Dear CDL families: This is a sample of the kind thoughts, prayers, and actions that came my way during the aftermath of my recent heart attack. I can assure you that I felt all your good thoughts and prayers, and they did help me get better quickly. Your actions were greatly appreciated. Carol Hagen

From time to time, parents express a concern to teachers or to the director about what their child doesn’t eat at school. We help children open the lunches you send and encourage them, pleasantly, to eat what you have prepared.

Occasionally, our morning snack may have been so enjoyable that a child is not very hungry at lunch time, but we try to see that this happens rarely.

We are required under the Texas Department of Protective and Regulatory Services Child Licensing regulations to monitor the lunches children bring from home (Food Service Regulation 6100,
Licensing standards require that a child's lunch include:

1. milk products (cheese, yogurt etc)
2. bread or cereal products
3. vegetables and fruits
4. protein (chicken, egg, peanut butter, etc.)

Often, children have a number of “dessert” type foods in their lunch box which they want to eat first. We discourage this, of course, but lunch time for children and teachers would be made much easier if you would save all sweet snacks for after-school or after-dinner treats.

Those children who eat lunch at school are helped to brush their teeth after eating. Tooth brushes have children’s full names and teachers put on the tooth paste and pass them out, so children only touch their own.

**Meeting the Nutritional Needs of Preschool Children**

<table>
<thead>
<tr>
<th>Kinds of Food</th>
<th>Total Amount to Meet ½ of DAILY Need</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Milk or Milk Products</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Cheese</td>
<td>2 ounces</td>
</tr>
<tr>
<td>2. Bread or Cereal Products</td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td>2 slices</td>
</tr>
<tr>
<td>Cereal</td>
<td>¾ cup</td>
</tr>
<tr>
<td>3. Vegetables and Fruits</td>
<td></td>
</tr>
<tr>
<td></td>
<td>¾ cup</td>
</tr>
<tr>
<td>4. Protein</td>
<td></td>
</tr>
<tr>
<td>Meat, Fish, Poultry</td>
<td>3 Tbsp. or</td>
</tr>
<tr>
<td>Eggs</td>
<td>1 ½ oz.</td>
</tr>
<tr>
<td>Dried Beans/Peas</td>
<td>3/8 cup</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 ½ oz.</td>
</tr>
</tbody>
</table>

**What You Can Provide:**
- nutritious foods only
- small servings
- several choices of food

**What We Can Provide:**
- clean hands
- pleasant conversation
One Tbsp. peanut butter can be substituted for 1 Tbsp. of meat. (Check the weekly chart inside the classroom door to see what is provided at school.)

The Relocation Area for our center is the Willis Library Mall area or as directed by Risk Management Office.

EATING: A HEALTHY PROCESS OR A TIME OF STRIFE

All of us are concerned about what children like to eat, what is good for them, and how to make mealtime pleasant. We are often unaware of how our own past food experiences affect what and how we feed our children. Some things to think about:

- Are your eating patterns more like your mother, your father, your siblings, the person you married?
- Are there foods you absolutely will not eat? Times when you don’t “feel” like eating foods you normally like?
- Were you forced to eat any foods as a child? Do you eat them now? Do you force your child to eat them?
- Did you have to “clean your plate” as a child? Do you have to do it now? Can this cause a child to learn to overeat, rather than trusting their own feelings of hunger? Do you worry that not eating everything will cause your child to be ill?
- Have you changed your eating habits in the last few years?
- To what extent should adults tolerate children’s “food jags” (eating only two or three foods for several days or more)?

Many believe that if children are served only nutritious foods, they will select a good balance over the long run. The problem comes when children have many opportunities to learn to prefer soft drinks, chips and other items high in calories and low in fiber and nutritional value.

LOOKING AHEAD: Dates We’re Closed

The CDL will be closed on the following dates:

November 26 & 27 – Thanksgiving
Lunch Tips from Our Lunch Assistants:
- Please label lunch boxes, thermoses and cups with a permanent marker.

- Lunch aides will not throw out uneaten food, whenever possible, so parents can see what and how much of the lunch has been eaten.

- Children prefer small bites and finger foods.

Please save cookies and other sweets for home treats.
- This is the one time we discourage sharing among children, so that germs are not spread. Children eat only what their own families' send.

- Juice will stay fresher than milk, even with a cold pack. If your child does not bring a drink, we will provide water. Please do not send soda pop or Kool-aid type drinks.

Baby, It’s Cold Outside!

Please check children’s cubbies for extra clothing that is appropriate to the season. We have some extra clothing, but children generally prefer to wear their own. If your child does not want to wear a coat, please bring one anyway. We make sure children are dressed warmly when they go outside.

Flu Season

Doctor’s are recommending that children stay home for one week after exhibiting any signs of the flu. That includes a temperature of more than 101 degrees. Staff will also stay home when symptomatic, so we stop the cycle of illness.