week 4
Monday AM Snack				
Monday Breakfast				
Monday Lunch				
Monday PM Snack				
Monday Supper				





# Step Three

## Step Three– Review for Variety

- Check for a variety of colors
- Check for multicultural offerings
- Ensure there are substitutions listed to accommodate food allergies



# Step Four

## Step Four— Develop a Shopping List Weekly Menu Edits

- What items are available from your garden?
- What fresh items can you get locally?
- Identify \*\*Fresh, \*\*Local Fresh, \*\*Garden Fresh
- Incorporate sale items, new foods, or donations.



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Farm to Child Care

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